San José State University  
Kinesiology  
Fall 2019, Beginning Bowling *(KIN 24A-04)*

**Contact Information**

Instructor:        Miles Pascal-Gonzales, M.A., C.S.C.S.  
Email:            mileskpg@gmail.com *(Preferred)*  
Office Hours:      By appointment only  
Class Meetings and Location:  
Tuesday/Thursday 8:30-9:20AM  
SJSU Event Center Bowling Alley

**Course Description**

This course is designed to give students an understanding of the sport of bowling and to develop fundamental bowling skills.

**Web Resource**

Course materials may be found on the e-campus Canvas learning management system at [http://www.sjsu.edu/at/ec/canvas/](http://www.sjsu.edu/at/ec/canvas/). You are responsible for regularly checking the Canvas discussion board and email for information and messages. Login using your mysjsu username and password.

**Course Goals and Student Learning Objectives**

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills assessments, performance quizzes and written exams:

1. Knowledge of fundamental skills, technique related to bowling.  
2. 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  
   - 3-6-9 spare conversions  
3. An understanding of the history, rules, strategies, current research, safety and etiquette associated with Bowling. Such as:  
   - Playing field, parts of the lane, lane markings, equipment basics  
   - Ball properties, ball motion and bowler influences  
   - Basic terminology  
   - Safety and etiquette
Rules and scorekeeping
History of bowling
Current state of bowling
Benefits of exercise through bowling
Benefits of general physical activities

4. An understanding of the mental and physical health benefits to be derived from Bowling.

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.

Text/Readings
Course materials will be posted on Canvas as required.

Course Notes

• 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.
  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 not 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.
• Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor’s intellectual property and cannot be shared or uploaded in any form publicly without the instructor’s approval.
• If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any required limitations.
• Report any accidents to the instructor immediately.
• Attire: Proper athletic attire should be worn during class participation; athletic shoes, shorts, t-shirt or see KIN policy. Other equipment to consider are kneepads but not required.
• Drop requests will not be accepted after the SJSU drop deadline.
• Outings/assignments completed for another class cannot be counted for this course.
• This is an activity class and by its nature you can only benefit and experience change by physical participation in the activity. For whatever reason, should you be unable to participate in class to the degree that your final grade will be unacceptable, you must drop the class or take an incomplete. Attending classes in a timely manner is beneficial. Excessive tardiness will not be tolerated and will affect grade accordingly due to missed performance quizzes and skill assessments.

Course Requirements, Assignments, and Grading

Grading consists of 100 points total:
25 Points: Midterm
25 Points: Final
25 Points: Performance Final
25 Points: Participation

***VI. There will be a $50.00 charge due the first “bowling day” that will be charged by the bowling alley***

Grading Scale used to determine final course grade.

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<th>Percentage</th>
<th>Equivalent Grade</th>
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<tr>
<td>97% - 100%</td>
<td>A+</td>
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<tr>
<td>93% - 96%</td>
<td>A</td>
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<td>90% - 92%</td>
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<td>83% - 86%</td>
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<td>below 60%</td>
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**University Policies**

Information pertaining to university programs and policies designed to facilitate student success can be found here:

[http://www.sjsu.edu/gup/syllabusinfo/](http://www.sjsu.edu/gup/syllabusinfo/)