

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 60 - Bowling

1.5 Unit(s)

Prerequisite(s): NONE

Recommended Prep: NONE

Transfer Status: CSU/UC

17 hours Lecture

34 hours Lab

This course provides instruction in the basic principles and skills of bowling and develops the student's four step approach, grip, and delivery. Emphasis will be placed on spare and strike position strategies, ball control techniques, and scoring. Students will also learn safety rules, etiquette, and care of equipment for bowling.

II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. define the rules, terminology, and etiquette of bowling.
- B. explain spare and strike position strategies in bowling.
- C. identify pins down, spare, strike, error, split and tenth frame on a scoring sheet.
- D. demonstrate a four-step approach and proper delivery of the ball.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture

<u>Topics</u>	<u>Hours</u>
1. Orientation and Safety	1.00
2. History of Bowling	1.00
3. Conventional Grips vs. Fingertip Grips	1.00
4. Three-Step and Five-Step Approach	1.00
5. Four-Step Approach	1.50
6. Delivery	2.00
7. Straight Ball vs. Curved Ball	1.00
8. Strike Positions	2.00
9. Spare Positions	2.00
10. Scoring	2.00
11. Etiquette of Bowling	1.50
12. League Courtesy and Play	1.00
Total Hours	17.00

Lab

<u>Topics</u>	<u>Hours</u>
1. Orientation and Safety	1.00
2. Conventional Grips vs. Fingertip Grips	2.50
3. Three-Step and Five-Step Approach	2.00

4.	Four-Step Approach	3.50
5.	Delivery	3.00
6.	Straight Ball vs. Curved Ball	2.00
7.	Strike Positions	4.00
8.	Spare Positions	4.00
9.	Scoring	2.00
10.	Etiquette of Bowling	3.00
11.	League Courtesy and Play	7.00
	Total Hours	34.00

IV. METHODS OF INSTRUCTION

- A. Lecture
- B. Class Activities
- C. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- D. Discussion
- E. Demonstrations
- F. Multimedia Presentations
- G. Drill/Practical

V. METHODS OF EVALUATION

- A. Demonstration
- B. Class participation
- C. Written Assignments
- D. Written or Oral Examinations
- E. Practical Evaluations

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Please read all instructional handouts (Safety Guidelines, Bowling Techniques, Equipment, etc.). Note key points and terms in preparation for class discussions.
 - 2. Read and be prepared to discuss articles from the National Bowling Association website.
- B. Writing Assignments
 - 1. List and briefly explain the safety rules of bowling.
 - 2. Perform a short write on the history of bowling. The paper should be typed and be approximately one page in length.
- C. Out-of-Class Assignments
 - 1. Please view and report on a bowling program which can include competitions and documentaries. Note the date and location of program viewed.
 - 2. Research the National Bowling Association, create a briefing outline of the history and create a brief outline.

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Materials Other Than Textbooks:

- A. The student will be required to provide:
 - a. Athletic apparel (loose fitting clothing, sweatpants, loose fitting t-shirts)
 - b. Bowling shoes
- B. Other materials and/or equipment will be provided by the department.

Created/Revised by: Frances Babich
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