

**J. Sargeant Reynolds Community College**  
**Course Content Summary**

**Course Prefix and Number:** PED 136

**Credits:** 1

**Course Title:** Bowling II

**Course Description:** Teaches basic bowling skills and techniques, scoring, rules, etiquette, and terminology. Part II of II. Prerequisite: PED 135. Laboratory 2 hours per week.

**General Course Purpose:** This course covers advanced bowling techniques. The course is designed for the intermediate bowler to fine tune existing skills. This course is offered off-campus and requires a facility fee. The course serves as a personal wellness general education elective.

**Course Prerequisites and Co-requisites:**

Prerequisite: PED 135

**Course Objectives:**

Upon completing the course, the student will be able to

- a. Paraphrase bowling history;
- b. Define advanced terminology used in the sport of bowling;
- c. Demonstrate the equipment utilized by the intermediate to advanced bowler;
- d. Analyze fitness components in bowling;
- e. Demonstrate bowling etiquette and rules;
- f. Apply and practice safety procedures and techniques;
- g. Apply bowling techniques and strategies to improve score;
- h. Explain and discuss strategy for the intermediate to advanced bowler;
- i. Explain and demonstrate the scoring, scoring average, and handicap system to the beginning bowler;
- j. Demonstrate intermediate techniques and be able to identify and correct common faults for competitive bowling;
- k. Employ sportsmanship and teamwork during tournament play;
- l. Evaluate and correct errors in bowling form and execution of self and peers;
- m. Teach and critique bowling demonstrations by peers; and
- n. Develop and/or identify personal wellness goals (using the SMART method and focused on the bowling performance improvement).

**Major Topics to Be Included:**

- a. SMART planning method
- b. Rules and intermediate fundamentals of bowling
- c. Intermediate to advanced skill level equipment and facilities
- d. Intermediate to advanced techniques in bowling
- e. Scoring
- f. Benefits of bowling
- g. Pin method of aiming
- h. 3- or 5-step approach
- i. Straight, back-up, and curve ball deliveries
- j. Governing bodies and league bowling
- k. Team formation and handicaps

**Effective Date of Course Content Summary:** August 14, 2015