

## Course Syllabus

**Department:** Physical Education and Integrated Health Care

**Date:** July 2012

**I. Course Prefix and Number:** PE 106

**Course Name:** Bowling

**Credit Hours and Contact Hours:** 1 credit hour, 2 contact hours

**Catalog Description including pre- and co-requisites:** This co-educational activity includes instruction in the fundamental skills, rules, and etiquette that govern the activity. An additional fee is required.

### II. Course Outcomes and Objectives

#### Student Learning Outcomes:

##### The student will:

1. Distinguish and demonstrate a basic understanding of an approach and delivery of a bowling ball.
2. Articulate correct terminology associated with the game of bowling.
3. Demonstrate proper etiquette while participating in the game of bowling.
4. Identify equipment used in the sport and how the equipment interacts with different lane surfaces and lane conditions.
5. Identify and employ league play format.
6. Differentiate the different bowling techniques and assess the applicable style for each student.
7. Demonstrate the ability to keep score both manually and through the use of automatic scoring.

#### Relationship to Academic Programs and Curriculum:

This course can be used to fulfill one credit of the physical education requirement for all majors.

#### College Learning Outcomes Addressed by the Course:

- |   |   |
|---|---|
| <input type="checkbox"/> writing                      | <input type="checkbox"/> computer literacy        |
| <input type="checkbox"/> oral communications          | <input checked="" type="checkbox"/> ethics/values |
| <input checked="" type="checkbox"/> reading           | <input type="checkbox"/> citizenship              |
| <input type="checkbox"/> mathematics                  | <input type="checkbox"/> global concerns          |
| <input checked="" type="checkbox"/> critical thinking | <input type="checkbox"/> information resources    |

### III. Instructional Materials and Methods

#### Types of Course Materials:

There is no textbook required to take this course.

### **Methods of Instruction (e.g. Lecture, Lab, Seminar ...):**

- Instructor presentation/demonstration
- Class or group discussion on presentation/demonstration
- Class participation and demonstration on presentation
- Audio-Visual presentations will be applied when necessary
- Tests and quizzes

### **IV. Assessment Measures (Summarize how the college and student learning outcomes will be assessed):**

The Physical Education and Integrated Health Care Department believes each instructor should determine the grading system and evaluation methods that will be used in their section of the course. The methods of assessment must be communicated through the Course Outline that is given to the students the first week of the semester. Possible assessment methods include: quizzes, tests, collected assignments, group activities, demonstration of skills and performance. Such assessments and related assignments will develop critical thinking techniques and reading, along with developing ethics and values regarding an appreciation of lifetime physical activity.

### **V. General Outline of Topics Covered:**

The course is broken up into two (2) segments.

#### 1. Basic Learning Segment:

Students will learn the fundamentals of the sport, the environment on which the game is played and basic rules that govern the sport. Students will interact with classmates and become comfortable in a social/recreational bowling environment. Students will visualize, demonstrate and apply various learning techniques.

#### Segment I:

- Bowling History Overview
- Playing Field
  - Center areas
  - Lane markings and dimensions
  - Lane oil and conditioners used
  - Pin arrangement
  - Board and arrow markings
- Safety
  - Physical warm-up/stretching
  - Equipment handling
  - Playing environment
- Selecting the appropriate equipment
- Basic Rules of game
  - Scoring
  - Foul Line
  - Averages
  - Bowling courtesy and etiquette
- Types of bowling (Open play, League and Tournament play)

- Locating and repeating consistent starting position
- Basic balanced stance in starting position
  - Straight release
  - Beginning curve
- Basic approach (4 step approach)
- Basic hand and wrist positions
- Targeting
- Balanced finish position
- Fundamental spare shooting system
- Mental game basics
- Sports organizations affiliated with game

## 2. League Segment:

Students will be broken up into teams and will learn how league bowling formats exist. They will become more comfortable in a competitive setting and interact with other classmates. They will learn the skills required to become successful in the sport and develop their own personal style. Students will begin to demonstrate consistency in the physical game and gain a better understanding on the environment, conditions and fundamental adjustments, in order to become more competitive.

### Segment II:

- League competition format and rules
  - Cross lane
  - Averages
  - Handicap
  - Schedules
  - Point systems
- Mental game fundamentals
  - Relaxation
  - Visualization
  - Focus
  - Goal Setting
- More efficient, smooth approach
- Alternate lane targets
- Curve release development and adjustments
- Arm swing direction and control
- Modifications for individual style and tempo
- Timing adjustments
- Balanced/leveraged finish position
- Lane condition adjustments
- Understanding pin action
- Spare shooting for curve releases