

J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: PED 135

Credits: 1

Course Title: Bowling I

Course Description: Teaches basic bowling skills and techniques, scoring, rules, etiquette, and terminology. Part I of II. Laboratory 2 hours per week.

General Course Purpose: The course is for beginning and intermediate skill level, is offered off-campus, and requires a facility fee. The course serves as a personal wellness general education elective.

Course Prerequisites and Co-requisites:

None

Course Objectives:

Upon completing the course, the student will be able to

- a. Define terminology used in the sport of bowling;
- b. Recall bowling history;
- c. Discuss fitness components in bowling;
- d. Demonstrate bowling etiquette and rules;
- e. Evaluate and correct errors in bowling form and execution;
- f. Demonstrate knowledge of bowling strategies and form;
- g. Identify and explain safety procedures and techniques;
- h. Apply bowling techniques and strategies to improve score;
- i. Employ sportsmanship and teamwork during tournament play;
- j. Demonstrate the 3, 6, 9 method of spare conversion; and
- k. Develop and/or identify personal wellness goals (using the SMART method), focused on the improvement of bowling practice.

Major Topics to Be Included:

- a. SMART planning method
- b. Introduction to bowling
 1. Scoring (calculate handicaps for league-style tournament and calculate bowling averages)
 2. History
 3. Terminology/jargon
- c. Selection of proper bowling ball for maximum performance
- d. Etiquette, safety stance, approach, and delivery
 1. Bowling stance
 2. Bowling arm swing
 3. Bowling four-step approach
 4. Bowling ball release in the correct position
 5. Hook ball or straight ball delivery
 6. Follow through
 7. Adjustments/alignment and strategy needed to maximize spare conversion
 8. Adjustments for lane conditions
 9. Spare pick-up/conversion
- e. Tournament rules (bowl games and tournament)

Effective Date of Course Content Summary: August 15, 2015