Course Information

Division: Health & Physical Education
Course Number: HPE 101D
Title: Beginning Bowling I
Credits: 1
Developed by: Jim Bagnall
Lecture/Lab Ratio: 0 Lecture/2 Lab
Transfer Status:

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<th>ASU</th>
<th>NAU</th>
<th>UA</th>
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<td>KIN 105</td>
<td>FIT 100</td>
<td>PE Dept. Elective, PE Activity Credit limit of three units</td>
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Activity Course: Yes
CIP Code: 31.0501
Assessment Mode: Portfolio
Semester Taught: Upon Request
GE Category: AAS degree only
Separate Lab: No
Awareness Course: No
Intensive Writing Course: No
Diversity and Inclusion Course: No

Prerequisites
None

Educational Value
For students who can benefit from learning lifetime skills and want to increase their physical fitness level.

Description
Designed to assist the student in learning the basic skills and knowledge which lead to optimum bowling performance. An additional fee is required.

Supplies
$30.00 fee
Competencies and Performance Standards

1. Discuss the rules.
   Learning objectives
   What you will learn as you master the competency:
   a. Discuss the rules pertaining to scoring.
   b. Discuss the rules pertaining to fouls.
   c. Discuss the rules pertaining to etiquette.
   d. Discuss the rules pertaining to safety.
   Performance Standards
   Competence will be demonstrated:
   o by pass an exam governing the rules with a score of 80%
   Criteria - Performance will be satisfactory when:
   o learner discusses the rules pertaining to scoring
   o learner discusses the rules pertaining to fouls
   o learner discusses the rules pertaining to etiquette
   o learner discusses the rules pertaining to safety

2. Demonstrate fundamental skills.
   Learning objectives
   What you will learn as you master the competency:
   a. Demonstrate the mechanics of the stance.
   b. Demonstrate the mechanics of the approach.
   c. Demonstrate the mechanics of the delivery.
   Performance Standards
   Competence will be demonstrated:
   o by instructor evaluation check list
   Criteria - Performance will be satisfactory when:
   o learner demonstrates the mechanics of the stance
   o learner demonstrates the mechanics of the approach
   o learner demonstrates the mechanics of the delivery

3. Demonstrate the three delivery styles.
   Learning objectives
   What you will learn as you master the competency:
   a. Demonstrate the mechanics of the straight ball.
   b. Demonstrate the mechanics of the hook ball.
   c. Demonstrate the mechanics of the curve ball.
   Performance Standards
   Competence will be demonstrated:
   o by instructor evaluation check list
   Criteria - Performance will be satisfactory when:
   o learner demonstrates the mechanics of a straight ball which include grip, alignment,
learner demonstrates the mechanics of a hook ball which include grip, alignment, approach, and delivery

learner demonstrates the mechanics of a curve ball which include grip, alignment, approach, and delivery

Types of Instruction
Classroom Presentation and Demonstration

Grading Information
Grading Rationale
Knowledge test 15%
Skills test 25%
Improvement 25%
Participation 25%
Portfolio 10%

Grading Scale
A 90% or above
B 80-89%
C 70-79%
D 60-69%
F 59% or below