

PEHR 1145: Beginning Bowling Spring 2013

Instructor and Course Information:

Instructor: Kelly Smith **Email:** smith_k@dixie.edu **Phone:** 652-7784
Office: Old Gym Upstairs **Office hours:** 7:00a.m.-9:00am daily

Course Credits: One (1)

Location of class: Dixie Bowl & Recreation Center 146 East City Center

Meeting times for class: 10:30 am – 12:30 pm T/R

Beginning/Ending dates for course: Jan 8-Feb 14

Pre/Co-requisites for this course: None

Required Publications, Textbook for class: None

Course Description:

- This course is designed to introduce students to the basic skills and techniques of bowling.

Department Objectives:

All PEHR courses have the following objectives:

- A. Enhance development of physical, mental, social, and emotional well-being through physical education;
- B. Be supported to develop personal, lifelong commitment to physical activity for the long range health benefits;
- C. Develop competencies in athletic activities that will bring greater satisfaction to participation in athletics;
- D. Demonstrate an understanding of physiology that promotes safety in physical exercise;
- E. Develop a fitness plan pertinent to the physical activity of the course, as applicable

Course Objectives:

- To be able to explain and demonstrate proper scoring.
- To know general bowling etiquette and courtesies.
- To define bowling terminology.
- To be able to demonstrate beginning fundamentals of ball releases and approaches.
- To acquire skills to carry over into lifetime activity.

Grading Criteria

1. Attendance: 30 points per day 300 Total
One letter grade drop for every one time missed.
2. Skills Tests every 2 weeks: 25 points each 100 Total
3. Written final exam = 100 points
4. 100% Attendance you will not have to take the written final.

The grade will be given based upon the following percentages:

A = 94%-100%	B+ = 87-89%	C+ = 77-79%	D+ = 67-69%	F = Below 60%
A- = 90%-93 %	B = 83-86%	C = 73-76%	D = 63-66%	
	B- = 80-82%	C- = 70-72%	D- = 60-62%	

Institutional and Class Policies

ACADEMIC INTEGRITY: Failure to comply with academic integrity, honesty, and behavior standards of Dixie State College may result in course failure or administrative withdrawal from the class. Don't be cheating. Inappropriate classroom behavior may also result in an administrative withdrawal.

Withdrawal for disruptive behavior policy- Disruptive behavior in class may also lead to an administrative withdrawal. Disruptive behavior is defined as any behavior that interferes with the teacher's ability to teach or the learning of other students. You will be notified of your withdrawal in this way:

1. A verbal request to comply with behavioral expectations of the class.
2. One written 'warning' letting you know that you have not made the required behavioral adjustment.
3. Administrative withdrawal.

Withdrawal from class- If you decide to withdraw from class, it is your obligation to formally do so through the registrar's office to make sure you are not still on the role for the class.

Student Support Services

If you are a student with a medical, psychological, or learning disability and would like accommodations, contact Sherri Dial at the Disability Resource Center (652-7516) in the Student Services center. The Disability Resource Center will determine your eligibility and determine the appropriate accommodations related to your disability.

Tutoring: See Instructor

Date	Activity
Jan 8	Intro
Jan 10	Rules-Bowling
Jan 15	Bowling Etiquette
Jan 17	Bowling
Jan 22	Bowling
Jan 24	Quiz and Bowling
Jan 29	Bowling Teams
Jan 31	Bowling
Feb 5	Bowling
Feb 7	Bowling
Feb 12	Bowling Teams
Feb 14	Bowling-Final