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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 will have:

1. Achieved a level of competency in motor skills and movement patterns.
2. Applied knowledge to attain efficiency of movement and performance.
3. Understood some of the components necessary to maintain a healthy level of fitness to support physical activity.
4. Developed cooperative skills and positive personal behavior through communication and respect for self and others.
5. Appraised the personal value of physical activity as a tool for wellness, challenges, and interacting with appropriate social skills with friends and family.

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



You will need access to a bowling alley for this course. If you don't have another arrangement in place, you will need to pay to bowl approximately 15 games during this course.

You'll also need to take digital photos or create scanned images of your scorecards.

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Course Organization

This course will help you to learn bowling skills without an onsite instructor. There are five units, each unit containing one or more lessons. There is an assignment you should submit at the end of each unit. You must bowl at least 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 assignments to help you check your knowledge and understanding of the lesson content before completing graded assignments.

Unit Assignments

At the end of each unit, you'll be required to bowl a specified number of games. You'll be instructed to focus on certain skills, aligned to the content of the unit. Then, you'll turn in your scorecards, any required practices sheets, and a short reflection paragraph related to your experience bowling.

To improve your chances of success, you should complete and submit one assignment at a time, waiting for feedback before completing the next one.

Unit Quizzes

Unit quizzes appear at the end of each unit. A quiz consist of a series of multiple-choice questions about the unit content.

Final Exam

The final exam for this course is comprehensive and consists of questions that are related to the course content.

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Grading

Your grade in this course will be based on these assignments and exams:



ASSIGNMENT OR EXAM	GRADING	PERCENT OF TOTAL GRADE	RESUBMISSION(S)	FEE TO RESUBMIT
5 Unit Quizzes	Computer	30%	1	Yes
5 Unit Assignments	Instructor	60%	1	Yes
1 Proctored Final Exam*	Computer	10%	1	Yes

*You must pass the final exam with a 60% to earn credit for the course.

Your letter grade will be calculated according to these percentages:

Grading Scale

Letter Grade	Percentage Range
A	93–100%
A-	90–92%
B+	87–89%
B	83–86%
B-	80–82%
C+	77–79%
C	73–76%
C-	70–72%
D+	67–69%
D	63–66%
D-	60–62%
E (fail)	0–59%

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University Policy—Title IX Statement

Preventing & Responding to Sexual Misconduct

In accordance with Title IX of the Education Amendments of 1972, Brigham Young University prohibits unlawful sex discrimination against any participant in its education programs or activities. The university also prohibits sexual harassment—including sexual violence—committed by or against students, university employees, and visitors to campus. As outlined in university policy, sexual harassment, dating violence, domestic violence, sexual assault, and stalking are considered forms of sexual misconduct prohibited by the university.

University policy requires all university employees in a teaching, managerial, or supervisory role to report all incidents of sexual misconduct that come to their attention in any way, including but not limited to face-to-face conversations, a written class assignment or paper, class discussion, email, text, or social media post. Incidents of sexual misconduct should be reported to the Title IX coordinator at t9coordinator@byu.edu (<mailto:t9coordinator@byu.edu>) or (801) 422-8692. Reports may also be submitted through [EthicsPoint reporting \(https://titleix.byu.edu/report-incident\)](https://titleix.byu.edu/report-incident) or 1-888-238-1062 (24 hours a day).



BYU offers confidential resources for those affected by sexual misconduct, including the university's Victim Advocate, as well as a number of non-confidential resources and services that may be helpful. Additional information about Title IX, the university's sexual misconduct policy, reporting requirements, and resources can be found by visiting [BYU Title IX \(http://titleix.byu.edu/\)](http://titleix.byu.edu/) or by contacting the university's Title IX coordinator.

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