

**PEDB 1080:**  
**Beginning Bowling**  
11:15-12:05PM MW  
Fall Semester 2007: Showtime Bowling

**Instructor:** Kyla Watson  
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**Office:** Ramsey 109H (in Ex Phys Lab)  
**Office Hours:** 1:30-3:30 Monday/Wednesday

**Purpose:**

To gain a basic understanding and knowledge of bowling that will enable you to participate in class and successfully play in a recreational setting.

**Objectives:**

1. To learn the basic fundamentals and skills of bowling
2. To learn the rules for scoring a game and playing a game of bowling.
3. To inspire students to bowl outside of class and *always have fun*.

Students should carefully read the “Clearance for Safe Exercise Participation” form provided by the instructor. Students with medical conditions should discuss them with the instructor. The instructor will determine whether medical conditions require waiver or physician clearance.

**Required:**

**Textbook:** Hoeger, W.W. and S.A. Hoeger. (2005). Fitness and Wellness. 6th Edition. Thomson/Waldsworth, Belmont, CA.

**Fee:** \$60 to Showtime Bowling for bowling shoes and all games played throughout the semester. **This fee must be paid to Showtime Bowling before a student can bowl and participate. (An absence will be issued for each day that the student does not participate due to lack of payment.)**

**Attire:**

Athletic clothing that is comfortable and non-restrictive should be worn. Shorts/Pants and T-shirts are recommended. Avoid clothing that is too tight and/or shorts that are too short. Be respectful and no clothing with alcohol or drug related is permitted. Socks must be worn at all times while bowling. Skirts and blue jeans are discouraged due to the restrictive nature of these types of apparel.

## **Grading Scale:**

### **Attendance/Participation:** (40 points)

Each student will be allowed 4 absences during the semester. Consideration will be taken for students with unusual circumstances. Participation is expected for the student to be considered in attendance and when injured, the student is expected to stay for class and observe the activity of the day. A tardy will be given if the student is over 5 minutes late. 2 Tardies = 1 Absence. Please keep this in mind. You will lose 10 pts for each absence. **Any student that misses more than 4 classes will receive an Unsatisfactory grade.** Absences due to illness MUST be verified and may be made up.

### **Online quizzes/Fitness Knowledge Component:** (40 points)

Throughout the course the important aspects of fitness and wellness will be examined and tested through online quizzes. The mini lectures may be presented before your workout or an entire class period may be set aside to cover the material. You will be responsible for the content in your textbook and in the lectures. All of the online quizzes and other online assignments must be completed by the end of the 9th week of the semester.

### **Teaching Activity:** (20 points)

Students will be broken up into groups and a sign-up sheet will be given out to choose group members and the teaching topic. On Wednesday of the week, the specified group will teach on their topic for the first 5-10 minutes of class (10 points). A basic one page paper (10 points) must be turned in on the assigned teaching day to explain what was covered in class.

***To receive a Satisfactory grade you must have at least 60 points at the end of the semester. Below 60 points will equal an Unsatisfactory grade.***

*All academic work must meet the standards contained in "A Culture of Honesty." Each student is responsible to inform themselves about those standards before performing any academic work.*

*The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.*