Bemidji State University

PHED 1474: Skills for Life: Bowling

A. COURSE DESCRIPTION

Credits: 1
Lecture Hours/Week: 0
Lab Hours/Week: 0
OJT Hours/Week: *.*
Prerequisites: None
Corequisites: None
MnTC Goals: None

An activity course that examines and applies the fundamentals and skills of bowling. Students will demonstrate a knowledge of bowling history, scoring, handicapping and skills in bowling and etiquette. [BSU Focus: Performance and Participation]

B. COURSE EFFECTIVE DATES: 08/22/1997 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Explanation and demonstration of scoring
2. Fundamental techniques: grips, stance, steps/approaches and release
3. General rules, benefits, etiquette, history
4. Spot bowling, pin bowling and spare pick-up

D. LEARNING OUTCOMES (General)

1. analyze their behaviors, attitudes and beliefs of wellness as they relate to physical activity.
2. develop skills that lead to social wellness.
3. develop their capacities to perform critical analysis of bowling skill.
4. demonstrate the ability to write a self-analysis of their physical activity.
5. demonstrate safe behavior in the skill target setting and the elements of effective skill execution.
6. demonstrate knowledge and experience the benefits of course's "Skill for Life" as a lifetime skill/physical activity.
7. use their newly acquired knowledge to work collaboratively with an assigned class partner and/or to give quality of performance feedback.
8. examine the value of bowling as a means to develop wellness and increase their physical activity.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted