

Department of Kinesiology
Semester Spring 2012; Jan. 25-May-15
Office: SU Bowling Center
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San Jose State University
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KIN 24A- Beginning Bowling
Tuesday/Thursday classes
Sections 25454, 25455, 30040, 30041

Course Description

This course is designed to give students with no or little experience in bowling an understanding of the sport and an opportunity to develop fundamental bowling skills.

Class Learning Objectives

Students can expect to learn the following objectives:

1. Students will be able to demonstrate an understanding of the benefits, history, rules, safety, and etiquette of bowling (LO 1).
2. Students will be able to perform a proper approach and demonstrate an understanding of the basic rules of competition (LO2).
3. Students will be able to apply game strategies to improve their overall score (LO 3).

Activity Program Learning Outcomes (APLOs)

After the completion of the class, students should be able to:

1. Demonstrate the acquisition and application of motor skills appropriate to beginning bowling.
2. Demonstrate an understanding of the history, rules, strategies, current research, safety and etiquette appropriate to bowling.
3. Demonstrate an understanding of the benefits of bowling as it relates to physical and mental health.

Required Reading

USBC Bowler's Guide. This book can be purchased at the Student Union Bowling Center for \$8.00.

Course Policies and Procedures

Fees:

There is a \$50 instructional fee due by Feb. 7th for the class, payable to SUBC at the Bowling Center front desk. The fee will go up to \$60 after Feb. 7th. Students must show bowling card to instructor and will NOT be allowed to bowl until this fee is paid.

Equipment and attire:

The bowling center has bowling equipment for you to use. You may use your own equipment if you have it. This is an activity class and you need to dress accordingly. Bowling shoes must be worn on the approaches.

Student Evaluation:

Active participation is essential to ensure maximum benefit for all members of the class. Lack of participation means fewer opportunities to practice that may result in a lower grade. If a chronic illness develops or an accident occurs which requires extended absence, the student should report to the student Health Services for a medical statement and withdraw from the class. There are no excused absences, except for the official excuse from the office of the Dean of Students (usually for off-campus events). In the latter case, the student is responsible for making arrangements (in advance) with the instructor of the class. Students can expect to be evaluated on all material presented during the class. Written tests, skill tests, and class assignments appropriate to the basic grading system of the University (A,B,C,D,F and Credit/No Credit). An incomplete may be assigned according to the policy published in the University bulletin.

Point Deductions:

Participation points will be deducted if inappropriate or dangerous actions occur while bowling. The deductions are listed in rules sheet handout on the class webpage.

Add-Drop Policy:

University procedures for adding and dropping will be followed. The student is responsible for adding or dropping the class.

Electronic Use:

Computer use: Used for taking notes during classroom instruction period. All other uses may be cause for excusal from the class session and if a pattern develops may be cause for student's behavior being reported to the office of Student Conduct and Ethical Development.

Cell phone use: Cell phones are to be turned off during each class session. Texting during instructional hours will be cause for excusal from the class session. If a pattern develops may be cause for being reported to the office of Student Conduct and Ethical Development.

Classroom Conduct:

Students are expected to be courteous during class. Any student engaging in disruptive behavior will be asked to leave. This includes arriving more than 10 minutes late to class. Please turn of all cell phones, pagers, PDA's or other electronic device. The use of anything that beeps or vibrates during class is disruptive and will not be tolerated. If you are caught using a telephone (even silently, e.g. texting), you will be asked to leave the classroom.

Evaluation Methods

Active Participation	60 %
Quiz 1	10 %
Quiz 2	10 %
Skill evaluation	10 %
Score sheets	5%
Pop Quizzes	5 %
Total	100 %

Grading Scale

A+= >100	A=100-93	A-= 90-92
B+= 87-89	B= 83-86	B-= 80-82
C+= 77-79	C= 73-76	C-= 70-72
D+= 67-69	D= 63-66	D-= 60-62
F= 59 &below		

* Extra credit may be available throughout the semester. I will let you know as the opportunities become available.

Quiz and Exam

Quiz	February 16
Final Exam	May 15, last day of instruction

Course Content

Knowledge:

- Concepts, brief history, and contemporary status of the game
- Benefits of bowling
- Basic etiquette
- Bowling equipment
- Lane composition and pin set up
- Basic rules and game procedures
- Basic terminology
- Scoring a game

Performance of basic skills:

- Approach
 - Determining where to stand for strikes and spares
 - Determining number of steps you'll take in your approach
 - Targeting
- Delivery
 - Stance
 - Follow through
 - Line Balance
 - Arm swing
- Adjustments
 - Aiming
 - Strike ball
 - Spare system
- Competition
 - Team bowling
 - Individual bowling

University policies from the Office of Judicial Affairs

1. Academic integrity statement: Your own commitment to learning, as evidenced by your enrollment at San José State University and the University's Academic Integrity Policy, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The policy on academic integrity can be found at http://sa.sjsu.edu/student_conduct.

2. Campus policy in compliance with the Americans with Disabilities Act: If you need course adaptations or accommodations because of a disability, or if you need special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 requires that students with disabilities register with DRC to establish a record of their disability.

Tentative Schedule

Date	Lecture Topics	Pages/ class activity
1/26	Syllabus; class rules; handouts; benefits of bowling	Handouts: Rules sheet, Class fee sheet
1/31	History of bowling; Bowling Center Components; Lane components; Lane Markings	pp. 6-14
2/2	Pin Configuration; pinsetter tour; Service calls worksheets	p. 14 Service call worksheet
2/7	Equipment- Balls & Shoes Modern Rules- Scoring & Pinfall	pp. 15-20 Score a game
2/9	Basic League Rules- Average, Handicap vs. scratch; Etiquette	pp. 21, 22, 25
2/14	Basic Approach- 4-Step, Follow Through, 5-step; Starting position on the approach; targeting	pp. 26-31; Video
2/16	Stretches; Practice 4-step, 5-step; form teams	QUIZ 1
2/21-23	Begin team bowling	
2/28-3/1	Team bowling	
3/6-8	Common Problems (optional: read 35-38) Team bowling	
3/13-15	Adjusting for strikes Team Bowling	pp. 42-43
3/20-22	Adjusting for spares Team Bowling	pp. 45-46
3/27-29	Spring Break	
4/3-5	Team Bowling	
4/10-12	Team Bowling	Skills Evaluation
4/17-19	Team Bowling	Skills Evaluation
4/24-26	Team Bowling	
5/1-3	Final Review; Begin individual competition (5/3)	
5/8-10	Final Review; individual competition	
5/15	Quiz 2 (NO BOWLING)	