



El Camino College

COURSE OUTLINE OF RECORD - Official

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 208
Descriptive Title: Bowling

Course Disciplines: Physical Education

Division: Health Sciences and Athletics

Catalog Description: This course examines the skills, rules, etiquette, scoring, and playing strategies for the activity of bowling. Students will be introduced to selecting the proper bowling ball and grip with an understanding of one's stance, approach, and delivery of the bowling ball. Students will practice the physical and mental skills required to succeed in this lifetime activity. Students will also participate in league play during the semester.
Note: Students will pay a user fee for each class meeting for bowling lanes, shoes, and bowling ball. Students must furnish their own transportation to and from the bowling alley.

Conditions of Enrollment: *You have no defined requisites.*

Course Length: Full Term Other (Specify number of weeks):
Hours Lecture: 0 hours per week TBA
Hours Laboratory: 3.00 hours per week TBA
Course Units: 1.00

Grading Method: Letter
Credit Status: Associate Degree Credit

Transfer CSU: Effective Date: Prior to July 1992
Transfer UC: Effective Date: Prior to July 1992

General Education:
El Camino College: 5 – Health and Physical Education
Term: _____ Other: _____

CSU GE: _____
IGETC: _____

II. OUTCOMES AND OBJECTIVES

A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for

each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. Students will demonstrate the process of keeping score.
2. Students will identify the appropriate strategies for executing various spare shots.
3. Students will explain proper bowling terminology and lane etiquette.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)

1. Describe the lane, equipment, and safety issues in bowling.
Class Performance
2. Compare and contrast the different grips used in delivering a straight, hook, curve and back-up ball.
Matching Items
3. Analyze the components and skill progressions necessary for one's bowling approach and delivery methods.
Class Performance
4. Categorize the essential mental preparation and training necessary for competitive bowling.
Class Performance
5. Interpret the rules and scoring for bowling.
Completion
6. Compare and contrast strategies for making spares and stikes.
Other (specify)
With a variety of spare scenerios, place a directional arrow at a specific pin location that will provide the best result in bowling a spare.
7. Demonstrate the use of the boards and point of release in determining pin striking strategy.
Class Performance

III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lab	4	I	Introduction to Bowling A. Stretching and warm-up exercises B. Etiquette during activity and league play C. Rules and terminology D. Pin location and alley dimensions/condition E. Equipment and attire

			F. Safety
Lab	2	II	Bowling Ball and Grip A. Conventional grip B. Fingertip grip C. Palm two-hand grip D. Hand positoning E. Plastic and resin balls F. Weight of ball G. Accessories
Lab	8	III	Bowling Stance, Approach, and Delivery A. Posture and stance at starting position B. Four-step and five-step approach 1. Determine distance of approach 2. Footwork and ball position with each step C. Delivery 1. Arm/ball movement with each step 2. Arm swing mechanics 3. Finish position, release point, and follow through 4. Ball speed D. Target 1. pins 2. arrow or board
Lab	4	IV	Bowling Deliveries and Ball Path A. Straight ball B. Hook ball C. Curve ball D. Back-up ball
Lab	4	V	Bowling and Scoring A. Strike B. Spare C. Open Frame D. 10th Frame E. Handiciap system
Lab	6	VI	Strategies for Bowling A. "Spot" and "pin" bowling B. Hitting "stikes" and picking up "spares" C. Ball reaction secondary to release D. Ball reaction secondary to lane conditons E. Mental preparation
Lab	26	VII	League Bowling A. Etiquette

			B. Handicap Scoring C. Application of bowling skills D. Application of bowling knowledge
Total Lecture Hours		0	
Total Laboratory Hours		54	
Total Hours		54	

IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

Demonstrate to instructor the proper techniques and timing associated with a four- or five-step approach when delivering a bowling ball for a "strike".

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. Demonstrate with a verbal explanation to instructor your bowling strategies used when attempting a single-pin (#10) for a "spare". Starting position, target, and type of delivery are elements of sound strategies in achieving this score of a "spare".
2. Analyze the curve, hook, and straight ball deliveries and determine which one is best for you in toppling the most pins and having greater success in obtaining "strikes". Verbally present your findings to instructor.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Performance exams
Class Performance
Multiple Choice
Completion
Matching Items
True/False

V. INSTRUCTIONAL METHODS

Demonstration
Discussion
Multimedia presentations

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of

Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

VI. WORK OUTSIDE OF CLASS

Course is lab only - minimum required hours satisfied by scheduled lab time and estimated student hours outside of class per week is zero.

Estimated Independent Study Hours per Week: 0

VII. TEXTS AND MATERIALS

- A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS
- B. ALTERNATIVE TEXTBOOKS
- C. REQUIRED SUPPLEMENTARY READINGS
- D. OTHER REQUIRED MATERIALS

VIII. CONDITIONS OF ENROLLMENT

- A. Requisites (Course and Non-Course Prerequisites and Corequisites)

Requisites	Category and Justification
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- B. Requisite Skills

Requisite Skills

- C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification
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- D. Recommended Skills

Recommended Skills

- E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact
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Course created by James Schwartz on 09/01/1989.

BOARD APPROVAL DATE:

LAST BOARD APPROVAL DATE: 11/20/2017

Last Reviewed and/or Revised by Mark Lipe on 01/18/2013