

**Course Outline for:** EXSC 1103 Bowling**A. Course Description:**

1. Number of credits: 1
2. Lecture hours per week: 1
3. Prerequisites: None
4. Corequisites: None
5. MnTC Goals: None

Bowling is a lifetime sport that encourages balance, strength, flexibility and precision. Through practice, students develop their skills as well as their understanding of the rules and strategies of the game. Students participate in games to progress their bowling abilities and knowledge of the sport. There is an additional fee for this course.

**B. Date last reviewed/updated:** May 2025**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. Select a bowling ball appropriate for their hand size and strength.
2. Accurately keep score while bowling.
3. Demonstrate an understanding of bowling rules and etiquette.
4. Demonstrate proper technique of stance, approach, and delivery.
5. Demonstrate the method of aiming and delivery style that works best for the situation.

**E. Methods for Assessing Student Learning:**

Methods for assessment may include, but are not limited to, the following:

1. Attendance and class participation
2. Subjective assessment of effort, improvement and skill
3. Objective testing

**F. Special Information:**

None