

<p style="text-align: center;">PEAC 1231 BEGINNING BOWLING Department of Education & Wellness</p>

CATALOG DESCRIPTION:

Instruction and participation in bowling

CREDIT/CONTACT/LOAD HOURS:

1 Credit hour class. Meets for 1 hour a day two times a week.

TARGET AUDIENCE AND TRANSFER:

Any student who wishes to learn how to bowl or for individuals would like to improve their bowling skills. The course will transfer to any four-year college as an elective or PEAC class.

OBJECTIVES OF THE COURSE:

1. Learn the basic fundamental skills of bowling.
2. Choose the proper bowling ball and other necessary equipment.
3. Learn bowling scoring, rules, terminology, and history through class discussions, lectures, and participation.
4. Develop an interest in bowling as a valuable lifetime leisure and coeducational activity that all ages may enjoy.
5. Relate with others in an environment conducive to good social adjustment.

REQUIRED TEXT: NO text required

TOPICS:

Equipment selection
Design of lane
Approach
Deliveries
Aiming
Scoring
Etiquette
Averages and handicaps
Leagues

REQUIRED INSTRUCTIONAL ACTIVITIES:

Performances- Students will learn how to successfully use the dots/arrows on the bowling lane and approach area to increase their bowling efficiency.