



El Camino College
 COURSE OUTLINE OF RECORD – Official

Subject:	PE
Course Number:	208B
Descriptive Title:	Intermediate Bowling
Division:	Health Sciences and Athletics
Department:	Physical Education
Course Disciplines:	Physical Education
Catalog Description:	<p>This course builds upon the fundamental skills of bowling with one's stance, approach, and arm swing. Emphasis will include syncing arm swing with footwork, finish positioning, and ball release. Shot and lane analysis will be discussed with strategies on how to improve ball reaction and accuracy. Students will practice the mental skills required to succeed in this lifetime activity. Students will also 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:	PE 208A - Beginning Bowling
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:	Pending
Transfer UC:	Yes
Effective Date:	Pending
General Education ECC:	Area 5 - Health and Physical Education
Term:	
Other:	
CSU GE:	
Term:	

Other:	
IGETC:	
Term:	
Other:	
<p>Student Learning Outcomes:</p>	<p>SLO #1</p> <p>Students will demonstrate appropriate strategies when executing various spare shots.</p> <p>SLO #2</p> <p>Students will demonstrate proper body mechanics and timing with their approach and delivery of ball.</p> <p>SLO #3</p> <p>Students will identify strategies that address the mental aspects to the game and sport of bowling.</p>
<p>Course Objectives:</p>	<ol style="list-style-type: none"> 1. Demonstrate different grips and delivery methods when delivering a straight, hook, curve ball. 2. Analyze the biomechanics and proper posture in one's bowling approach and ball delivery. 3. Demonstrate the use of “boards and arrows on the lane” relative to alignment, approach, and ball release relative to pin(s) striking strategies. 4. Analyze the lane conditions relative to the movement and rotation of the ball. 5. Appreciate the importance of mental preparation and training necessary for competitive bowling. 6. Demonstrate effective bowling strategies when attempting “spares” and “strikes”. 7. Understand the scoring of bowling with a handicap system during league play. 8. Demonstrate proper use of bowling terminology during league play.
<p>Major Topics:</p>	<ol style="list-style-type: none"> I. Introduction to Bowling (4 hours, lab) <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. Lane surface conditions F. Equipment and attire G. Scoring and handicap system II. Bowling Ball and Grip (2 hours, lab) <ol style="list-style-type: none"> A. Fingertip grip B. Palm two-handed grip C. Plastic versus resin balls D. Hand position E. Accessories III. Bowling Delivery and Ball Path (4 hours, lab)

	<ul style="list-style-type: none"> A. Straight ball B. Hook ball C. Curve ball D. Back-up ball <p>IV. Strategies of Bowling (14 hours, lab)</p> <ul style="list-style-type: none"> A. Spot and pin bowling B. Hitting strikes and picking up spares C. Ball reaction secondary to lane conditions D. Ball reaction secondary to release E. Mental preparation <p>V. League Bowling (30 hours, lab)</p> <ul style="list-style-type: none"> A. Application of etiquette and terminology B. Application of bowling skills C. 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:	During league play, demonstrate the proper starting point and delivery path of the ball when attempting to pick-up single pin spares on both the far left- and right-side of the alley.
Critical Thinking Assignment 1:	During league play, analyze the amount of movement of your bowling ball on the lane when attempting to score a “strike”. Demonstrate and explain to your instructor the necessary changes you made relative to starting point, release point, and your target spot on the alley or pins.
Critical Thinking Assignment 2:	Before league play, write down on a 4 in. x 6 in. index card three key points that assist you in the mental aspect of your game of bowling. Items may include developing a shot making routine, controlling emotions, positive self-talk, focus and breathing etc. After your day of competition, rank the three key points that were most helpful and share with your instructor.
Other Evaluation Methods:	Class Performance, Performance Exams, Quizzes
If Other:	
Instructional Methods:	Demonstration, Lab
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:	No Text Required
Alternative Texts:	

Required Supplementary Readings:	
Other Required Materials:	
Requisite	
Category	
Requisite course:	
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	
Requisite course:	PE 208A - Beginning Bowling
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	<p>Understand and apply the fundamental concepts and knowledge of bowling.</p> <p>PE 208A - Describe the lane, pin arrangement, equipment, and safety issues in bowling.</p> <p>PE 208A - Utilize common bowling terminology during league play.</p> <p>PE 208A - Analyze the components and skill progressions necessary for one's bowling approach and delivery methods.</p> <p>PE 208A - Interpret the rules and scoring for bowling.</p>
Requisite Skill:	
Requisite Skill and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s). if applicable	
Enrollment Limitations and Category:	
Enrollment Limitations Impact:	
Course Created by:	Mark Lipe
Date:	10/24/2023
Original Board Approval Date:	03/21/2024
Effective Term:	FALL 2024