

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

 X Transfer course X A.A. degree applicable course
(check all that apply)

COURSE NUMBER AND TITLE: PE 115 Bowling

UNIT VALUE: 1.5

MINIMUM NUMBER OF SEMESTER HOURS: 48

BASIC SKILLS REQUIREMENTS: Appropriate language skills

ENTRANCE REQUIREMENTS None

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

Competency development in selection of ball, approach, delivery, scoring, and league experience. Class meets off-campus.

SPECIFIC COURSE OBJECTIVES:

The successful student will:

1. identify fundamental skills and techniques necessary for success as a participant in the activity.
2. apply principles of bowling to a league situation.
3. exhibit good sportsmanship in competitive situations.
4. exhibit proper social skills and cooperation with teammates.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

A. Introduction

1. Bowling etiquette
2. How to score the game
3. Principles of naturalness
4. Principles of timing and consistency
5. Principles of equipment selection
6. Principles of ball roll patterns
7. Principles of aiming

B. Delivery Principles

1. Stance
2. Pushaway
3. Swing patterns
4. Step patterns
5. Release
6. Follow-through

C. Strike Principles

1. Perfect strike hit
2. Pocket angle, Speed, and Action
3. Reading the lanes
4. Angle adjustments
5. Equipment adjustments
6. Delivery adjustments

D. Spare Principles

1. Key pin and contact points
2. Cross lane angles
3. Pin and ball deflection
4. Chop and spares
5. Splits and spares
6. Speed and spares
7. The 14 spare zones
8. Adjusting to lane conditions
9. Adjusting to approach position
10. 3-6-9 adjustment system
11. 2-4-6 adjustment system

REQUIRED READING:

Instructor generated handouts on bowling and fitness.

SUGGESTED READING:

Bowling Digest Magazine

Allen, George and Ritger, Dick. The Complete Guide to Bowling Principles. Deerfield: Ill., Technical Ed. Publishing Co., 1994.

REQUIRED WRITING:

Skill demonstration is more appropriate.

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.

Read and study handouts. Practice and study for exam. Students are encouraged to participate in league play sponsored by other recreational agencies.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
- laboratory
- lecture-laboratory combination
- directed study

This course may be offered as a distance education course and meets Title 5 regulations 55370, 55372, 55374, 55376, and 55378.

Yes No .

If yes, check all that apply. (See guidelines for preparation for definitions.)

- telecourse
- mediated instruction
- computer assisted instruction

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):

Participation	50%
Demonstrated improvement	25%
Written examination	25%

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes No Number of times course may be taken for credit: 4.

If yes, identify specific provision of Title 5 Division 2 section(s) 55761-55763 and 58161 which qualifies course as repeatable:

58161(c)(2)(A) and (B)

CONTACT PERSON:

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