



KIN 60 - Bowling

Catalog Description

Transfer Status: CSU/UC

Unit(s): 1.50

Activity: 51.00 Contact hours/25.50 Out of class hours/76.50 Total hours/1.50 Unit(s)

Total: 51.00 Contact hours/25.50 Out of class hours/76.50 Total hours/1.50 Unit(s)

Course Description: This course provides instruction in the basic principles and skills of bowling and develops the student's four step approach, grip, and delivery. Emphasis will be placed on spare and strike position strategies, ball control techniques, and scoring. Students will also learn safety rules, etiquette, and care of equipment for bowling.

Objectives

Upon successful completion of this course, the student should be able to:

1. define the rules, terminology, and etiquette of bowling.
2. explain spare and strike position strategies in bowling.
3. identify pins down, spare, strike, error, split and tenth frame on a scoring sheet.
4. demonstrate a four-step approach and proper delivery of the ball.

Course Content

Topic Titles / Suggested Time Topic		
<u>Lecture/Activity.</u>		
<u>Topics</u>	<u>Lec Hrs</u>	<u>Act Hrs</u>
Orientation and Safety		2.00
History of Bowling		1.00
Conventional Grips vs. Fingertip Grips		3.50
Three-Step and Five-Step Approach		3.00
Four-Step Approach		5.00
Delivery		5.00
Straight Ball vs. Curved Ball		3.00
Strike Positions		6.00
Spare Positions		6.00
Scoring		4.00
Etiquette of Bowling		4.50
League Courtesy and Play		8.00
Total Hours:		0.00 51.00

Methods of Instruction

- A. Class Activities
- B. Demonstrations
- C. Discussion
- D. Homework: Students are required to complete one hour of outside-of-class homework for every two hours of activity
- E. Multimedia Presentations
- F. Drill/Practical

Methods of Evaluation

- A. Demonstration
- B. Class participation
- C. Written Assignments
- D. Written or Oral Examinations
- E. Practical Evaluations

Examples of Assignments

Reading Assignments

1. Please read all instructional handouts (Safety Guidelines, Bowling Techniques, Equipment, etc.). Note key points and terms in preparation for class discussions.
2. Read and be prepared to discuss articles from the National Bowling Association website.

Writing Assignments

1. List and briefly explain the safety rules of bowling.
2. Perform a short write on the history of bowling. The paper should be typed and be approximately one page in length.

Out-of-Class Assignments

1. Please view and report on a bowling program which can include competitions and documentaries. Note the date and location of program viewed.
2. Research the National Bowling Association, create a briefing outline of the history and create a brief outline.

Recommended Materials of Instruction

Other Learning Materials

The student will be required to provide:

- a. Athletic apparel (loose fitting clothing, sweatpants, loose fitting t-shirts)
- b. Bowling shoes

Other materials and/or equipment will be provided by the department.

Minimum Qualifications

Coaching

Physical Education (Masters Required)

Created/Revised by: Jordan, Jeffrey

Date: 03/10/2025