Common Course Outline for: *EXSC 1103 Bowling*

A. Course Description
1. Number of credits: 1
2. Lecture hours per week: 1 hour
   Lab hours per week: None
3. Prerequisites: None
4. Co-requisites: None
5. MnTC Goals: None

This course includes the development of bowling proficiency through mental concentration, physical skill practice, and knowledge of rules and techniques. Approach and delivery styles as well as scoring are included. A lifetime fitness activity. Additional fee for the course.

B. Date last revised: January 2019

C. Outline of Major Content Areas

1. History of bowling
2. Lanes, pins, balls, ball returns, approach
3. Scoring (hand and machine)
4. Handicap systems for league play
5. Ball selection and fitting
6. Stance, approach, delivery
7. Aiming, spot vs. pin bowling
8. Rules and etiquette
9. Diagnosing problems in stance, approach, and delivery

D. Course Learning Outcomes
Upon successful completion of the course, the student will be able to:

1. Recognize the changes that have occurred in bowling over the years of its development.
2. Select a bowling ball appropriate for their hand size and strength.
3. Accurately keep score while bowling.
4. Exhibit an understanding of bowling rules and etiquette.
5. Demonstrate proper technique of stance, approach, and delivery.
6. Choose and practice the method of aiming and delivery style that works best for them.
7. Behave in a considerate and courteous manner toward teammates and opponents.
8. Realize that bowling is a challenging and enjoyable lifetime activity.

E. Methods for Assessing Student Learning
Attendance and class participation (60%), subjective assessment of effort, improvement and skill (20%), objective testing (20%).

F. Special Information
None