

Las Positas College
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Course Outline for KIN BL

BOWLING

Effective: Spring 2008

I. CATALOG DESCRIPTION:

KIN BL — BOWLING — 0.50 - 2.00 units

This course is designed to give the student the opportunity to learn the basic skills, terminology, and etiquette of bowling and be able to participate in a league type bowling program using off-campus bowling centers.

0.50 - 2.00 Units Lab

Grading Methods:

Discipline:

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	27.00	108.00
Total Hours:	27.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- A. Demonstrate knowledge of the rules involved with the game of bowling;
- B. Demonstrate basic skills required in bowling, e.g. approach, grip, release, scoring
- C. Demonstrate knowledge of spare pick-up strategy used in bowling;
- D. Experience and exhibit team cooperation and proper conduct (sportsmanship) commonly performed in the game of bowling;
- E. Develop and/or maintain a level of fitness needed to participate in the sport of bowling;
- F. Understand the inherent risks involved with bowling (e.g. low back injury) and participate in a safe and wise manner.

V. CONTENT:

- A. Explanation and demonstration of rules associated with bowling;
- B. Participation in game situations;
- C. Discussion of spare pick-up strategies;
- D. Instruction on lane dimensions and game equipment;
- E. Proper warm up and warm down activities utilized in bowling;
- F. Participation in skill development and drills associated to bowling;
- G. Participation in a "hands on" experience via participation in actual games.

VI. METHODS OF INSTRUCTION:

- A. Student participation in game situations;
- B. Group and team discussions concerning etiquette involved with bowling;
- C. Use of audio visual and intranet educational programs;
- D. **Demonstration** -
- E. Individual and small group drills for skill amelioration;
- F. **Lecture** -

VII. TYPICAL ASSIGNMENTS:

- A. Lecture/Demonstration 1. 4 step approach technique B. Class participation in 4 step approach lesson 1. Class divides up into groups and is giving instructions on 4 step approach.. 2. Class performs 1 step approach then progresses to 4 steps without a ball. 3. Class progresses to actually holding a ball. 4. Students practice in game situation C. Skill Building Exercise 1. Students participate in warm-ups practice sessions

VIII. EVALUATION:

A. **Methods**

- 1. Exams/Tests
- 2. Class Participation
- 3. Other:
 - a. Method of Evaluation
 - 1. Student participation
 - a. Participation is evaluated daily

2. Written Exams on rules of each sport covered in class
 - a. What happens when a ball goes into the gutter and then bounces out and knocks down some pin on the first throw
 - b. How do you score a strike? A spare?
3. Skill tests as utilized in bowling. (students average and observation by instructor)

B. Frequency

1. Frequency of Evaluation
 - a. Final exam via written exam
 - b. Daily evaluation of student's progress/ participation level by instructor
 - c. Student's self-evaluation.

IX. TYPICAL TEXTS:

1. Official Rules of Bowling
2. USA Bowling Association Rules and Regulations
3. Published annually

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students are provided shoes and balls by an off campus bowling center. An off-campus facility fee is due the first day of class.