



FAYETTEVILLE STATE UNIVERSITY
 FAYETTEVILLE, NORTH CAROLINA

DEPARTMENT OF
 HEALTH, PHYSICAL EDUCATION AND HUMAN SERVICES

I. LOCATOR INFORMATION

Semester: Fall 2009

Course No. & Name: PEDU 132 - Bowling

#Semester Hours of Credit: 1

Time Class Meets: _____

Office Hours: M_____ T_____ W_____ TH_____ F_____

| Instructors | Office Location | Office Phone | Email |
|----------------------|-----------------|--------------|-----------------------|
| Mr. Samuel Hanger | Modular 106A | 672-2263 | shanger@uncfsu.edu |
| Mr. Robert Henderson | HPEC 319 | 672-1324 | rhenderson@uncfsu.edu |

II. COURSE DESCRIPTION

This course is designed to develop knowledge of rules performance skills and techniques for beginning bowling.

III. TEXTBOOK

Grinfelds, Vesma, and Hultstrand, Bonnie, Right Down Your Alley: Complete Book of Bowling, 5th edition, 2003, Thomson Learning

IV. SPECIFIC COURSE OBJECTIVES

Upon successfully completing this course, the student, with a minimum of 80 percent accuracy, will be able to:

1. Select from that available, the basic equipment for bowling, proper weight/fit of ball, well-filled shoes.
2. Demonstrate, in a game situation, the proper stance and start for bowling.
3. Demonstrate, in a game situation the proper arm swing and hand release for the hook ball, straight ball and curve ball.
4. Demonstrate on a written test, a knowledge of the rules of etiquette.
5. Demonstrate a knowledge of the three basic spare angles and basic knowledge of spot bowling by successfully making proper adjustments during a game.
6. Use bowling terms in a game situation, and define terms on a written test.

IV. COMPETENCIES

1. Demonstrate knowledge of procedures in (a) the selection and purpose of equipment and supplies, and (b) the proper maintenance of facilities and equipment (4.4)
2. Understand and promote physical fitness and lifetime activities. (1.2)
3. Provide opportunities for the learner to participate in activities in which he/she can acquire, develop and experience cooperative and competitive attitudes.
4. Exhibit positive health values and skills in his or her personal behavior. (15.2)
5. Skills and behaviors associated with health, physical education and safety. (7.2)
6. Demonstrate an awareness of the necessity to keep on learning throughout life and the importance of learning how to learn (5.4)

V. COURSE REQUIREMENTS

1. Personal balls must be cleaned once a week.
2. Students must wear appropriate clothing for bowling; specially, clothes which are comfortable when stretching.
3. Students must purchase the adopted textbook for this course:

VI. EVALUATION

A. Skill Performance

Students will be divided into teams according to average after mid-term. Terms will formulate a class league. Twelve lines must be bowled by each team/student. Evaluation will be done by the team concept and the individual improvement scale. The following are means of evaluation:

1. Team high score - 10, 8, 6, 4 points
2. Individual high score - 10, 8, 6, 4 points
3. Improvement from beginning average - 10, 8, 6, 4 (Individual)
4. Spare and split bowling (league - 3-10 pts
5. Spare bowling test - 10, 8, 6, 4 (Individual)
6. Appraisal of approach and delivery - 10, 8, 6, 4 (Individual)
7. Team finish-10, 8, 6, 4 points
8. Two written tests per semester

B. Written Performance

1. Mid-term - Terminology and scoring - 10, 8, 6, 4 pts.
2. Finish - Terminology, rules and scoring - 10, 8, 6, 4 pts.

VII. CONTENT OUTLINE WITH ASSIGNMENT SCHEDULE

1. Each student will be fitted with a pair of shoes.
2. Demonstrate/discuss the techniques involved in the selection of the ball:

- a. the thumb should easily slip in and out of the thumbhole.
 - b. the knuckles of the middle fingers should be over the edge of the fingerholes for proper span.
 - c. the space under the palm should be just enough for a pencil to fit snugly.
 - d. only by actually trying the ball can the correct fit be determined.
3. Demonstrate the three types of finger grips.
 4. Students will be shown the proper approach. The approach is the stance (the stance will be different for each bowler).
 5. Students will be shown the four-step approach:
 - a. stance
 - b. push-way
 - c. downswing
 - d. backswing
 - e. forward swing
 - f. delivery and follow through
 - g. walking straight ahead
 - h. facing straight ahead
 - i. balance
 - j. straight pendulum swing and follow-through straight head
 - k. where to aim
 - l. spot bowling
 - m. pin bowling
 - n. line bowling
 - o. the foul line
 - p. the ball's path to the pins (hook ball, curves, straight)
 6. Students will be given written and skill test on picking up spares.
 7. Rules of etiquette will be emphasized as being as much a part of bowling as knocking down pins.
 8. Review with each student every two week the Instructions/ Objective Form and make corrections, as necessary, for the common faults on the form:
 - a. approach
 - b. fitting the steps to the natural swing
 - c. push-away and timing of problems
 - d. correcting a hop in the approach
 - e. rushing the arm swing
 - f. timing the arm swing
 - g. failing to face straight ahead
 - h. lofting the ball
 - i. carrying the ball
 - j. crooked pendulum swing
 - k. arm twisting
 - l. high backswing
 - m. poor follow through
 - n. ball roll
 - o. killing the hook

p. too much hook or curve

9. Students will be taught to compute averages and handicaps.

VIII. TEACHING STRATEGIES

1. Total participation
2. Team competition
3. Individual level of achievement in delivery, scoring and consistency

CLASS ATTENDANCE

The University is committed to the principle that regular and punctual class attendance is essential to the students' optimum scholastic achievement. Participation in a class setting can be a valuable experience academically and otherwise; hence, the worth of this experience cannot be measured by test papers, research papers, and projects. Students are required to attend all classes regularly to keep appointments when they are scheduled. It is the responsibility of each student to be informed of the academic requirements of the instructor, to take all examinations at the time prescribed by the instructor, and to turn in all assignments when they are due. An absence, excused or unexcused, does not relieve the student of any course requirement.

THE KEY TO SUCCESSFUL BOWLING IS CONSISTENCY! IT IS EXPECTED THAT EACH STUDENT WILL WORK DILIGENTLY TO DEVELOP THOSE ATTRIBUTES THAT ARE BELIEVED TO CONTRIBUTE TO SUPERIOR PERFORMANCE IN THIS ACTIVITY.