San José State University
Kinesiology
Fall 2021, Kin 24A, Beginning Bowling, Section 1

Contact Information
Instructor: Miles Pascal-Gonzales, M.A., C.S.C.S.
Office Location: SPX - 170
Telephone: (408) 924-3010
Email: mileskpg@gmail.com (preferred)
miles.pascal-gonzales@sjsu.edu
Office Hours: T/TH @ 11:45am-12:45am by appointment only
Class Meetings: Monday & Wednesday 8:00am – 8:50am
Location: Student Union Bowling Alley (Downstairs)

Course Description
This course is designed to give students an understanding of the sport of bowling and 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/. 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. An understanding of the history, rules, strategies, safety & etiquette associated with bowling. Such as:
   - Playing field, parts of the lane, lane markings, equipment basics
   - Basic terminology
   - Safety and etiquette
   - Rules and scorekeeping
   - History of bowling
Ball properties, ball motion and bowler influences
Current state of bowling
3. 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
4. An understanding of the mental and physical health benefits to be derived from bowling.
   Benefits of exercise through bowling
   Benefits of general physical activities

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
Material for this course is covered in lectures at the beginning of class, students coming in late should ask multiple classmates what they’ve missed before asking the instructor. Some of the material students will be held accountable for will be posted in the form of slides on Canvas. The slides alone will not cover everything. For this reason, students should make an honest effort to attend class regularly. Additionally, students are strongly encouraged to connect with one another to catch up if they miss anything.

Course Requirements and Assignments
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, including but not limited to internships, labs, and clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus.

10% Syllabus Quiz
10% Average Building Games
10% Lowball Games
10% Golf Games
10% Safety, Etiquette, & Engagement
20% Online Final Examination
30% Participation (This is not a direct reflection of attendance, but you must be present to participate)

100% Total
Course Notes

If you have pre-existing medical or physical problem you should consult your physician before participating in this class and alert the instructor to any required limitations.

This class requires a $60 fee paid to the SU Bowling Alley due the first day of class, if not paid students will not be able to use the facility/equipment.

The way you treat the equipment, the alley staff, and your ability to put your ball away in every class all affect your final grade.

Attendance: If you are unable to make it to a regular class, it is not necessary to inform the instructor unless the absence has caused you to miss an assignment or exam AND you have attached documentation in the same communication proving emergency or catastrophic circumstances beyond reasonable doubt.

Online Pop-Quizzes: Can be given at any time, and will not be able to be made up. Scores will be part of the participation grade.

Cell Phones: The only time cell phone usage is not permitted is during the short lectures at the start of class. If a student is on their phone at that time, they will be asked to leave and their participation will be affected.

Warm-Up & Guided Practice Sessions: There will be many short warm-ups and guided practice sessions. The warm-ups are designed to prevent injury and to practice movements that enhance bowling ball delivery. Guided practice sessions are short sessions during class that allow students to work on a specific skill, movement, or strategy. Missing or refusing to do warm-ups, as well as “doing your own thing” during guided practice can lead to students being asked to leave and their participation will be affected.

Slips & Falls: According to the USBC, the most hazardous factor of the playing field is the lane oil.

-If you step in oil, or think you have, check the soles of your shoes. Sit down and take them off if you do in fact have oil on them and ask the front desk for help.
-If you fall in or near lane oil: GET UP SLOWLY (it’s easy to fall again with oil on your shoes), sit-down, remove the shoes if they have oil on the soles and ask the front desk for help.

Vaping/Body or Hair Spray: The Student Union bowling alley, including the bathroom, is not a place for vaping or smoking. The Student Union fire alarms can be set off very easily by vapor, hair/body spray, and other non-smoke compounds. There are cameras in the alley that have a view of the bathrooms. If a person is caught setting off the fire alarm they will be reprimanded by the university, i.e., the University Police Department.

Evacuation Plan: The Student Union has multiple evacuations each semester. Students must understand that the Student Union does not give the instructor any warning prior to drills. Each
evacuation should be treated like real emergency, because it just might be. In the event the building alarm sounds:

- **KEEP YOUR BOWLING SHOES ON**, the front desk does **not** provide service when the alarm sounds.
- Calmly collect your **things** (if possible) and immediately start to **exit the premises**.
- Leave through the Starbucks and meet at the **cement staircase**.

**Primary Meet-Point:** The cement staircase, outside of the Student Union Starbucks.

**Alternative Meet-Point:** If for some reason the Starbucks is blocked: **exit up the nearest stairs** and **through the nearest double-doors on the right**. We will meet at the patio with tables between the Student Union and Art building.*

- Once we get to the meet-point: the attendance will be **re-done** to make sure everyone has exited the building safely and then class will be dismissed.

**Academic Integrity:** Any and all forms of **deception or theft** in this class will **immediately be reported to the university**, become part of the student’s record, and may lead to expulsion.

**University Policies**

Per **University Policy S16-9** ([http://www.sjsu.edu/senate/docs/S16-9.pdf](http://www.sjsu.edu/senate/docs/S16-9.pdf)), relevant information to all courses, such as academic integrity, accommodations, dropping and adding, consent for recording of class, etc. is available on Office of Graduate and Undergraduate Programs’ Syllabus Information web page at [http://www.sjsu.edu/gup/syllabusinfo/”](http://www.sjsu.edu/gup/syllabusinfo/”). Make sure to visit this page, review and be familiar with these university policies and resources.

**Grading Scale used to determine final course grade.**

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Equivalent Grade</th>
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<tbody>
<tr>
<td>97% - 100%</td>
<td>A+</td>
</tr>
<tr>
<td>93% - 96%</td>
<td>A</td>
</tr>
<tr>
<td>90% - 92%</td>
<td>A-</td>
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<tr>
<td>87% - 89%</td>
<td>B+</td>
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<tr>
<td>83% - 86%</td>
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<tr>
<td>80% - 82%</td>
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<td>77% - 79%</td>
<td>C+</td>
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<tr>
<td>73% - 76%</td>
<td>C</td>
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<tr>
<td>70% - 72%</td>
<td>C-</td>
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<tr>
<td>67% - 69%</td>
<td>D+</td>
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<tr>
<td>Percentage</td>
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<td>------------</td>
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<tr>
<td>63% - 66%</td>
<td>D</td>
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<tr>
<td>60% - 62%</td>
<td>D-</td>
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<tr>
<td>below 60%</td>
<td>F</td>
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**Campus Resources**
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**SJSU Technical Support:**
Email: itservicedesk@sjsu.edu
Phone: (408) 924-1530
Web: [https://www.sjsu.edu/it/support/service-desk/index.php](https://www.sjsu.edu/it/support/service-desk/index.php)
*Please take note that this schedule is only tentative and therefore subject to change with fair notice via Canvas announcements from the instructor*

## Course Schedule

<table>
<thead>
<tr>
<th>Week</th>
<th>Topics</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Course Outline, Class Protocols, Adding, Q&amp;A</td>
</tr>
<tr>
<td>2</td>
<td>Terminology/The Playing Field/Safety &amp; Etiquette</td>
</tr>
<tr>
<td>3</td>
<td>Choosing a Bowling Ball, Arm Swing Mechanics *9/6 Campus Closed</td>
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<tr>
<td>4</td>
<td>Boards, Arrows, &amp; The Strike Pocket</td>
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<tr>
<td>5</td>
<td>0 and 1-Step Approaches</td>
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<tr>
<td>6</td>
<td>Straight Delivery, The 4-Step Approach</td>
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<tr>
<td>7</td>
<td>Individual Tournament Play</td>
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<tr>
<td>8</td>
<td>Individual Tournament Play</td>
</tr>
<tr>
<td>9</td>
<td>Angles and Spare Conversions</td>
</tr>
<tr>
<td>10</td>
<td>Low Ball Games</td>
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<tr>
<td>11</td>
<td>Low Ball &amp; Golf Games</td>
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<tr>
<td>12</td>
<td>Understanding Ball Motion *11/11 Campus Closed</td>
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<tr>
<td>13</td>
<td>Team Tournament Play</td>
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<tr>
<td>14</td>
<td>Team Tournament Play *11/24-11/26 Campus Closed</td>
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<tr>
<td>15</td>
<td>Team Tournament Play</td>
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<tr>
<td>16</td>
<td>Team Tournament Finals &amp; Final Exam Review</td>
</tr>
</tbody>
</table>

**Final Exam**  
**ONLINE:** Tuesday, December 14 @ 7:15-9:30 AM