

Course Outline

COURSE: KIN 20 **DIVISION:** 40 **ALSO LISTED AS:** PE 20

TERM EFFECTIVE: Fall 2013 **Inactive Course**

SHORT TITLE: BOWLING

LONG TITLE: Bowling

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
.5 OR 1	18	Lecture:	0	0
		Lab:	1.5 OR 3	27 OR 54
		Other:	0	0
		Total:	1.5 OR 3	27 OR 54

COURSE DESCRIPTION:

Coeducational activity designed for beginning and intermediate bowlers; fundamentals and techniques of bowling. Scoring, bowling etiquette, terminology and team bowling are included. This course has the option of a letter grade or pass/no pass. Previously listed as PE 20.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

L - Standard Letter Grade

P - Pass/No Pass

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. The correct "strike starting position", the approach and the release of the ball will be demonstrated.

ILO: 7, 2

Measure: performance

2. Utilizing the 3-6-9 spare system, students will demonstrate and describe how to pick up a left side spare.

ILO: 7, 2, 1, 4

Measure: performance, oral exam

3. Utilizing the #10 pin starting position, students will demonstrate and describe how to pick up a right side spare.

ILO: 7, 2, 1, 4

Measure: performance, oral exam

4. Students will describe what a "perfect strike" is.

ILO: 1, 2, 7

Measure: oral exam, demonstration

5. Students will explain how to score a game and they will practice proper bowling etiquette.

ILO: 7, 2, 4, 1

Measure: demonstration, written exam, oral exam

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Inactive Course: 03/11/2013

3 - 6 Hours

Orientation: indicating procedures to be followed in class, methods of grading and class format. Generally speaking the class will utilize the following schedule: warm-up with shadow bowling, lecture/drill on a specific area, bowl ten frames and submit scoring/record of competition, check-out. The first few classes will include information on the care and use of equipment, selecting the proper ball, costs involved, the etiquette of bowling and the value of bowling as a recreational activity. Information on scoring will be provided/reviewed. Explanation and demonstration on the method of holding a bowling ball and the various types of approaches used in delivering the ball.

SPO: The student will demonstrate an approach used in delivering the bowling ball. They will discuss the requirements of the course and be able to list at least three etiquettes used when bowling.

3 - 6 Hours

Review scoring, approach and ball release. Concentration will be on the approach form and the proper release of the ball on the alley. Emphasis will be on the importance of learning to bowl a hook ball. Demonstration on where the ball must hit the pins to obtain a strike.

SPO: The student will be able to mark a strike and a spare on a score sheet. They will explain where the ball must hit on the pins in order to obtain a strike.

3 - 6 Hours

Continue emphasis on mastering the correct form in the approach and release of the ball. Demonstration on the technique involved in throwing a curve ball. Emphasize the importance of picking out a spot on the alley toward which to direct the ball release. Accuracy, rather than speed, should be emphasized. Introduce bowling terminology, such as: double, turkey, types of splits, etc. Review bowling etiquette. Explain the various kinds of splits and point out the importance of picking up spares.

SPO: The student will demonstrate "spot bowling" and how to throw a curve ball. They will explain the importance of picking up spares and how it can positively affect your score. Bowling terminology will be utilized by the student.

6 - 12 Hours

Teach the "3-1-2" system for attaining the strike impact point on the head pin and teach the "3-6-9" spare system. Information on ball drilling mechanics (span, bridge and zero pitch) and side weights (reverse and forward pitch) will be provided.

SPO: Students will describe and demonstrate the "3-1-2" system for a strike and the "3-6-9" spare system.

6 - 12 Hours

Continue working on skills. Team tournament play will be provided. Analyze "leaves" and discuss typical combinations. Continue to practice "marking" on a score sheet.

SPO: The student will be able to keep score on a bowling score sheet. They will be able to analyze and execute the best way to pick up a spare.

4.5 - 9 Hours

Explain the causes and remedies of "side drift", time ball speeds and discuss their ramifications and explain handicap systems. Continue working on material covered in previous classes and provide practice opportunities through tournament play.

SPO: The student will explain at least one handicap system. They will be able to describe a cause for "side drift" and provide the appropriate correction.

2 Hours

Final.

Note:

This is a skill building class where the students' skills or proficiencies will be enhanced by supervised repetition and practice in class.

METHODS OF INSTRUCTION:

Lecture, discussion, demonstration, video

METHODS OF EVALUATION:

The types of writing assignments required:

None

The problem-solving assignments required:

None

The types of skill demonstrations required:

Performance exams

The types of objective examinations used in the course:

Multiple choice

True/false

Matching items

Completion

Other category:

Requires student participation

The basis for assigning students grades in the course:

Writing assignments: 0% - 0%

Problem-solving demonstrations: 0% - 0%
Skill demonstrations: 40% - 70%
Objective examinations: 10% - 30%
Other methods of evaluation: 30% - 60%

JUSTIFICATION:

The department is requesting a name change, from the Physical Education and Athletics Department to the Department of Kinesiology and Athletics.

The reasons for this action include:

- 1) A desire to follow suit with the 4-year colleges and universities.
- 2) A trend in the field. Community colleges are moving in this direction with Cabrillo College already taking this action. Others such as Sacramento City College, Mission College, and Diablo Valley College are also in the process of changing their name as well. Gavilan College can be a leader in this trend.
- 3) This more closely describes what our profession is about.
"Kinesiology is the academic discipline concerned with the art and science of human movement."
- 4) The state academic senate has proposed that Kinesiology and Exercise Science majors be added to the Disciplines List so they have recognized the move in this direction.
- 5) Over recent years, there have been discussions within the State regarding the need to streamline Physical Education as a discipline. This would help with the negative connotation that is often identified with this discipline. Gavilan College has worked hard to modify our programs to meet State requirements for our major. The name change would be another step in the right direction.

REPRESENTATIVE TEXTBOOKS:

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201170

CSU GE:

CSU E1, effective 201170

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201170

UC TRANSFER:

Transferable UC, effective 201170

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: A

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:
CAN Sequence:
CSU Crosswalk Course Department: KIN
CSU Crosswalk Course Number: 20
Prior to College Level: Y
Non Credit Enhanced Funding: N
Funding Agency Code: Y
In-Service: N
Occupational Course: E
Maximum Hours: 1
Minimum Hours: .5
Course Control Number: CCC000528369
Sports/Physical Education Course: Y
Taxonomy of Program: 083500