Syllabus

Quick Links

What You Should Already Know

You don't need prior bowling experience for this course.

Learning Outcomes

When you have successfully completed this course, you should be able to do the following:

1. Choose proper bowling equipment that fits your individual needs.
2. Demonstrate basic approach as well as ball delivery skills and techniques.
3. Demonstrate correct spot bowling skills.
4. Score a bowling game correctly.
5. Identify your bowling errors and discuss the correct remedy for each problem.
6. Use bowlers' lingo correctly.
7. Figure a handicap.

Important Notice

Before beginning any exercise program, consult your doctor. Participants and their legal guardians understand and acknowledge that participation in any exercise program or related activities carries with it inherent dangers which may result in personal injury or even death. Participants and their legal guardians assume complete responsibility to (a) consult with a physician to ensure that there are no health-related reasons for problems which would preclude or restrict participant's participation in a particular exercise program or related activities and (b) procure adequate health insurance necessary to provide for and pay any medical costs that may directly or indirectly result from such participation. Accordingly, participants and their legal guardians assume all responsibility and risk associated with any participation in any exercise program or related activities.

Course Materials

The information contained in this course is the only text required for this course. You will also need access to a bowling alley for this course.

Course Organization

This course will allow you to learn bowling skills without having to demonstrate in front of an onsite instructor. There are five units, each unit containing various lessons. There is an assignment you should submit at the end of each unit. Also, you will submit a portfolio assignment after Unit 5. You must bowl fifteen games to pass this course. A written final exam will be given after you've completed all of the units in this course.

Assignments

Self Checks

These are ungraded questions to help you check your mastery of the discussion material before completing graded assignments.

Learning Experiences

Several learning experiences are outlined for each unit. For the learning experiences, you are required to bowl a specified number of games for each unit. You will be required to bowl a minimum of fifteen games to complete the course. All games you wish to submit for grading must have your pin totals and averages on them. It is important that you bowl the specified number of games required at the end of each unit in order for you to improve your scores. Do not wait until the end of the course to bowl the required games. To pass this course, you must submit all official scoring sheets from the bowling alley for each game you bowled for each unit. The official scoring sheets will be grouped together and submitted after Unit 5.

Bowling score sheets will not be returned to you. These cannot be resubmitted for a better grade; however, you may bowl more than the required games and only submit the best fifteen scores.

Unit Quizzes

Unit quizzes appear at the end of each unit. The assignments consist of a series of multiple-choice questions about the discussion material in each unit. You may submit only three assignments in a seven-day period.

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Exams

The final exam for this course is comprehensive and consists of objective, scoring, and aiming questions that are related to the lesson outcomes, reading assignments, and unit quizzes. You must pass the final exam to pass the course.

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Grading

To pass the course, you must also successfully complete each of the assignments. Your final grade for this course will be weighted according to the following scales:

Assignments	Weight of Final Grade
Five unit quizzes (each worth 8 percent)	40%
Bowling games (you must bowl fifteen games, score cards to be submitted for unit)	30%
Final Exam (you must score 60 percent or higher to pass the final)	30%

Grading Scale

Grading Scale	
A	100%–93%
A−	92%–90%
B+	89%–87%

B	86%–83%
B−	82%–80%
C+	79%–77%
C	76%–73%
C−	72%–70%
D+	69%–67%
D	66%–63%
D−	62%–60%
E (fail)	59% or below

Submitting Your Official Bowling Scores

For the last assignment in the course, you will submit an electronic copy of all the official scoring sheets from the bowling alley for each game you bowled for each unit. Here is the grade breakdown for bowling scores:

Grade Breakdown

A	120 and above
A−	115–119
B+	110–114
B	105–109
B−	100–104
C+	95–99
C	90–94
C−	85–89
D+	80–84
D	75–79

D−   74–70

E (fail) 69 and below

The grading scale is based on an average score from the fifteen games you will bowl. If you score above a 120 for one game you will not get an A grade—you will need an average score above 120 from fifteen games in order to get an A grade, between 100 and 120 to get a B grade, etc.

Note: You can get a computer printout of your score card from your bowling alley, but you will generally need to tell them before you bowl your game that you would like a printout. You cannot resubmit bowling score cards to improve your grade.