Course Prefix and Number: PED 136  
Credits: 1

Course Title: Bowling II

Course Description: Teaches basic bowling skills and techniques, scoring, rules, etiquette, and terminology. Part II of II. Prerequisite: PED 135. Laboratory 2 hours per week.

General Course Purpose: This course covers advanced bowling techniques. The course is designed for the intermediate bowler to fine tune existing skills. This course is offered off-campus and requires a facility fee. The course serves as a personal wellness general education elective.

Course Prerequisites and Co-requisites:  
Prerequisite:  PED 135

Course Objectives:  
Upon completing the course, the student will be able to  
a. Paraphrase bowling history;  
b. Define advanced terminology used in the sport of bowling;  
c. Demonstrate the equipment utilized by the intermediate to advanced bowler;  
d. Analyze fitness components in bowling;  
e. Demonstrate bowling etiquette and rules;  
f. Apply and practice safety procedures and techniques;  
g. Apply bowling techniques and strategies to improve score;  
h. Explain and discuss strategy for the intermediate to advanced bowler;  
i. Explain and demonstrate the scoring, scoring average, and handicap system to the beginning bowler;  
j. Demonstrate intermediate techniques and be able to identify and correct common faults for competitive bowling;  
k. Employ sportsmanship and teamwork during tournament play;  
l. Evaluate and correct errors in bowling form and execution of self and peers;  
m. Teach and critique bowling demonstrations by peers; and  
n. Develop and/or identify personal wellness goals (using the SMART method and focused on the bowling performance improvement).

Major Topics to Be Included:  
a. SMART planning method  
b. Rules and intermediate fundamentals of bowling  
c. Intermediate to advanced skill level equipment and facilities  
d. Intermediate to advanced techniques in bowling  
e. Scoring  
f. Benefits of bowling  
g. Pin method of aiming  
h. 3- or 5-step approach  
i. Straight, back-up, and curve ball deliveries  
j. Governing bodies and league bowling  
k. Team formation and handicaps

Effective Date of Course Content Summary: August 14, 2015