

Bowling (BOWL-041-S003)

Syllabus

What You Should Already Know

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

Course Learning Outcomes

When you have successfully completed this course, you will have done the following:

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 that would preclude or restrict the 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 will also need to take digital photos or create scanned images of your scorecards.

Assignments

You will complete these assignments during the course.

Self-Checks

These are ungraded assignments to help you check your knowledge and understanding of the lesson content before you complete graded assignments.

Unit Assignments

At the end of each unit, you will 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 will turn in your scorecards, any required practice 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 consists of a series of multiple-choice questions about the unit content.

Exams

You will complete one proctored final exam for this course. The final exam for this course is comprehensive and consists of questions that are related to the course content. See the Exam Preparation page for more details.

Grading

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

Assignment or Exam	Grading	Percent of Total Grade
5 Unit Quizzes	Computer	30%
5 Unit Assignments	Instructor	60%
1 Proctored Final Exam*	Computer	10%

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

Grade Scale

Your letter grade is calculated according to these percentages.

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%-0