

EASTERN ARIZONA COLLEGE

Beginning Bowling I

Course Design

2018-2019

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

ASU	NAU	UA
KIN 105	FIT 100	PE Dept. Elective, PE Activity Credit limit of three units

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,

- approach, and delivery
- 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