

Fall 2015

San Jose State University
Department of Kinesiology
Kin-24A Beginning Bowling

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Kin-24A Beginning Bowling @ 4th street bowling alley

1. **Course Description:**

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

1. **Student Learning Objectives:**

Upon completion of this course students will be able to demonstrate an understanding of:

- Proper Bowling mechanics
- Development of Bowling Knowledge
- Benefits of exercise
- History of Bowling
- Current state of Bowling
- Basic principal of bowling etiquette
- Proper bowling equipment

1. **Course Content:**

A) Motor (Physical) Content:

- Proper and safe technique
- Proper techniques of approach and follow
- Improved stamina

B) Cognitive (Knowledge) Content:

- Basic terminology
- Components of bowling
- Guidelines for bowling leagues
- Benefits of exercise through bowling

IV. **Course Requirement & Information**

- **ACTIVE CLASS PARTICIPATION!!!**

- Written Midterm
- Written Final
- Performance Final Must bowl a 100 or above to receive an A
- There will be 10 “bowling days” throughout the semester. Each day will count as 1 point.
- The written midterm, written final, performance final, and participation will each make up 25% of final grade.

V. **Evaluation of Participation**

- 90%-100%...A
- 80%-89%...B
- 70%-79%...C
- 60%-69%...D
- 59% or less...F

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

University recommended statement on Academic Integrity

ACADEMIC INTEGRITY (from Office of Judicial Affairs). “Your own commitment to learning, as evidence by your enrollment at San Jose State University, and the University’s Academic Integrity policy requires you to be honest in all your academic course work. Faculty are required to report all infractions to the office of Judicial Affairs.” The policy on academic integrity can be found at <http://www2.sjsu.edu/senate/SO4-12.htm>

(Links to an external site.)

University recommended statement on Persons with Disabilities

AMERICANS WITH DISABILITIES ACT COMPLIANCE. “If you need course adaptations or accommodations because of a disability, or if you need special arrangements in case the building must be evacuated, please make an appointment with The Disability Resource Center (924-6000, located in ADM 110) as soon as possible. Presidential Directive 97-03 requires that students with disabilities [REGISTER](#) with DRC to establish a record of their disability.”