

# IMPERIAL VALLEY COLLEGE EXERCISE SCIENCE, WELLNESS & SPORTS

## COURSE SYLLABUS: PE 170, 171, 172 Beginning, Intermediate, Advanced Bowling

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**CONTACT HOURS:** 2 hours of instruction per week (2 hrs. lab).

**COURSE DESCRIPTION:** This course emphasizes skill development and acquisition of knowledge about a life-time sport, bowling. The students will continue to development in bowling skills such as: approach, delivery, scoring, and league experience. Class meets off-campus at the Strike Zone Bowling Center located at 950 North Imperial Ave. El Centro 482 -0554. Additional fees required.

LIST OF REQUIRED TEXTS: None

## **Specific Course Objectives:**

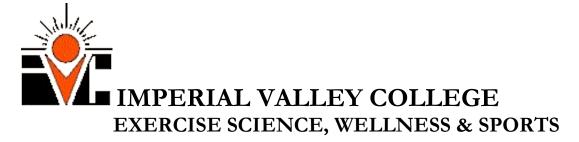
Upon successful completion of the course the student will be able to:

- 1. Listen to and participate in lectures and discussions regarding factual information relevant to bowling.
- 2. Read then demonstrate knowledge of bowling technique, rules and other relevant factual information.
- 3. Analyze, evaluate, and modify technique to improve performance.
- 4. Calculate bowling scores, averages, and handicaps.
- 5. Develop spare pick-up strategies.

## **Student Learning Outcomes:**

Upon successful completion of the course the students will be able to:

- Perform a correct bowling stance.
- Perform a correct bowling arm swing.
- Perform a bowling four-step approach.
- Release the bowling ball in the correct position.
- Perform the proper hook ball or straight ball delivery.
- Perform a correct follow through.
- Demonstrate knowledge of the adjustments and strategy needed to maximize spare conversion.
- Make proper adjustment to account for lane conditions.
- Employ spot bowling technique.
- Demonstrate knowledge of bowling etiquette.
- Demonstrate knowledge of bowling jargon.
- Demonstrate knowledge of bowling history.
- Score a game of bowling.
- Pick out a bowling ball, which would maximize performance.



## COURSE SYLLABUS: PE Intermediate Bowling

#### Textbooks/Resources:

May Include Textbooks, Manuals, Periodicals, Software, and Other Resources

#### **Required Reading:**

Instructor generated handouts on bowling and fitness.

### Suggested Reading:

**Bowling Digest Magazine** 

Allen, George and Ritger, Dick. The Complete Guide to Bowling Principles. Deerfield: Ill., Technical Ed. Publishing Co., 1994.

#### **Critical Thinking:**

**Required Writing:** Skill demonstration is more appropriate.

#### **Outside Assignments:**

Students are expected to spend a minimum of two hours per unit per week in class and on outside assignments, prorated for short-term classes.

Read and study handouts. Practice and study for exam. Students are encouraged to participate in league play sponsored by other recreational agencies.

#### Methods of Assessment:

Methods of Assessment may include, but are not limited to, the following:

Exams/Tests Class Participation Demonstration