



# IMPERIAL VALLEY COLLEGE

## EXERCISE SCIENCE, WELLNESS & SPORTS

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### **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.



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### 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