

**San José State University**  
**Kinesiology**  
**Spring 2022, Kin 24A, Beginning Bowling, Section 1**

**Contact Information**

Instructor:	Miles Pascal-Gonzales, M.A., C.S.C.S.
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Office Hours:	T/TH @ 11:45am-12:45am by appointment only
Class Meetings:	<b><u>Monday &amp; Wednesday 8:30am – 9:20am</u></b>
Location:	<b>ONLINE START // Student Union Bowling Alley</b> (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](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. 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)

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**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 typically requires a \$60 fee paid to the SU Bowling Alley. Instructor will update student as to any changes regarding this policy for this semester as we are starting online.**

**If & When We Are In-Person: The way you treat the equipment, the alley staff, and your ability to put your ball away every class all affect your final grade.**

**Attendance:** It is not necessary to inform the instructor about an absence unless you have **attached documentation** in the same communication proving emergency or catastrophic circumstances beyond reasonable doubt.

**Online Quizzes:** **Not** be able to be made up. Scores will be part of the participation grade.

**(In Person) 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.

**(In Person) 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.

**(In Person) 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.

**(In Person) 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.

**(In Person) 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>), 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/>. **Make sure to visit this page, review and be familiar with these university policies and resources.**

## 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+

Percentage	Equivalent Grade
63% - 66%	D
60% - 62%	D-
below 60%	F

### **Campus Resources**

Per University Policy S16-9 (<http://www.sjsu.edu/senate/docs/S16-9.pdf>), relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodations, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on the Syllabus Information web page (<https://www.sjsu.edu/curriculum/courses/syllabus-info.php>). Make sure to visit this page to review and be aware of these university policies and resources.

### **SJSU Technical Support:**

Email: [itservicedesk@sjsu.edu](mailto:itservicedesk@sjsu.edu)

Phone: (408) 924-1530<sup>SEP</sup>

Web: <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**

<b>Week</b>	<b>Topics</b>
1	Course Outline, Class Protocols, Adding, Q&A
2	Terminology/The Playing Field/Safety & Etiquette
3	Choosing a Bowling Ball, Arm Swing Mechanics
4	Boards, Arrows, & The Strike Pocket
5	0 and 1-Step Approaches
6	Straight Delivery, The 4-Step Approach
7	Individual Tournament Play
8	Individual Tournament Play
9	Angles and Spare Conversions
10	Low Ball Games
11	Low Ball & Golf Games
12	Understanding Ball Motion
13	Team Tournament Play
14	Team Tournament Play
15	Team Tournament Play
16	Team Tournament Finals & Final Exam Review (May 16 <sup>th</sup> Last Meeting)
Final Exam	<b>ONLINE: TBA</b>

**Academic Calendar Dates to Know:**

Wed, Jan 26	First Day of Instruction Late Registration Begins on MySJSU after 7am
Thu, Feb 3	Waitlist Ends
Fri, Feb 4	<u>Permission number</u> is required to add a class
Mon, Feb 7	Last Day to Drop Classes without a "W" grade
Tue, Feb 8	<u>Late Drop Petition Required</u>
Mon, Feb 14	Last Day to Add Classes via MySJSU Last Day to Submit Audit   Credit/ No Credit Option Request Last Day to Submit <u>Instructor Drops</u>

Tue, Feb 15	Late Add Pre-Census Request requirement begins
Tue, Feb 22	Enrollment Census Date
Wed, Feb 23	Late Add Post Census Request Requirement begins
<b>Mon-Fri, Mar 28-Apr 1</b>	<b>Spring Recess - no classes</b>
<b>Thu, Mar 31</b>	<b>Cesar Chavez Day - Campus Closed</b>
Fri, Apr 22	Semester Withdrawal Deadline (Find <u>Withdrawal Request</u> under Enrollment & Grades) Last day to submit Late Enrollment Post Census for current semester
Mon, May 16	Last Day of Instruction Last Day to Complete Coursework for "Incomplete Grades"
Tue, May 17	Faculty Web Access for Grade Posting Opens at 8 am
Wed-Fri, Mon-Wed, May 18 - 25	<u>Final Exams</u>
Wed-Fri, May 25-27	Commencement
Fri, May 27	Grades Due from Faculty
Sat, May 28	Grades Viewable on MySJSU
Mon, May 30	Memorial Day - Campus Closed
Wed, June 1	Final Deadline for Grade Submission (11:59 pm) Last Day for Instructors to Submit Incomplete Grade Changes
Wed, June 8	Academic Standing & Current Semester Grades Posted on MySJSU & Transcripts