
SECTION HEADING

PHED 1145: Bowling

Description

Bowling teaches students how to bowl using the spot bowl system. Students will learn how to keep score and select appropriate equipment to assure that bowling can become a lifelong leisure activity.

Credits

1

Prerequisite

None

Corequisite

None

Topics to be Covered

1. Understanding the rules of the game of bowling and the terminology
2. Understanding how to score a game of bowling
3. How and when to use different sizes, types, and weights of bowling balls and how each varies in the way they roll and spin on a lane
4. Proper etiquette as it relates to the game of bowling
5. Strategies used in the game of bowling
6. How to make corrections in your bowling to improve your game
7. Approaches and how to determine what works best for you
8. Strategies of the game

Learning Outcomes

1. Describe and explain the proper etiquette as it relates to the game of bowling.
2. Demonstrate and explain the proper way to score a game of bowling.
3. Describe and explain the reason for the use of different styles, and weights of bowling balls along with the proper procedures and strategies on which ones to use.
4. Define, describe, and explain the rules and the skills mechanics as they pertain to the game of bowling.
5. Describe and explain the different types of approaches and how to determine which works best for each individual bowler.

Credit Details

Lecture: 0

Lab: 1

OJT: 0

MnTC Goal Area(s): None