

**San José State University**  
**Kinesiology**  
**Spring 2015, KIN 24A - 03 Beginning Bowling**

**Contact Information**

Instructor	Max Epps
Office Location	4 <sup>th</sup> Street Bowl
Telephone	650-669-0263
Email	maxepps@ymail.com
Office Hours	By appt.
Class Meeting Days/Time	Tuesday's @ 1:30pm

**Course Description:** This course is designed for the student with little or no previous bowling experience. This is an activity class where theory and applications are taught and developed.

**Course Goals and Student Learning Objectives**

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skill tests, and written exams,

1. Refinement of the approach and variations of the four step approach
2. Development and refinement of the straight and hook ball deliveries
3. Focus on mental concentration and practice patterns
4. Implement use of specific strike and spare adjustment systems
5. Understand ball motion & direction

1. Activity Program Learning Outcomes

After completion of the physical activity graduation requirement, students shall be able to:

**APLO 1.** Be able to demonstrate the acquisition and application of motor skills appropriate to bowling.

**APLO 2.** Be able to demonstrate an understanding of the applicable history, rules, strategies, current research, safety and etiquette appropriate to the sport of bowling.

**ALPO 3.** Be able to demonstrate an understanding of the benefits of bowling as it relates to physical and mental health.

**Course Notes**

- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn cell phone off and put away for the duration of the class. Interactions with classmates and the instructor are expected to be

respectful at all times.

- Recording class: Instruction may be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.
- Places to practice: 4<sup>th</sup> Street Bowl, Homestead Lanes, Cambrian Bowl or Moonlite Lanes (address and phone numbers to be provided upon request)
- Course grades will be posted on Canvas by the end of finals week.
- Students may make up participation points by bowling on their own time. You will be making up the points not the game(s) missed. One (1) game equals one point (e.g. 4 points per class = 4 games to make up missed day.)
- Written Exam can be made up on last day of class only.
- Drop requests will not be accepted after the SJSU drop deadline.

#### Course Requirements and Grading Policy -

##### Grading Plan

60 points - Active Participation

5 Points – Skill Evaluation

10 points – 3% increase of base average

10 points – Practical Final Exam

15 points – Written Final Exam

Total of 100 points possible

##### Grading Scale used to determine letter grade for each component above.

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+

Percentage	Equivalent Grade
63% - 66%	D
60% - 62%	D-
below 60%	F

### Tests:

<b>Practical Final</b>	<b>5/5/15</b>
<b>Written Final Date</b>	<b>5/12/15</b>
<b>Make up Date</b>	<b>5/19/15</b>

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course. This would include preparing for class, participating in course activities, and completing assignments/projects. Generally this will amount to 1 hour a week outside of class.

## University Policies

### 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 in the [policies section](http://info.sjsu.edu/static/catalog/policies.html) at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current [academic year calendars](http://www.sjsu.edu/provost/services/academic_calendars/) document at [http://www.sjsu.edu/provost/services/academic\\_calendars/](http://www.sjsu.edu/provost/services/academic_calendars/). 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/>.

### 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) 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](http://www.sjsu.edu/studentconduct/) website 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 Integrity policy](http://www.sjsu.edu/senate/S07-2.htm) at <http://www.sjsu.edu/senate/S07-2.htm> requires approval of instructors.

Note: Outings/assignments completed for another class cannot be counted for this course.

**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](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) at [http://www.sjsu.edu/president/docs/directives/PD\\_1997-03.pdf](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) requires that students with disabilities requesting accommodations must register with the [Accessible Education Center](http://www.sjsu.edu/aec/) (AEC) at <http://www.sjsu.edu/aec/> to establish a record of their disability.

**Course Calendar (subject to change with fair notice by announcement in class and/or email)**

*Put brief descriptions in the table of activities/assignments, exams, etc; include due dates and exam dates.*

Week	Course Content (Assignments, Exams/Quizzes, ...)
1	Introduction to class
2	Lecture – Personal introductions; History of bowling; safety and etiquette
3	Lecture – Playing field; parts of the lane; lane markings; equipment basics; class fee due
4	Lecture – 4 – On Lanes - step approach; strikes and 3-6-9 spare conversions; scorekeeping; league team assignments
5	Practice drills – On Lanes - no step and 1 step; intro to 4 step approach; stretching exercises
6	League bowling start – explanation of league rules
7	Lecture (10 min) – Intro to ball properties; League bowling
8	Lecture (10 min) – Weight blocks; League bowling
9	Lecture (10 min) – Ball motion; League bowling

Week	Course Content (Assignments, Exams/Quizzes, ...)
10	League bowling – Keeping own scores without use of automatic score keeper
11	League bowling; Begin final review
12	League bowling; Cont. final review
13	League bowling; Cont. final review
14	Last week of league bowling; Practical final exam
15	Final exam
16	Last week of class; Free time bowl; Awards