

Course Syllabus

Spring 2017

San José State University

Kinesiology

Fall 2016, *KIN 24A, Beginning Bowling*

Contact Information

Instructor: Zecheria(Zach) Deges

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Class Meetings & location: 4th
street bowling alley

Course Description

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

Course materials may be found on the e-campus [Canvas learning management system](http://www.sjsu.edu/at/ec/canvas/) at <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 tests, 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
 - Angels 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
1. 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:

1. Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
2. Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
3. Identify and/or explain the benefits of physical activity as related 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.
- 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.
 - Course grades will be posted on Canvas by the end of finals week.
 - Students may make up participation points by turning in three games.
 - Drop requests will not be accepted after the SJSU drop deadline.
 - Outings/assignments completed for another class cannot be counted for this course.

Course Requirements, Assignments, and Grading

Tests: Online Midterm, Online Final, Performance Final

- Skills Test information/explanation here: Three opportunities will be given, best score will be taken. Final score is out of 100.
- Written Exam/Quizzes information/explanation here: Online Midterm will be held on canvas, based off of first two lectures, worth 50 points. Online Final will be held on canvas, based off of second two lectures, worth 50 points.

Participation: Each “Bowling Week” will be worth 10 points for a grand total of 100 possible points. Three games must be played and scores must be turned in before leaving class.

Grading

- 300 possible points. Percentage of achieved points out the possible 300 will determine grade.
- Extra credit options: for every 3 games bowled outside of campus 10 points will be rewarded. Must turn in printed copy of games to receive points.

Grading Plan

Participation: 100 points

Online Midterm: 50 points

Online Final: 50 points

Performance Final: 100 points

Total Possible: 300 points

Grading Scale used to determine final course grade.

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+
63% - 66%	D
60% - 62%	D-
below 60%	F

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

University Policies

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

<http://www.sjsu.edu/gup/syllabusinfo/>