

MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE

COURSE OUTLINE

DEPT. PHED

COURSE NUMBER: 1145

NUMBER OF CREDITS: 1

Lecture: 0 Lab: 1 OJT: 0

Course Title:
Bowling

Catalog 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.

Prerequisites or Necessary Entry Skills/Knowledge:
None

FULFILLS MN TRANSFER CURRICULUM AREA(S) (*Leave blank if not applicable*)

- ☐ Goal 1: Communication: By meeting the following competencies:
- ☐ Goal 2: Critical Thinking: By meeting the following competencies:
- ☐ Goal 3: Natural Sciences: By meeting the following competencies:
- ☐ Goal 4: Mathematics/Logical Reasoning: By meeting the following competencies:
- ☐ Goal 5: History and the Social and Behavioral Sciences: By meeting the following competencies:
- ☐ Goal 6: The Humanities and Fine Arts: By meeting the following competencies:
- ☐ Goal 7: Human Diversity: By meeting the following competencies:
- ☐ Goal 8: Global Perspective: By meeting the following competencies:
- ☐ Goal 9: Ethical and Civic Responsibility: By meeting the following competencies:
- ☐ Goal 10: People and the Environment: By meeting the following competencies:

Topics to be Covered
Understanding the rules of the game of bowling and the terminology
Understanding how to score a game of bowling
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
Proper etiquette as it relates to the game of bowling
Strategies used in the game of bowling
How to make corrections in your bowling to improve your game
Approaches and how to determine what works best for you
Strategies of the game

Student Learning Outcomes
Describe and explain the proper etiquette as it relates to the game of bowling.
Demonstrate and explain the proper way to score a game of bowling.
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.
Define, describe, and explain the rules and the skills mechanics as they pertain to the game of bowling.
Describe and explain the different types of approaches and how to determine which works best for each individual bowler.

Is this course part of a transfer pathway: Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>
<small>*If yes, please list the competencies below</small>

Revised Date: 12/14/2020