

PED 139
BOWLING-BEGINNING

COURSE DESCRIPTION:

Prerequisites: None

Corequisites: None

This course introduces the fundamentals of bowling. Emphasis is on ball selection, grips, stance, and delivery along with rules and etiquette. Upon completion, students should be able to participate in recreational bowling. *This course is approved to satisfy the Comprehensive Articulation Agreement for transferability as a pre-major and/or elective course requirement.* Course Hours Per Week: Lab, 2. Semester Hours Credit, 1.

LEARNING OUTCOMES:

Students will be able to:

- a. Demonstrate approach, release, and follow-through.
- b. Release straight, hook, and backup balls.
- c. Demonstrate understanding of the terminology of the game.
- d. Keep score and handicap scoring.

OUTLINE OF INSTRUCTION:

- I. Overview of bowling
 - A. Lane etiquette
 - B. Terminology
 - C. Rules
- II. Basic forms and approaches
 - A. Grips
 - B. Approach
 - C. Delivery
 - D. Follow-through
- III. Types of ball delivery
 - A. Straight
 - B. Hook
 - C. Backup balls

REQUIRED TEXTBOOK AND MATERIALS:

None

STATEMENT FOR STUDENTS WITH DISABILITIES:

Students who require academic accommodations due to any physical, psychological, or learning disability are encouraged to request assistance from a disability services counselor within the first two weeks of class. Likewise, students who potentially require emergency medical attention due to any chronic health condition are encouraged to disclose this information to a disability services counselor within the first two weeks of class. Counselors can be contacted by calling 686-3652 or by visiting the Student Development Office in the Phail Wynn Jr. Student Services Center, room 1309.