

**San José State University
Kinesiology Department
KIN 24A, BEG. BOWLING, SPRING 2013**

Instructor:	Royce Agustin
Office Location:	Student Union Bowling Center
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Email:	royce.agustin@sjsu.edu
Office Hours:	Appointment only
Class Days/Time:	Tuesdays and Thursdays 9:30AM – 12:30PM
Classroom:	Student Union Bowling Center
Prerequisites:	None
Course Fees:	\$50; \$60 after 1/31/2013

Faculty Web Page and MYSJSU Messaging

Copies of the course materials such as the syllabus, major assignment handouts, etc. may be found on my faculty web page at <http://www.sjsu.edu/people/royce.agustin>

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.

Course Goals and Student Learning Objectives

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.

GE/SJSU Studies Learning Outcomes (LO), if applicable

Upon successful completion of this course, students will be able to:

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).

Required Texts/Readings

Textbook

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

Other Readings

A study guide is available at the class website.

Other equipment / material requirements

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

Classroom Protocol

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 5 minutes late to class. Please turn off 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.

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's [Catalog Policies](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the [current academic calendar](http://www.sjsu.edu/academic_programs/calendars/academic_calendar/) web page located at http://www.sjsu.edu/academic_programs/calendars/academic_calendar/. The [Late Drop Policy](http://www.sjsu.edu/aars/policies/latedrops/policy/) is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the [Advising Hub](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

Assignments and Grading Policy

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 opportunities become available.

Quiz and Exam

Quiz 1	2/14
Skills Evaluation	4/9 thru 4/18
Quiz 2	5/9, 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

Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The [University's Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm), located at <http://www.sjsu.edu/senate/S07-2.htm>, 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 [Student Conduct and Ethical Development website](http://www.sjsu.edu/studentconduct/) is available at <http://www.sjsu.edu/studentconduct/>.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's Academic Policy S07-2 requires approval of instructors.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make 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 requesting accommodations must register with the [Disability Resource Center](http://www.drc.sjsu.edu/) (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.

Learning Assistance Resource Center

The Learning Assistance Resource Center (LARC) is located in Room 600 in the Student Services Center. It is designed to assist students in the development of their full academic potential and to inspire them to become independent learners. The Center's tutors are trained and nationally certified by the College Reading and Learning Association (CRLA). They provide content-based tutoring in many lower division courses (some upper division) as well as writing and study skills assistance. Small group, individual, and drop-in tutoring are available. Please visit [the LARC website](http://www.sjsu.edu/larc/) for more information at <http://www.sjsu.edu/larc/>.

Course Number / Title, Semester, Course Schedule

Schedule is subject to change with fair notice. Any changes in the schedule will be communicated to the students within a week's time.

Week	Lecture Topics	Pages/ class activity
1/24	Syllabus; class rules; handouts; benefits of bowling	Handouts: Rules sheet, Class fee sheet
1/29 & 31	History of bowling; Bowling Center Components; Lane components; Lane Markings	pp. 6-14
	Pin Configuration; pinsetter tour; Service calls worksheets	p. 14 Service call worksheet
2/5 & 7	Equipment- Balls & Shoes Modern Rules- Scoring & Pinfall	pp. 15-20 Score a game
	Basic League Rules- Average, Handicap vs. scratch; Etiquette	pp. 21, 22, 25
2/12 2/14	Basic Approach- 4-Step, Follow Through, 5-step; Starting position on the approach; targeting	pp. 26-31; Video
	Stretches; Practice 4-step, 5-step; form teams	QUIZ 1, 2/14
2/19 & 21	Begin team bowling	
2/26 & 28	Team bowling	
3/5 & 7	Common Problems (optional: read 35-38) Team bowling	
3/12 & 14	4/2-Adjusting for strikes; 4/4 spare systems Practice both days	4/2: pp. 42-43 4/4: pp. 45-46
3/19 & 21	Team Bowling	
4/2 & 4	Team Bowling	
4/9 & 11	Team Bowling	Skills Evaluation
4/16 & 18	Team Bowling	Skills Evaluation
4/23 & 25	Team Bowling	
4/30 & 5/2	Begin Individual Competition	
5/7	Finish Individual Competition	
5/9	Final Quiz; Award Ceremony	