

Fond du Lac Tribal and Community College

COURSE OUTLINE

Date submitted: 11/21/07

Date approved:

Department and Course Number: PE 2007

Title of Course: Advanced Bowling

Number of credits: Lecture 1 Lab

Catalog/Course Description:

A course for those interested in developing skill beyond the beginning level. Emphasis on a hook ball delivery. (additional fee)

Placement for Success prerequisites: (See instruction sheet)

(Prerequisite: PE 1006 Beginning Bowling, one year experience with hook ball, or consent of instructor).

Reading:

English/Writing:

Math:

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

Textbook: *Bowling*, Fred Borden, McGraw Hill, 2004

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.

Relationship of proposed course to the department mission and goals

This course develops skills in an 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 demonstrate during play: 4-step approach; Hook-ball delivery.

Assessment: Self assessment

Assessment: Class participation-game scores

Outcome: To score a game correctly without automatic scoring.

Assessment; Class participation-score sheets

Assessment: Written exam

Outcome: To analyze and choose split conversions appropriate during play.

Assessment: Self assessment

Assessment: Games scores pre/post

Assessment: Written exam

Outcome: To demonstrate the following games: Best Ball, Least Score, Scotch Doubles, 9 Pin No Tap, League Play

Assessment: Class participation-performance check-off

Assessment: Written exam

Course content:

(Provide an outline of major topics covered in course)

-Review of General Overview:

History

Equipment

-Ball/Shoe Selection

Proper Fit/Grip

Safety Precautions

Etiquette

-Stance and Approach

-Delivery and Release

Hook Ball Delivery

Four Step Approach

-Aiming

-Converting Spare

-Techniques of the Game

League Handicaps

Scotch Doubles

-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	
Reading level 2	
Reading level 3	
no Reading prerequisite	X
Math level 1	
Math level 2	
Math level 3	
Math level 4	
no Math prerequisite	X