

Virginia Western Community College

PED 135

Bowling I

Prerequisites

None

Course Description

Teaches basic bowling skills and techniques, scoring, rules, etiquette, and terminology. Part I of II. (VCCS MCR Description)

As an introductory course, providing instruction in rules, terminology, scoring and technique in a league setting.

Semester Credits: 2

Lecture Hours: 1

Lab/Clinical/Internship Hours: 2

Required Materials

Textbook:

None

Other Required Materials:

Internet Access

Blackboard

Course Outcomes

At the completion of this course, the student should be able to:

- Demonstrate a basic understanding of bowling etiquette, rules and scoring
- Participate in a handicap league
- Demonstrate basic skills regarding technique

Topical Description

1	Introduction: Brief History of the Game
2	Terminology
3	Scoring Explanation and Practice
4	Students Learn to Hand Score the first two weeks
5	Approach Techniques / Mechanics
6	Ball Selection
7	Open Bowling and League Play
8	How Handicap Works
9	Tournament Experience

Note to Instructors