

San Jose State University

CASA / Kinesiology

KIN 24B, Intermediate Bowling, Section 1, Spring 2012

Instructor: James Baker Jr.
Office Location: By appt only
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Email: bowlersaisle@yahoo.com
Office Hours: By appt only
Class Days / Hours: Monday & Wednesday: 10:30am – 11:20am
Classroom: Student Union Bowling Center
Course Fees: \$50 payable to Student Union Bowling Center (\$10 late fee will be added after the 2nd full week of classes)

Course Description

This course is designed for the student with previous bowling experience. This is an activities class where theory and applications are taught and developed.

Course Goals and Student Learning Objectives

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 properties and how they play a part in ball motion

Activity Program Learning Objectives - (APLO)

The student shall:

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.

Required Texts / Readings Course Reader: KIN 24B Intermediate Bowling Reader (Available from the A.S. Print Shop)

Classroom Protocol

There is a \$50 instructional fee attached to each class, payable to: SUBC at the Bowling Center front desk. A \$10 late fee will be charged after the 2nd full week of the semester. The fee needs to be paid for each bowling class you are enrolled. Students must show bowling card to instructor and will **NOT** be allowed to bowl until this fee has been paid. You may use your own equipment. This is an activity class and you need to dress accordingly. Bowling shoes must be worn on the approaches.

Hit Rake deduction: 5 points will be deducted from any student hitting the rake while bowling.

Your participation points are based on thirty (30) 50 minute class periods. Students must be actively participating for the entire duration of the class. Arriving late; sitting after the completion of a game; removing you bowling shoes and watching other students bowl; or leaving early will result in a deduction of points. Students will earn 2 points per class. Participation points will be adjusted for any time less than 50 minutes. Your class time is the class you are enrolled. You will not be allowed to pre-bowl for your scheduled class time. Only students who added the class late will be allowed to make up the class time they have missed if you choose. You will be making up the time that you missed – NOT the games or scores.

Behavior and Safety: Class rules regarding appropriate behavior while in class and attending the Student Union Bowling Center will be discussed on the 2nd class meeting and outlined in the required course reader.

Cell Phone Use will not be allowed during class period (this refers to talking or texting during class). Students will be warned once per class and then have .5 point deduction from participation total; frequent abuse of cell phone will result in being asked to leave class for the day.

Assignments and Grading Policy

Grading Information

A. Active Participation	60
B. Skill Evaluation	5
C. 3% increase of base avg	10
D. Practical Bowling Final	10
E. Written Final Exam	15

Grading Scale

A+ = 98 – 100	C+ = 78 - 79
A = 92 – 97	C = 72 -77
A- = 90 -91	C- = 70 -71
B+ = 88 -89	D+ = 68 -69
B = 82 – 87	D = 62 -67
B- = 80 -81	D- = 60 -61
	F = 59 & below

Extra Credit Team Competition (1st – 5pts; 2nd – 3pts; 3rd – 1pt); Individual Competition: Top 5 men and women {5,4,3,2,1pts}; All students with at least 50% spare conversion of non-split spares = 3pts; any student picking up a 4-6-7-10 split = 5pts; any student picking up the 7-10 split = 10pts.

Exams

Practical Final:	Wednesday November 30 th , 2011
Final Exam:	Wednesday December 5th, 2011 (during regular class time)
Final Exam Make-up Date:	Monday, December 7 th , 2011 (by appt only)

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 or grade of "U" may be assigned according to the policy published in the University bulletin. Attendance per se shall not be used as a criterion for grading according to Academic Policy F-69-24.

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drops, academic renewal, etc. Information on add/drops are available at <http://info.sisu.edu/web-dbqen/narr/soc-fall/rec-324.html>. Information about late drop is available at <http://www.sisu.edu/sacladvising/latedrops/policy/>. Students should be aware of the current deadlines and penalties for adding and dropping classes.

Student Union Bowling Center General Rules

- This is a student priority facility
- SJSU Tower Card with current sticker attached is required for student rates. Driver license or California ID
- accepted for non-student rates
- No smoking, Bikes, skateboards, rollerblades or dogs, except for Guide Dogs. Shirts and shoes must be worn at all times
- We have the right to refuse service to anyone
- We are not responsible for lost or stolen property
- We are not responsible for damage to plastic, polyester, urethane or reactive resin bowling balls Returned check will be charged \$20 per check, plus any bank charges
- No cash refunds on pre-paid bowling games
- No Radios, boom boxes or other auxiliary music
- Anyone not cooperating with these rules will be asked to leave

Department of Kinesiology Student Policies and Procedures for Physical Activity Classes

Health and Accident Considerations

The necessary physiological condition and fitness, and health insurance needs for each class, are the responsibility of the student. All students are expected to abide by the established safety regulations and to immediately report, to the instructor, the occurrences of any accidents. Student with severe physical restrictions may obtain appropriate information relative to meeting the physical education graduation requirement from the Kinesiology office.

While rigorous physical exercise has many benefits, it also presents potential hazards for certain groups of individuals. These included PERSON OF ANY AGE who: 1) are sedentary; 2) have known heart or blood vessel disease, including high blood pressure; 3) have high risk of heart disease (major risk factors include smoking, diabetes mellitus, high cholesterol, heredity, and high blood pressure). In addition, risk is greater for persons in the above categories who are 40 years of age or older.

It is recommended that individual in the above categories have a complete medical examinations, including an exercise electrocardiogram (stress EKG), prior to participation in classes involving vigorous activity. Individuals who choose not to have a medical examination should be aware of the potential risks and hazards of vigorous physical activity to themselves. Participation in KIN classes is at your own risk. Since SJSU does not insure students, students are encouraged to obtain their own accident and medical emergency insurance.

University Policies

Academic integrity

Students should know that the University's Academic Integrity Policy is available at [http://www.sa.sisu.edu/download/judicial affairs/Academic Integrity Policy S07-2.pdf](http://www.sa.sisu.edu/download/judicial%20affairs/Academic%20Integrity%20Policy%20S07-2.pdf). Your own commitment to learning, as evidenced by your enrollment at San Jose State University and the University's integrity policy, require 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 website for Student Conduct and Ethical Development is available at [http://www.sa.sisu.edu/judicial affairs/index.html](http://www.sa.sisu.edu/judicial%20affairs/index.html).

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 in your assignment any material you have submitted, or plan to submit for another class, please note that SJSU's Academic Policy F06-1 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 DRC (Disability Resource Center) to establish a record of their disability.