Course Prefix and Number: PED 135                  Credits: 1

Course Title: Bowling I

Course Description: Teaches basic bowling skills and techniques, scoring, rules, etiquette, and terminology. Part I of II. Laboratory 2 hours per week.

General Course Purpose: The course is for beginning and intermediate skill level, is offered off-campus, and requires a facility fee. The course serves as a personal wellness general education elective.

Course Prerequisites and Co-requisites: None

Course Objectives: Upon completing the course, the student will be able to

a. Define terminology used in the sport of bowling;
b. Recall bowling history;
c. Discuss fitness components in bowling;
d. Demonstrate bowling etiquette and rules;
e. Evaluate and correct errors in bowling form and execution;
f. Demonstrate knowledge of bowling strategies and form;
g. Identify and explain safety procedures and techniques;
h. Apply bowling techniques and strategies to improve score;
i. Employ sportsmanship and teamwork during tournament play;
j. Demonstrate the 3, 6, 9 method of spare conversion; and
k. Develop and/or identify personal wellness goals (using the SMART method), focused on the improvement of bowling practice.

Major Topics to Be Included:
a. SMART planning method
b. Introduction to bowling
   1. Scoring (calculate handicaps for league-style tournament and calculate bowling averages)
   2. History
   3. Terminology/jargon
c. Selection of proper bowling ball for maximum performance
d. Etiquette, safety stance, approach, and delivery
   1. Bowling stance
   2. Bowling arm swing
   3. Bowling four-step approach
   4. Bowling ball release in the correct position
   5. Hook ball or straight ball delivery
   6. Follow through
   7. Adjustments/alignment and strategy needed to maximize spare conversion
   8. Adjustments for lane conditions
   9. Spare pick-up/conversion
e. Tournament rules (bowl games and tournament)

Effective Date of Course Content Summary: August 15, 2015