

# Fond du Lac Tribal and Community College

## COURSE OUTLINE

Date submitted: 11/21/07                      Date approved:

Department and Course Number:      PE 1006

Title of Course:      Beginning Bowling

Number of credits:      Lecture              Lab      1

### Catalog/Course Description:

Skills start at beginning level with emphasis given to fundamental technique. The objective is to try to combine a well rolled ball with consistent aiming. Knowledge of the sport as a whole should be acquired. (Additional fee)

### **Placement for Success prerequisites:** (See instruction sheet)

Reading:      Level 1                      English/Writing:                      Math:

Recommended course materials and resources, e.g. textbooks, workbooks, study guides, lab manuals, videos, guest lecturers. If applicable.

Students are expected to attend all lectures and working sessions, participate in all activities and discussion, listen to and follow directions, complete assignments on time, and request assistance when needed. Students are expected to assist with equipment when necessary. Attendance and class participation are critical in this class.

### Special Information:

This class is intended for students of all ages and abilities. Any individuals who have not participated in physical activities are advised to consult a physician before participating. Any history of disease or disability requiring limited participation should be reported to the instructor.

Activity classes even under the safest possible conditions can be hazardous. Safety rules must be followed to minimize the risk of injury.

### Textbook:

Bowling, Fred Borden, McGraw Hill, 2003

Workbooks, study guides and lab manuals. Supplies and materials are to be furnished by the student, etc. Also attach reading lists, if applicable.

Relationship of proposed course to the department mission and goals:

This course develops skills in the individual sport of bowling. It meets the department mission by providing instruction in a lifetime physical activity. It meets the College Goal of wellness.

Wellness is the recognition and incorporation of healthy behaviors into one's lifestyle. The department of PE recognizes the value of participation in fitness and recreational activities as one of many important behaviors for the development of a wellness lifestyle. This course may contribute to your implementation of appropriate wellness behaviors.

Course goals:

Goal: To develop abilities (physical, cognitive, fitness, affective) necessary to participate in lifetime individual sport-bowling.

Goal: To acquire a positive attitude toward physical activity and the knowledge and skills to develop and maintain an appropriate fitness level.

Learning outcomes: (A minimum of one learning outcome shall be provided for each course goal)

State a minimum of two assessment instruments for each learning outcome)

Outcome: To identify and appropriately use terminology, rules, etiquette and safety during play.

Assessment: Written exam

Assessment: Self assessment

Outcome: To summarize the historical evolution of bowling.

Assessment: Written exam

Outcome: To demonstrate the correct approach and delivery.

Assessment: Self assessment

Assessment: Analysis of bowling scores-Rubric

Outcome: To score a game correctly without automatic scoring.

Assessment: Score sheets

Assessment: Written exam

Outcome: To analyze and choose split conversions.

Assessment: Completed score card

Assessment: Written exam

Assessment: Self assessment

Outcome: To participate in the game of bowling as a recreational lifetime activity.

Course content:

(Provide an outline of major topics covered in course)

-General Overview:

- History
- Equipment-proper fit/grip of ball
- Safety precautions
- Etiquette

-Scoring

-Stance and approach-4 step

-Delivery and Release

- Hook ball
- Straight ball

-Aiming

-Converting Spares

-Rules

Placement for Success prerequisite

Check one of each area--English, reading, and math

Prerequisite	X
English level 1	
English level 2	
no English prerequisite	X
Reading level 1	X
Reading level 2	
Reading level 3	
no Reading prerequisite	
Math level 1	
Math level 2	
Math level 3	
Math level 4	
no Math prerequisite	X