

PLNU Department of Kinesiology
PED 150 Bowling
1 Unit

Spring 2016

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MCRD Rec Center/Lanes: 619-524-4446

PLNU Mission
To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

Student Learning Outcomes:

- To know and learn some fundamental *skills* of bowling
- To learn and use the most common bowling *terminology*
- To know basic *rules* and *etiquette* of bowling. *Safety* first!
- To learn how to score, and *why scoring* is important to bowling strategy
- To apply the principles of *other sports* to bowling
- To develop a *PMA* towards bowling (PMA=Positive Mental Attitude)

Course Content:

- Safety: Oil, warming up, correct weight and fit of bowling ball, etc.
- Score Keeping: How spares can double your score, How strikes can triple your score
- Terminology: Lanes, pin positions, equipment, approach, ball action, marks, etc.
- Rules & Etiquette: Difference between R&E, definition & explanation of some
- Skills: Tempo, balance, arm-swing, rhythm, release, steps, finish, foot planting, etc.
- Pin Bowling versus Mark Bowling: Aiming for (a) specific board(s), or area, or looking at the pins

The Lanes (MCRD, Recreation Center): **BRING: PLNU ID & Drivers License** (Driver: Bring current registration and unexpired proof of insurance)

- ☐ Take **Rosecrans** (in the direction off the Point)
- ☐ Make a **right** at **Lytton** (if you are taking Chatsworth, Chatsworth becomes Lytton)
- ☐ **Lytton** becomes **Barnett** at the 1st light, and you will wind to the left

- ❑ Go through the 2nd light (Gate 2 cannot be used by civilians anymore). Go about ½ mile further and enter at **Gate 4**. When you go around the bend drive slowly or you will miss the exit to Gate 4.
- ❑ Stop at the Guard Shack and present your ID(s), He/she probably will check the PLNU list
- ❑ **Turn right** just past the guard shack, and you will curve back. Make a left at the stop sign and proceed north then west along the edge of the base. Look for **Building 590** on your left. If you have got to Gate 2, you have gone too far.
- ❑ **Building 590** is the **Rec Center**. The actual address is 3800 Chosen Ave (but the whole area is that address, so look for Building 590 or the Rec Center). If you have any problems with directions, ask at the guardshack. Remember, you are entering a base—so have **IDs available, speed limits usually are 15-20 mph**, & please be courteous to all base employees.
- ❑ You will be **ticketed** for not making **complete stops**, or using a **cell phone** while driving

Equipment/Reading Materials:

House bowling balls are provided. However, you may not always be able to find the ball you want. Also, if you bowl with a 6-8 pound ball you will have a lot less pin action—pins weigh 3# 8oz. *Bowling shoes* are required—rentals are provided for free. The instructor strongly recommends purchasing equipment if you can afford it. I chose to have **handouts** versus a **book** to lower costs so that some/most of you can *purchase* equipment. I recommend the following items in order of importance:

- Bowling Ball: Your skills (and potentially grade) should improve dramatically. Women should try to purchase a new or used ball from 10-13 pounds. Men (12-16#s)
- Shoes: Your own shoes will *fit* and *slide* better, and they will have a *consistent* feel
- Wrist Band: You will be more *consistent*, *protect* your wrist, and it can encourage more *hook*
- Bowling Bag: It will ease your transport of your ball and shoes (less trunk banging)
- Powder/Rosen Bag: Helps sticking fingers as well as finger moisture
- Other Optional Items: A towel, Strike ball and Spare ball, wire shoe brush, New-Skin, Ball Cleaning solutions, Terry cloth ball holder/cleaner, sand paper, emery board, finger nail items, shoe spray, shoe slippers, and more . . .

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Where to Purchase Your Equipment:

Most bowling alleys have equipment. MCRD does not have a pro shop. The nearest lanes are Kearney Bowl in Kearney Mesa, or Mira Mesa Bowl, or Parkway Bowl in El Cajon. You can also purchase equipment at San Diego Bowling Supply. You may be able to get a ball at Play It Again Sports, Sports Chalet off Midway, or Big 5 off Rosecrans (next to Sees Candies). Maybe even the swap meet or garage sale (but finding the right weight and composition of the ball will be hard to find).

NOTE: Drilling your ball can be done at most lanes (not MCRD), or **San Diego Bowling Supply**. San Diego Bowling Supply, 4210 Convoy, 858-268-3039. Talk to **Bill McAlister**. Show your PLNU ID and get 10% off. Usually drilling/ordering requires a few days, and bring a book just in case there is a wait.

Grading:

93% A	83% B	73% C	63% D
90% A-	80% B-	70% C-	60% D-
87% B+	77% C+		

Evaluation:

	<u>Points</u>
❑ <u>Attendance</u> (Absences/Tardiness)	40
❑ <u>Final</u>	40
❑ <u>Exam 1</u>	30
❑ <u>Homework</u> (Packets 1, 2, and 3)	45 (10-15-20)
❑ <u>Team Results</u> (Highest Result of League 1 & 2)	20

❑ <u>Individual Results</u> (Highest Avg. of League 1 & 2)	20
❑ <u>Paper</u>	5
❑ <u>Reading</u> (Earl Anthony's <u>Winning Bowling</u>)	0+
❑ <u>Skills Test</u> (But can improve Individual Results)	0+
<u>TOTAL:</u>	200

Attendance (40 points): **3** unexcused absences means de-enrollment. 10% (4 points) deduction for each absence. If you have to miss **one** class see me, call me or e-mail me—I will allow **one pre-bowl** but you may have to work out the details with MCRD. Tardiness: Please arrive to class on time. Points (to be determined by the instructor by frequency & amount) will be deducted for tardiness. On the one hand I *don't* want you *speeding* to get here, on the other hand if you don't have a reliable ride here, or if you don't have enough time for my class, please see me *early* in the semester so there won't be a surprise for your grade. Class Participation: This can work for you or against you. **Please put your bowling ball back where you found it.** “Leave your world better than you found it”—that goes for the alleys. Help enter your names and scores when required. Add score sheets at the end of each game and series. Help others who need help with scoring, form, etiquette, etc. I will count bowling on a holiday to make up an absence.

Final Exam (40 points): **Mon., April 25 (Sect. 2) at 1pm, or May 2 (Sect. 1) at 1pm.** The final will cover all 3 packets. If you take the exam on Monday, you can bowl both days.

Exam 1 (30 points): The exam will be at the start of class (at MCRD)—don't be late! Exam 1 will be from Packet 1 & 2 from the handouts and homework. The exam will take 15-30 minutes with any format (T-F, MC, SA, Math, etc.). No make-ups without prior consent or medical excuse.

Homework (45 points): Homework coincides with concepts from handouts and ideas presented in class. Homework and handouts will be given to you in **3 packets**. Please participate in class—ask questions, ask for help, help others, be thoughtful. Remember no book is required, so most test questions come from the packets. There are *only* 15 pages to all 3 packets—so there is not a monumental amount to study for exams.

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Team Results (20 points): There will be two separate leagues. The first league you can choose your two partners (3 Person Teams). The second league will be 2 Person teams. You will bowl with your partners 6 days (12 games). The second league you will be paired with another person according to performance (highest bowler will partner with lowest bowler). This league will last 6 days (18 games). 1st Place Team: 20 Points (2nd = 19.5, 3rd = 19, 4th = 18.5, 5th = 18, 6th = 17.5, 7th = 17, 8th = 16. So the worst you can do is 80%, and the 2-3 points is just like missing one question on an exam. And you do have two shots at the grade (I throw out the worst)

Individual Results (20 points): Anyone over 130 average (does not include No Tap, Handicap or Scratch tournaments) will get 100% (20 points).

<u>Score</u> (Average):	<u>Points:</u>	<u>%:</u>	<u>Score</u> (Average):	<u>Points:</u>	<u>%:</u>
>= 130	20	100%	>= 100	17	85%
>= 120	19	95%	< 100	16	80%
>= 110	18	90%	*Improve 5 pins +1 pt., 10 pin +2 pts, 15 pins +3 pts.		

(Note: If you're not pleased with your score→ See: How to Improve Team and/or Individual Results)

How to Improve Team and/or Individual Results): Say that you are a rotten bowler, and have bad luck with your two partners. Rather than getting 80% on team, and 80% on individual, you can

improve both scores up to 90%. **Team scores** can be improved by: **Class Participation**. Help others put away their bowling balls, help me set up the computers, collect papers, etc. **Individual scores** can be improved by taking a **Skills Test**. I will be looking at a number of things such as: a 3,4, or 5-step delivery, balance, footwork ending on the opposite foot, release, finish, and more. If your average is less than 110 (A-), you can improve your grade to 90% with good bowling form. To improve **Individual or Team scores** you can also read Earl Anthony's, **Winning Bowling**, and write a 2-page paper on pp. 1-49.

Paper: (5 points): Write a 1 page paper (2 max.), double-spaced on a bowling professional. Write on a **PBA or PWBA Tour Professional**—either former or current. Use any two sources including: encyclopedias, magazine articles, books, or the Internet. The Internet will be the quickest! This project should take 1-2 hours. (1 pt. general info., 1 pt.: style, 1 pt. length, 1 pt. grammar, 1 pt. sources.) It is **due the week before the Final**.

Terminology (Partial List, Many of these terms may be tested on):

Spare	Strike	Open Frame	Split	Washout	300 Game
200 Game	Dutch 200	All Mark Game	Perfect Game	900 Series	800 Series
700 Series	600 Series	500 Series	Dead Wood	180 (no pins)	90 (pins)
Out of Range	Conversion	Pick Up Spare	Conversion	Split Conversion	Cherry
Sleeper	Back up ball	Hook	Revolutions	Revs	Match Play
Scratch	Handicap	Blind Bowler	Pacer	Leaves	Sour Apple (5-7-10)
Big Splits	7-10 Split	Full House	Baby Splits	Dinner Bucket	Head Pin
Synthetic Lanes	Wooden Lanes	Alley	Bumpers	Gutters	Channel
Foot Foul	Foul Line	Approach	Mark (X or /)	Mark	Boards
Arrow	Spot	Foul Light	Oily Lanes	Dry Lanes	Rack/Pin Setter
Re-rack	Double	Turkey	4-Bagger	5-Bagger+	6 Pack
Ball Return	1 Lane Courtesy	2 Lane Courtesy	Food Etiquette	No Tap	8-9 Pin Tap
Rubber Ball	Plastic Ball	Urethane Ball	Composite Ball	Composition	Pins
Bowling	10 Pin (2)	Backend (pine)	Front-end (hardwood or maple)		Wrist Devices
Wrist Band	Wrist Support	Gloves	Rosin Bag	Powder	Average
Pocket Hit	Nose	Brooklyn	Light	Heavy	Cheap Strike
Swing Items:	Balance	Tempo	Extension	Backswing	Downswing
Follow-Through	Finish	Release	Armswing	Leadoff Bowler	Cleanup Bowler
Southpaw	1 st Frame	10 th Frame	Full Finger Ball	Finger Tip	Off the wall
3 Step Approach	4 Step Approach	5 Step Approach	Shake Hands Position		Alignment
High Average	High Scratch Game	High Series Hcp	High Scratch Series		High Handicap Game

INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

FINAL EXAMINATION POLICY

Successful completion of this class requires taking the final examination **on its scheduled day**. The final examination schedule is posted on the [Class Schedules](#) site. No requests for early examinations or alternative days will be approved.

PLNU COPYRIGHT POLICY

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PLNU ACADEMIC HONESTY POLICY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

PLNU ACADEMIC ACCOMMODATIONS POLICY

If you have a diagnosed disability, please contact PLNU's Disability Resource Center (DRC) within the first two weeks of class to demonstrate need and to register for accommodation by phone at 619-849-2486 or by e-mail at DRC@pointloma.edu. See [Disability Resource Center](#) for additional information.

PLNU ATTENDANCE AND PARTICIPATION POLICY

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member can file a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. See [Academic Policies](#) in the Undergraduate Academic Catalog.