

Las Positas College
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Course Outline for KIN BL1

BOWLING 1

Effective: Fall 2018

I. CATALOG DESCRIPTION:

KIN BL1 — BOWLING 1 — 1.00 - 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.

1.00 - 2.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

- Physical Education

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	54.00	108.00
Total Hours:	54.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

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

V. CONTENT:

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

VI. METHODS OF INSTRUCTION:

- Classroom Activity** - Group and team discussions concerning etiquette involved with bowling;
- Classroom Activity** - Student participation in game situations
- Classroom Activity** - Student participation in game situations;
- Audio-visual Activity** - Use of audio visual and intranet educational programs;

VII. TYPICAL ASSIGNMENTS:

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

VIII. EVALUATION:

A. **Methods**

- Exams/Tests
- Class Participation

3. Class Performance
B. **Frequency**

1. Final exam via written exam
2. Daily evaluation of student's progress/ participation level by instructor
3. Student's self-evaluation will take place on a weekly basis

IX. TYPICAL TEXTS:

1. Hinitz, Dean. *Bowling Psychology*. 1st ed., Human Kinetics, 2016.
2. Weidman, Douglas. *Bowling Steps to Success*. 2nd ed., Human Kinetics, 2015.
3. Official Rules of Bowling
4. USA Bowling Association Rules and Regulations
5. 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.