

# Bemidji State University

## PHED 1474: Skills for Life: Bowling

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

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. Liberal Education Goal Area 11.

**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. 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