

Los Angeles Mission College Dept. of Physical Education
Syllabus for Bowling Skills, PE 289 #2027(1unit college credit)

Instructor: C. Cooper
 Voice mail# 364-7707
 Mission Bowl Tele# 361-1221
 At the front desk-David, Assist-Saul
 Pro shop- Rusty, food counter-Tommy

Office: HFAC 202 D
Office hrs. Mon. 12:00-2:30 pm
Wed. 12:30-1pm(lanes), TTh12:00-1:30pm
or call to arrange an appt.
email-cooperck@lamission.edu

Course description: This class provides instruction on basic bowling skills, rules, etiquette, participation in an activity, and playing procedures in the sport of Bowling. Provides an opportunity to participate in a physical activity that may improve fitness.

Student Learning Outcome: To demonstrate bowling skills at an advanced beginner, intermediate, to advanced skill level. To engage in play that respects the standards set by the United States Bowling Congress. Students will recognize which components of fitness are developed by participating in bowling activity.

Students will use discipline specific terminology in written communication.

- Objectives:*
- 1. To demonstrate and practice basic bowling skills.*
 - 2. To define terminology used in the sport of bowling.*
 - 3. To recognize and practice bowling etiquette.*
 - 4. To record scores and practice score keeping.*
 - 5. To review and recall bowling history.*
 - 6. To identify and explain safety procedures and techniques.*
 - 7. To identify fitness components developed by bowling.*

Evaluation: 25% of your grade is based on your skill improvement
25% of grade is based on your final written exam
25% of your grade is based on cooperative participation
25% of your grade is based on in active participation

Cooperative participation=gathering and keeping written materials, complete reading and writing assignments on due date, using appropriate, respectful language, regularly and accurately entering own data into computer, calculate recap score sheets & turning them into the desk when assigned. Being polite and helpful to the instructor, bowling lanes staff, and all students in class. Report problems and help solve them. Apply all class & lane rules and follow established bowling etiquette.

If a breach of the described behaviors is observed, the following is applied. Notifies team mates and/or David at the front desk if class is that day. If known before that class day, notify the instructor and team mates. , receive constructive criticism and communicate concerns maturely and with respect. Doing only what the instructor instructs and directs you to do. Safety is our first concern, think before you act.

Start at "A" level...

- 1- a warning...reminder of the rules, no effect on letter grade*
- 2- infractions = cooperative participation grade drops 1 level*

3- infractions=grade drops 2 levels
4- or more=grade drops 3 levels
5- or more=grade drops 4 levels

Active participation= arriving on time, departing when dismissed, follow warm up procedures, stretch after activity, executing skills, drilling skills, executing practice and game play

Starting at a grade level of "A".

0-1 non participation, grade remains the same "if" a non participation is made up within 2 weeks of the non participation day, "if" not made up, grade is lowered one level in this section.

1-2 non participation, grade is lowered 1 level

3 participation, grade is lowered 2 levels

4 participation, grade is lowered 3 levels

5 participation, earns a failing grade

The tardiness scale is defined as 1 minute after class start time which is 1:00pm. If you are so late that you miss the start time of your first game, it will equal 3 tardies.

Tardies – 0-2 allowed without effecting grade

3 or more tardies (chronic), evaluation will be effected, 1 grade level down.

Total participation is 50% of your grade. You can earn an "A" by being on time consistently, having good sportsmanship, being cooperative and helpful with teammates and others in the class. Please plan to participate in all class meetings. If you cannot participate in a class, please notify either the bowling lanes or the instructor at the telephone numbers listed above. This way your team mates will know not to wait for you and can make adjustments. Thank You.

Improvement grade –This is calculated by taking your average bowling score at the beginning of the semester, before any instruction and comparing it to your average score at the end of the semester. The improvement scale is based on a percentage which depends upon your initial average measured. The scale will be reviewed at the same time this syllabus is presented and will be available for view at all times on the instructors website, bowling page, as all handouts are posted.

The written exam will be given during the final class meeting. If you do not participate in the final class, the highest grade you may earn is a "C". If you fail the final written exam, the highest grade you may earn is a "B".

Earning an upgrade: If your performance earns you 1st place in league play, or you score in the top 3 places during scratch play, you may take one of your grades up 1 level. Example, if you earned a "C" on your final, you may up it to a "B" level. An upgrade cannot be used to effect the non-participation in the final exam.

Make-up policy :A non participation may be made-up by bowling 2 games at an authorized bowling establishment within 2 weeks of the absence. A maximum of 1 non

participation may be made-up. A make-up must be completed before our final class. When making up a class at any bowling facility, the fee (\$) is yours to pay.

Equipment: There is a \$45.00 fee in addition to the tuition fee that Mission College charges. The \$45 pays for lane use during class hours, for shoes, and house balls during class hours. You must wear bowling shoes. You may bring your own equipment if you choose.

Improvement Tip!

Bowling skills only improve by practicing often. To help insure that you get an A in improvement, you must go bowl 1 or 2 more times per week in addition to our class bowling. If you bowl at Mission Bowl, they will provide our students with a discounted rate during the semester you are enrolled. Please take advantage of this situation and improve your skill and your grade.

Rules of Mission Hill Bowling Lanes-

1. No food from outside the alley is allowed. Use the snack bar.
2. Students cannot drink alcohol on the premise of or at the alley during class time. No illegal drug use is allowed on the entire premise at anytime without legal consequences.
3. Never go out onto the lanes. Call an alley attendant for all situations or mishaps.
4. Never walk around the ball return. Walk up & down on your lane only.
5. Always follow the arrows on the screen.

Class rules:

1. Cell phones, I Pods, I phones, Blackberries are not to be used at all while on the lane level area. During class, plan on being focused on class activity. It is a safety issue, an etiquette issue, and a social issue.
2. You are responsible to clean up after yourself and, if need be, after your team. Check your complete lane area before you leave. All balls need to be replaced, things picked up, pencils replaced.
3. It is important to be on time and take part consistently. This helps you learn and helps your "team" effort.
4. If you will not be participating, please call the alley or a team member to inform them.
5. Read your league sheet each week. Our scorekeeper communicates to you by leaving notes and reminders to make the process of record keeping go well.

Final Exams are from May 28 (Tues.) to June 3rd (Mon.).

Our final exam is scheduled for Wednesday, May 29^h, 12:30-2:30pm. It'll be taken in the lounge. Plan on staying 2 hours. We do not bowl on the final exam day, written only. Bring a pencil please.

Fall, 2012

- 1- Feb 6, first meeting, collect \$45 fee and forms
- 2- Feb 13th, play for average, folders due, assessment
- 3- Feb 20th Teams..skills
- 4- Feb 27th 1st league play
- 5- March 6
- 6- March 13
- 7- March 20th
- 8- March 27th
- 9- April 3th
- 10- April 10th
- 11- April 17th
- 12- April 24th
- 13- May 1st- Turkey Day
- 14- May 8th – Last day of league play (11th)
- 15- May 15th –Scratch play
- 16- May 22
- 17- May 29 final exam 12:30-2:30