

**UNIVERSITY OF GEORGIA**  
**College of Education | Department of Kinesiology**  
**Spring 2020 | PEDB 1080 – Beginning Bowling**  
**MW 10:10 am - 11:00 am**

**Meeting Place: Showtime Bowling Center, 555 Macon Hwy, Athens, GA 30606**

**Extra Costs to be paid on-site: \$80 USD +tax** (including bowling shoes)

**Instructor:** Byungju Kang

**Email:** bj kang@uga.edu

**Office:** Ramsey 339

**Preferred Method of Communication:** UGA email

**Office Hours:** Available by Appointment

**Required textbook:** Online and linked via eLC

## Course Description


*Instruction, practice of skills and strategy in bowling, and acquisition of fitness knowledge.*

## Course Objectives

### Upon successful completion of this course:

- Students will demonstrate a basic knowledge of the rules, fundamental skills and strategies of bowling.
- Students will gain an appreciation for bowling as a way to exercise and improve overall health in life
- Students will understand the importance of physical activity as it relates to a healthy lifestyle
- Students will also demonstrate their basic knowledge of fitness and course related topics such as the history, rules and scoring of bowling, as well as equipment, safety considerations, and approach, release, and follow through.

The ultimate **purpose of this course** is to graduate you from a lower level of physical activity to Level 5. If you feel you are already at Level 5, then we hope to come alongside you and diversify your experiences and knowledge of a particular physical activity.

	<b>LEVEL 1</b>	Student has no or minimal past experiences with physical activity
	<b>LEVEL 2</b>	Student cognitively understands what it takes to perform a physical activity properly, and begins to show signs of physically performing the activity correctly
	<b>LEVEL 3</b>	Student begins to make connections with practice at the classroom level and attempts to transfer his/her skills outside the classroom, while adhering to the rules and traditions of the activity
	<b>LEVEL 4</b>	Student sees activity as a social activity, which can be engaged in with friends, family, or coworkers for recreational purposes
	<b>LEVEL 5</b>	Student views activity as a medium to ultimately enhance their level of physical activity, providing an opportunity to impact others and sustain a healthy level of exercise for the duration of his/her life

## Required Attire and Equipment (see also Class Rule Handout)

- **Appropriate exercise attire** is recommended and necessary while at the bowling alley. This includes: bowling shoes, comfortable but not baggy clothing or cut-offs (shirt or shorts), clean socks and sweat suits.
- Bring your own bowling balls or shoes if available, otherwise bowling shoes / balls are provided for those who don't have their own. All students are required to pay an **additional fee of \$80+ tax at the beginning of the course.**
- Students who fail to meet the attire requirements will be marked as not participating for that given class day, which results in points lost (see Participation Policy below).
- It is strongly suggested that students always bring water bottles to class, so they always remain hydrated. All food and beverages must be kept at the back tables in the bowling alley and away from the bowling lanes.

## Course Policies

1. Students will abide by the standards as stated by the University Honor Code (see below) and Academic Honesty Policy. These standards can be found in *A Culture of Honesty*, the University's policy and procedures for handling cases of suspected dishonesty. Detailed information can be viewed at <http://www.uga.edu/honesty> to help you understand how the term "academic dishonesty" is defined on this campus.

*As a University of Georgia student, you have agreed to abide by the University's academic honesty policy, "A Culture of Honesty," and the Student Honor Code. All academic work must meet the standards described in "A Culture of Honesty" found at: [www.uga.edu/honesty](http://www.uga.edu/honesty). Lack of knowledge of the academic honesty policy is not a reasonable explanation for a violation. Questions related to course assignments and the academic honesty policy should be directed to the instructor.*

2. **Diversity:** Diversity encompasses acceptance and respect. The term "diversity" encompasses differences of culture, background and experience among individuals and groups. Such differences include, but are not limited to, differences of race, ethnicity, national origin, color, gender, sexual orientation, gender identity, age, and abilities, as well as political and religious affiliation and socioeconomic status. The Department of Kinesiology at the University of Georgia embraces a commitment to diversity by modeling for the state and nation, a community of individuals and programs which seek to reduce prejudice, disparities, and discrimination and build a supportive environment for all. More about diversity can be found: <https://coe.uga.edu/directory/diversity-equity-and-inclusion>
3. **FERPA Notice:** The Federal Family Educational Rights and Privacy Act (FERPA) grants student's certain information privacy rights. See the registrar's explanation at [http://reg.uga.edu/ferpa\\_privacy\\_act](http://reg.uga.edu/ferpa_privacy_act). FERPA allows disclosure of directory information (name, address, telephone, email, date of birth, place of birth, major, activities, degrees, awards, prior schools), unless a FERPA Restriction Flag Addition or Removal Request form is submitted to the Registrar's Office.
4. Many causes can interfere with academic performance. UGA provides mental health services to support the academic success of students. Counseling & Psychiatric Services, a part of the University Health Center, offers confidential counseling and psychiatric services to help you manage personal challenges that may threaten your well-being.
5. **The instructor may initiate a student withdraw if the student has not attended any classes by the withdraw deadline.**
6. **Full participation in physical activity is required (see Participation Policy below).**
7. Students requesting accommodation(s) must first register with the Disability Resource Center (DRC). The DRC will provide documentation to the student, who must then provide this documentation to the instructor when requesting an accommodation. Students with documented disabilities that affects their ability to physically participate fully in the course or who require reasonable accommodations are encouraged to speak with the Basic PE Program Coordinator, so that appropriate accommodations can be arranged.
8. Students are responsible for the information provided in class along with the readings in eLC and/or supplemental resources. If you are absent when materials are distributed, it is your responsibility to obtain the information from another student.
9. Poor sportsmanship/inappropriate behavior, including the use of offensive language will not be tolerated. If this occurs, the student will be asked to leave, will be counted as absent, and will need to meet with the instructor. If the student refuses to leave, it is at the instructor's discretion to reduce the student's grade.
10. An instructor may withdraw a student from a course due to excessive absences as defined in the course syllabus, and the student will receive a grade of W.
11. Class begins at **10:15 am**. If you arrive late to class, you must check in with the instructor to receive participation credit for that day. **Being late results in a loss of participation points** (see **Participation policy**).
12. Permission for physical contact – if useful for instructional purposes – will be obtained from the student.
13. For information on HB 280, please go to <http://www.policies.uga.edu/FA/nodes/view/1263/Weapons-Prohibited-on-Campus>
14. *The course syllabus is a general plan for the course; deviations announced by the instructor may be necessary.*

## Course Requirements

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1. Students are required to use eLearning Commons (eLC) for this course. Syllabus, course information, course outline, clearance for safe exercise participation, and course content will be available through eLC. To access eLC, you will need your UGA MyID, as well as a current password.
2. Students are required to complete the **"Clearance for Exercise Participation" form** before they can access the Course content on eLC. **Please note: ONLY** Students with prior medical conditions are required to complete the additional waiver and/or physician's clearance form (see instructor for more information).
3. Students must complete and score **at least 90% on the "Syllabus Quiz"** before they can access the remainder of the Course content. Students are also required to complete the conceptual component quizzes and must score 80% or better on these

assignments to receive credit. **Quizzes only become available once the corresponding module content has been visited.** The due dates are posted in eLC, corresponding to each quiz, or you can check the schedule below.

4. The course consists of an activity component, a conceptual component, and assignments (specifically: physical participation, readings, quizzes, and assignments). All updates or changes to the schedule will be posted on eLC. **It is your responsibility to keep up with changes to assignments.**
5. Readings, assessments and assignments are assigned throughout the session and due dates are posted on eLC. **Late assignments will not receive any points.** **It is your responsibility to keep up with the due dates.**
6. Each student will be required to pay **\$80 + tax** to Showtime Bowling Center on the first day of class **1/10/2019** that includes the costs for bowling shoes and unlimited bowling during class time. If a student may choose to drop the class after the payment is made, he / she will be reimbursed the half of the initial costs. Payment options are cash, check or credit card. **Please note: No one is allowed to bowl until the payment has been made to Showtime Bowling Center, along with the Clearance Form on eLC.**

## Grading

This course is graded as an “S” (Satisfactory) or “U” (Unsatisfactory). A percentage system will be used to determine final grades. In this pass/fail course, **an overall of 85/100 is needed to pass (“S”) the course.**

Various components determine a student’s final grade: (1) Activity component, (2) Conceptual component, and (3) Application and General Assignments. Components are connected, and failing parts of one of the components could result in an “U,” or Unsatisfactory grade.

## Activity Component – 45 points (See also Participation Policy)

Participation Points (in-class) – **minimum of 1300 out of 1500 total minutes needed to pass.**

<b>0 points</b>	IF participation is 1299 minutes or less => <b><u>cannot pass the course</u></b>
<b>45 points</b>	IF participation is 1300-1499 minutes
<b>+ 5 bonus points</b>	IF perfect participation (1500 minutes)

## (1) Conceptual Component – 35 points

***You must score 90% or greater on the Syllabus Quiz to access the chapter reading links and quizzes***

***Syllabus Quiz is located in ‘Start Here’> Course Information in eLC***

**DUE Thursday 1/6**

### Chapter readings and quizzes linked in eLC

*~ All quizzes are not be available until the chapters have been accessed*

▪ Ch. 1: BOWLING ACTIVITY Activity Quiz	<b><u>DUE Thursday 1/23</u></b>	10 points*
▪ Ch. 2: RELEVANCE Relevance Quiz	<b><u>DUE Thursday 1/30</u></b>	5 points*
▪ Ch.3: HEALTHY LIFESTYLE Healthy Lifestyle Quiz	<b><u>DUE Thursday 2/6</u></b>	5 points*
▪ Ch.4: FITNESS Fitness Quiz	<b><u>DUE Thursday 2/13</u></b>	5 points*
▪ Ch.5: GOAL-SETTING Goal-Setting Quiz	<b><u>DUE Thursday 2/20</u></b>	5 points*
▪ Ch.6: NUTRITION Nutrition	<b><u>DUE Thursday 2/27</u></b>	5 points*

**\*Student must score at least 80% on ONE quiz attempt** to receive the points for that particular quiz:

0 for score <80%

5 pts for score 80% or higher.

**EXTRA absence earned if ALL 5 quizzes done by Thursday 1/23**

## (2) Application Assignments – 15 points

**Application Assignments make a practical connection between the activity, and conceptual components.**

A student must complete and submit evidence of THREE application assignments.

**Instructions to assignments are listed in Chapter 7 and linked in eLC**

- |                        |                              |          |
|------------------------|------------------------------|----------|
| ▪ Activity Application | <u><b>DUE Sunday 3/8</b></u> | 5 points |
| ▪ General Application  | <u><b>DUE Sunday 3/8</b></u> | 5 points |
| ▪ General Application  | <u><b>DUE Sunday 3/8</b></u> | 5 points |

## (3) Course Requirement – 5 points

**Additional bonus points can be earned if a student passes the syllabus quiz at the **FIRST** attempt.**

## Participation Policy

**Consistent and on-task participation** in-class are vital factors of your final grade. Students accumulate the minutes that they are present and actively engaged in class. Students are responsible for keeping track of their participation. If a student wants to know how many classes s/he has missed, ask the instructor in class.

If a student always attends, participates in class and is on-task during class, the student will earn all **1500 minutes for** participation and thus receives all 45 participation points + 5 bonus points

If a student consistently attends, participates in class and is on-task during class for **1300-1500 minutes** of the semester, the student will receive 45 participation points.

If a student misses more than 200 minutes and thus earns **1299 minutes or less**, s/he cannot pass the course and will automatically receive a grade of **Unsatisfactory**.

**Arriving to class on-time and staying** in class until dismissal are also a part of your participation points.

If a student arrives to class **between 5 and 15 minutes late**, s/he will lose 25 points off of his/her Participation minutes. Arriving **over 15 min late or leaving more than 15 minutes early** results in a loss of all the participation minutes for that day.

If a student is **late more than 5 times, an additional 100 minutes will be deducted**; s/he cannot pass the course and will automatically receive a grade of **Unsatisfactory**.

Students who engage in **off-task behavior** will also lose points from their participation grade each time an offense is seen because off-task behavior usually leads to safety issues and decreases the quality of participation for you and potentially for others. The following are examples of off-task behavior and the point deductions associated with each:

1. Student is consistently chatting without engagement in the task at hand (10 points)
2. Student is consistently on cell phone during class (20 points)
3. Student distracts other students, or is disruptive to those trying to learn (20 points)
4. Student comes to class with inappropriate attire (20 points)

*\*The following statements provide the only excused reasons for not participating in class...* Lapses in participation due to **illness** must be verified by a Physician, the Student Health Service, or by talking with the instructor and getting approval *in advance*. **Family funerals** will be excused with students informing the instructor via e-mail *in advance* of the funeral.

## Class Cancellations

Due to the nature of unpredictable weather being relevant, in the case in which class must be cancelled, students will be notified at least **1 hour in advance** of class time via e-mail.

**Tentative Outline/Due Dates****Instructor will still edit Course Outline, add Course Requirements and re-arrange due dates/quizzes!**

W	M	D	Course Outline	eLC Readings and Assesets	Due Dates
1	Jan	8	Warm Up	Complete <b>Clearance to Exercise Quiz</b> Read Syllabus and take Syllabus Quiz <b>(90% needed to unlock remainder)</b>	<b>Syllabus Quiz Due Thursday 1/16</b>
		13			
2		15	Introductions Syllabus review Bowling Alley rules	Read Chapter 1: Activity Complete <b>Activity Quiz</b> (need 80%)	<b>Activity Quiz Due Thursday 1/23</b> <b>Extra Absence if all 5 quizzes done by Thursday 1/23</b>
		22			
3		27	History of Bowling Basics, etiquette, safety	Read Chapter 2: Relevance Complete <b>Relevance Quiz</b> (need 80%)	<b>Relevance Quiz Due Thursday 1/30</b>
		29			
4	Feb	3	Lane & Equipment	Read Chapter 3: Healthy Lifestyle Complete <b>Healthy Lifestyle Quiz</b> (need 80%)	<b>Healthy Lifestyle Quiz Due Thursday 2/6</b>
		5			
5		10	Grip & Stance	Read Chapter 4: Fitness Complete <b>Fitness Quiz</b> (need 80%)	<b>Fitness Quiz Due Thursday 2/13</b>
		12			
6		17	Approach & Arm Swing	Read Chapter 5: Goal-Setting Complete <b>Goal-Setting Quiz</b> (need 80%)	<b>Goal-Setting Quiz Due Thursday 2/20</b>
		19			
7		24	Strike Targeting	Read Chapter 6: Nutrition Complete <b>Nutrition Quiz</b> (need 80%)	<b>Nutrition Quiz Due Thursday 2/27</b>
		26			
8	Mar	2	Straight & Hook	Read Chapter 7: <b>Application Assignments</b>	
		4			
		9	No Classes (Spring Break)		
		11			
9		16	Scoring	Submit evidence for three application assignments	<b>Withdrawal Deadline (3/20)</b> <b>Application Assignments Due Thursday 3/8</b>
		18			
10		23	Common Mistakes		
		25			
11		30	Types of Splits		
	1				
12	Apr	6	Spare Targeting		
		8			
13		13	Tournament (TBA)		
		15			
14		20	Tournament (TBA)		
		22			
15		27	Summary	Last Day of Classes	Monday Class Schedule in Effect
		28			

**\*\*The course syllabus is a general plan for the course, deviations announced by the instructor may be necessary.**