

NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY

PED 135 – BOWLING I (1 CR.)

Course Description

Teaches basic bowling skills and techniques, scoring, rules, etiquette, and terminology. Part I of II. Lecture 0.5 hour. Laboratory 1 hour. Total 1.5 hours per week.

General Course Purpose

This skill-related physical activity course is designed to develop agility, balance, coordination, power, reaction time, and speed through participation in a contact activity.

Course Prerequisites/Corequisites

All students must have a basic ability to read, write and speak English. The course requires the ability to participate in physical activities including walking, running, stretching, and lifting pushing or pulling weights. Modifications will be made for students who have a Memorandum of Accommodation (MOA) from Disabilities Services if the MOA indicates that an adapted physical program is required. The student can present the MOA at any time during the semester; but the adapted services are not effective until the MOA is provided to the instructor. For more information and eligibility, contact Disability Services at <http://www.nvcc.edu/current-students/disability-services/index.html>.

Course Objectives

Upon completing the course, the student will be able to:

- a) Properly execute the bowling skills
- b) Discuss equipment selection, scoring, rules, terminology, and etiquette

Major Topics to be Included

- a) Safety precautions and etiquette
- b) Selection and care of equipment including ball selection
- c) Terminology and rules
- d) Scoring and determining averages
- e) Types of approaches including: stance, push-away, pendulum swing, and follow-through
- f) Methods of aiming (spot)
- g) Types of deliveries and releases (hook ball)
- h) Spare pick-ups and split conversions

Optional Topics

- a) Pin method of aiming
- b) 3 or 5 step approach
- c) Straight, back-up, and curve ball deliveries
- d) Governing bodies and league bowling
- e) Team formation and handicaps
- f) Round robin competition, mini-league