

# KIN A171: ADAPTED INDIVIDUAL SPORTS - BOWLING

Item	Value
Curriculum Committee Approval Date	11/01/2023
Top Code	083580 - Adapted Physical Education
Units	.5-1.5 Total Units
Hours	18-54 Total Hours (Lecture Hours 4.5-13.5; Lab Hours 13.5-40.5)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

## Course Description

This course is designed for students with physical disabilities who can benefit from instruction and practice in the methods, techniques, and rules of bowling. Adapted bowling equipment is available for student use. Class will meet at a local bowling alley. A fee is required to cover use of lanes, shoes, and equipment. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

## Course Level Student Learning Outcome(s)

1. Demonstrate proper individual bowling techniques and increase muscular endurance.
2. Self assess errors in bowling techniques and identify methods of adjustment to enhance performance.

## Course Objectives

- 1. Demonstrate ability to perform individual bowling skills.
- 2. Demonstrate knowledge of bowling rules, strategies, terminology, and etiquette .
- 3. Show measurable progress by improved bowling scores.
- 4. Demonstrate proper use of standardized and adapted bowling equipment.
- 5. Increase stamina in order to bowl three games.

## Lecture Content

Introduction/Orientation/Pre-assessments Individual goal setting, pre-assessments Development of individualized student exercise programs Modification of bowling skills Discussion and practice of bowling strategies Etiquette Rules and scoring

## Lab Content

Pre-assessment of basic bowling skills Use of modified equipment and adaptive devices Demonstration and practice of basic bowling skills Etiquette Practice etiquette skills and observations with corrections Adjustment for specific disabilities Strategies for competition Tournament competition and awards Post-assessment of all students Increase in individual bowling scores by 5-10 Evaluation of individual goals and scores Determination of measurable progress Repetition permitted or denied

## Method(s) of Instruction

- Lecture (02)
- Lab (04)

## Instructional Techniques

Lecture and application of ideas Instructor feedback and corrections Video, lectures, demonstrations

## Writing Assignments

1. Written analysis of strength and flexibility acquisition relative to quality of life and activities of daily living. 2. Demonstration of improved strength by pre and post-assessments. 3. Written objective and subjective self-evaluations. Approximately .5 hours to 1.5 hours per week.

## Out-of-class Assignments

## Demonstration of Critical Thinking

Demonstration of motor skills and test knowledge of proper equipment usage, rules, etiquette, and scoring. Written self-evaluation and final exam.

## Required Writing, Problem Solving, Skills Demonstration

1. Written analysis of strength and flexibility acquisition relative to quality of life and activities of daily living. 2. Demonstration of improved strength by pre- and post-assessments. 3. Written objective and subjective self-evaluations.

## Eligible Disciplines

Kinesiology: Master's degree in kinesiology, physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education OR Bachelor's degree in any of the above AND Master's degree in any life science, dance physiology, health education, recreation administration or physical therapy OR the equivalent.

## Other Resources

1. Selected handout materials to be provided and distributed by the instructor.