San José State University
Kinesiology Department
Kin 24A, Beginning Bowling, Section 2, Spring 2020

Course and Contact Information
Instructor: Miles Pascal-Gonzales, M.A., C.S.C.S.
Office Location: SPX – 170
Department Telephone: (408) 924-3010
Email: mileskpg@gmail.com (preferred)
Office Hours: T/TH @ 10:45am-11:35am by appointment only
Class Days/Time: Monday & Wednesday 9:30am – 10:20am
Classroom: Student Union Bowling Alley (Downstairs)

Course Description
This course is designed to give students an understanding of the sport of bowling and develop safe habits, proper lane etiquette, and fundamental bowling skills.

Activity Program Learning Outcomes
After completion of the physical activity graduation requirement, students shall be able to:
• Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
• Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
• Identify and/or explain the benefits of physical activity as related to physical and mental health.

Course Learning Outcomes (CLO)
1. Knowledge of fundamental skills, technique related to bowling.
2. An understanding of the history, rules, strategies, safety & etiquette associated with bowling. Such as:
   - Playing field, parts of the lane, lane markings, equipment basics
   - Basic terminology
   - Safety and etiquette
   - Rules and scorekeeping
   - History of bowling
   - Ball properties, ball motion and bowler influences
Current state of bowling

3. Proficiency in execution of bowling skills covered such as:
   - Warm-up exercises
   - No-step and one-step
   - The four step approach
   - The straight delivery
   - Angles and spare conversions

4. An understanding of the mental and physical health benefits to be derived from bowling.
   - Benefits of exercise through bowling
   - Benefits of general physical activities

Required Texts/Readings

Material for this course is covered in lectures at the beginning of class, students coming in late should ask multiple classmates what they’ve missed before asking the instructor. Some of the material students will be held accountable for will be posted in the form of slides on Canvas. The slides alone will not cover everything. For this reason students should make an honest effort to attend class regularly. Additionally, students are strongly encouraged to connect with one another to catch up if they miss anything.

Course Requirements and Assignments

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities, including but not limited to internships, labs, and clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus.

10% Syllabus Quiz
10% Average Building Games
10% Lowball Games
10% Golf Games
10% Safety, Etiquette, & Engagement
20% Online Final Examination
30% Participation (This is not a direct reflection of attendance, but you must be present to participate)

100% Total
Grading Information

*All late assignments will be penalized a percentage for each day past the due date.*

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<thead>
<tr>
<th>Grade</th>
<th>Points</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>A plus</td>
<td>960 to 1000</td>
<td>96 to 100%</td>
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<td>A</td>
<td>930 to 959</td>
<td>93 to 95%</td>
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<td>A minus</td>
<td>900 to 929</td>
<td>90 to 92%</td>
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<td>B plus</td>
<td>860 to 899</td>
<td>86 to 89%</td>
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<td>B</td>
<td>830 to 859</td>
<td>83 to 85%</td>
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<td>B minus</td>
<td>800 to 829</td>
<td>80 to 82%</td>
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<td>C plus</td>
<td>760 to 799</td>
<td>76 to 79%</td>
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<td>C</td>
<td>730 to 759</td>
<td>73 to 75%</td>
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<tr>
<td>C minus</td>
<td>700 to 729</td>
<td>70 to 72%</td>
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<td>D plus</td>
<td>660 to 699</td>
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<td>D</td>
<td>630 to 659</td>
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<tr>
<td>D minus</td>
<td>600 to 629</td>
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Classroom Protocol

This class requires a $60 fee paid to the SU Bowling Alley due the first day of class, if not paid students will not be able to use the facility/equipment.

The way you treat the equipment, the alley staff, and your ability to put your ball away every class all affect your final grade.

Attendance: If you are unable to make it to a regular class, it is not necessary to inform the instructor unless the absence has caused you to miss an assignment or exam AND you have attached documentation in the same communication proving emergency or catastrophic circumstances beyond reasonable doubt.

Online Pop-Quizzes: Can be given at any time, and will not be able to be made up. Scores will be part of the participation grade.

Cell Phones: The only time cell phone usage is not permitted is during the short lectures at the start of class. If a student is on their phone at that time, they will be asked to leave and their participation will be affected.

Warm-Up & Guided Practice Sessions: There will be many short warm-ups and guided practice sessions. The warm-ups are designed to prevent injury and to practice movements that enhance bowling ball delivery. Guided practice sessions are short sessions during class that allow students to work on a specific skill, movement, or strategy. Missing or refusing to do warm-ups, as well as “doing your own thing” during guided practice can lead to students being asked to leave and their participation will be affected.

Slips & Falls: According to the USBC, the most hazardous factor of the playing field is the lane oil.

-If you step in oil, or think you have, check the soles of your shoes. Sit down and take them off if you do in fact have oil on them and ask the front desk for help.

-If you fall in or near lane oil: GET UP SLOWLY (it’s easy to fall again with oil on your shoes), sit down, remove the shoes if they have oil on the soles and ask the front desk for help.

Vaping/Body or Hair Spray: The Student Union bowling alley, including the bathroom, is not a place for vaping or smoking. The Student Union fire alarms can be set off very easily by vapor, hair/body spray, and other non-smoke compounds. There are cameras in the alley that have a view of the bathrooms. If a person is caught setting off the fire alarm they will be reprimanded by the university, i.e., the University Police Department.

Evacuation Plan: The Student Union has multiple evacuations each semester. Students must understand that the Student Union does not give the instructor any warning prior to drills. Each evacuation should be treated like real emergency, because it just might be. In the event the building alarm sounds:

-KEEP YOUR BOWLING SHOES ON, the front desk does not provide service when the alarm sounds.

-Calmly collect your things (if possible) and immediately start to exit the premises.

-Leave through the Starbucks and meet at the cement staircase.

Primary Meet-Point: The cement staircase, outside of the Student Union Starbucks.

*Alternative Meet-Point: If for some reason the Starbucks is blocked: exit up the nearest stairs and through the nearest double-doors on the right. We will meet at the patio with tables between the Student Union and Art building.*

-Once we get to the meet-point: the attendance will be re-done to make sure everyone has exited the building safely and then class will be dismissed.
**Academic Integrity:** Any and all forms of **deception or theft** in this class will **immediately be reported to the university, become part of the student's record, and may lead to expulsion.**

**University Policies**

Per [University Policy S16-9](http://www.sjsu.edu/senate/docs/S16-9.pdf), relevant information to all courses, such as academic integrity, accommodations, dropping and adding, consent for recording of class, etc. is available on Office of Graduate and Undergraduate Programs’ [Syllabus Information web page](http://www.sjsu.edu/gup/syllabusinfo/”). Make sure to visit this page, review and be familiar with these university policies and resources.

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**Kin24A / Beginning Bowling, Spring 2020 Course Schedule**

*Please take note that this schedule is **tentative** and therefore subject to change with fair notice via Canvas announcements from the instructor*

**Course Schedule**

<table>
<thead>
<tr>
<th>Week</th>
<th>Topics</th>
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<tbody>
<tr>
<td>1</td>
<td>Course Outline, Class Protocols, Adding, Q&amp;A</td>
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<tr>
<td>2</td>
<td>Terminology/The Playing Field/Safety &amp; Etiquette</td>
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<tr>
<td>3</td>
<td>Choosing a Bowling Ball, Arm Swing Mechanics</td>
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<td>4</td>
<td>Boards, Arrows, &amp; The Strike Pocket</td>
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<td>5</td>
<td>0 and 1-Step Approaches</td>
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<td>6</td>
<td>Straight Delivery, The 4-Step Approach</td>
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<td>7</td>
<td>Individual Tournament Play</td>
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<td>8</td>
<td>Individual Tournament Play</td>
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<tr>
<td>9</td>
<td>Angles and Spare Conversions</td>
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<tr>
<td>10</td>
<td>Low Ball Games</td>
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<td>11</td>
<td>Low Ball &amp; Golf Games</td>
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<td>12</td>
<td>Understanding Ball Motion</td>
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<td>13</td>
<td>Team Tournament Play</td>
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<td>14</td>
<td>Team Tournament Play</td>
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<td>15</td>
<td>Team Tournament Play</td>
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<tr>
<td>16</td>
<td>Team Tournament Finals &amp; Final Exam Review</td>
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**Final Exam**

**ONLINE: Wednesday, May 13<sup>th</sup> @ 7:15am-9:30am**