



El Camino College
COURSE OUTLINE OF RECORD – Official

Course Acronym:	PE
Course Number:	208A
Descriptive Title:	Beginning Bowling
Division:	Health Sciences and Athletics
Department:	Physical Education
Course Disciplines:	Physical Education
Catalog Description:	<p>This course examines the fundamental skills, rules, and etiquette for the activity of bowling. Students will be introduced to the dimensions and markings of the bowling lane. Topics will include bowling ball selection, grip, stance, and the body mechanics of releasing the ball in a four-to-five step delivery. Students will be introduced to scoring and participate in league play during the semester.</p> <p>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.</p>
Prerequisite:	
Co-requisite:	
Recommended Preparation:	
Enrollment Limitation:	
Hours Lecture (per week):	0
Hours Laboratory (per week):	3
Outside Study Hours:	0
Total Course Hours:	54
Course Units:	1
Grading Method:	Letter Grade only
Credit Status:	Credit, degree applicable
Transfer CSU:	Yes
Effective Date:	Prior to July 1992
Transfer UC:	Yes
Effective Date:	Fall 1992
General Education: ECC	Area 5 - Health and Physical Education
Term:	
Other:	

CSU GE:	
Term:	
Other:	
IGETC:	
Term:	
Other:	
Student Learning Outcomes:	<p>SLO #1 Keeping Score</p> <p>Students will demonstrate the process of keeping score.</p> <p>SLO #2 Spare Strategies</p> <p>Students will identify the appropriate strategies for executing various spare shots.</p> <p>SLO #3 Terminology and Etiquette</p> <p>Students will explain proper bowling terminology and lane etiquette.</p>
Course Objectives:	<ol style="list-style-type: none"> 1. Describe the lane, pin arrangement, equipment, and safety issues in bowling. 2. Utilize common bowling terminology during league play. 3. Analyze the components and skill progressions necessary for one's bowling approach and delivery methods. 4. Interpret the rules and scoring for bowling. 5. Discuss different strategies for making spares and strikes.
Major Topics:	<p>I. Introduction to Bowling (4 hours, lab)</p> <ol style="list-style-type: none"> A. Stretching and warm-up exercises B. Etiquette during league play C. Rules and terminology D. Pin location and alley dimensions E. Equipment and attire F. Safety <p>II. Bowling Ball and Grip (2 hours, lab)</p> <ol style="list-style-type: none"> A. Conventional grip B. Hand / wrist positioning C. Plastic and resin balls D. Weight of ball <p>III. Bowling Stance, Approach, and Delivery (12 hours, lab)</p> <ol style="list-style-type: none"> A. Posture and stance at starting position B. Four-step and five-step approach <ol style="list-style-type: none"> 1. Determine distance of approach 2. Footwork and ball position with each step C. Delivery <ol style="list-style-type: none"> 1. Arm/ball movement with each step 2. Arm swing mechanics 3. Finish position, release point, and follow through

	<p>4. Ball speed</p> <p>D. Target</p> <ol style="list-style-type: none"> 1. pins 2. arrow or board <p>IV. Bowling and Scoring (4 hours, lab)</p> <ol style="list-style-type: none"> A. Strike B. Spare C. Open Frame D. 10th Frame E. Handicap system <p>VI. Strategies for Bowling (6 hours, lab)</p> <ol style="list-style-type: none"> A. "Spot" and "pin" bowling B. Hitting "strikes" and picking up "spares" <p>VII. League Bowling (26 hours, lab)</p> <ol style="list-style-type: none"> 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
Primary Method of Evaluation:	3) Skills demonstration
Typical Assignment Using Primary Method of Evaluation:	Demonstrate to instructor the proper techniques and timing associated with a four-step approach when delivering a bowling ball for a "strike".
Critical Thinking Assignment 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".
Critical Thinking Assignment 2:	After receiving a mock-up scoring sheet of a bowler finishing a game, accurately demonstrate the scoring rules of a bowler who scored a "strike" in the 7th frame, "spare" in the 8th frame, "open frame" in the 9th, and a "turkey" in the 10th frame? In addition to the the bowler's final score, list the scores in each of the frames 7 through 10.
Other Evaluation Methods:	Class Performance, Completion, Matching Items, Multiple Choice, Performance Exams, True/False
Instructional Methods:	Demonstration, Discussion, Multimedia presentations
If other:	
Work Outside of Class:	Course is lab only - minimum required hours satisfied by scheduled lab time
If Other:	

Up-To-Date Representative Texts:	
Alternative Texts:	
Required Supplementary Readings:	
Other Required Materials:	
Requisite:	
Category:	
Requisite course(s): List both prerequisites and corequisites in this box.	
Requisite and Matching skill(s):Bold the requisite skill. List the corresponding course objective under each skill(s).	
Requisite Skill:	
Requisite Skill and Matching Skill(s): Bold the requisite skill(s). If applicable	
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Enrollment Limitations and Category:	
Enrollment Limitations Impact:	
Course Created by:	James Schwartz
Date:	09/01/1989

Original Board Approval Date:	.
Last Reviewed and/or Revised by:	Mark Lipe
Date:	09/29/2023
Last Board Approval Date:	01/17/2024
Effective Term:	FALL 2024