

EWC
PEAC 1253
Fall 2013
Syllabus

Distance Learning



... academic excellence

PEAC 1253 Fall 2013 Section 40/90 - 41/91 Beginning Bowling

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1 Credit Hour

Jan Lilletvedt, Instructor



Office	By appointment only
Office Hours:	By appointment only
Phone	(307) 532-8244 (includes voice mail) 1-800-658-3195 Extension 8244 (see note)
FAX	(307) 532-8229 or (307) 532-8222 Be sure to put my name on your fax cover page.
e-mail	jan.lilletvedt@ewc.wy.edu Be sure to put the name of the class in the Subject Line .

(Note: If you get sent to the general voice mail system for the college, press *8 on your phone and then 8222 and you will be connected to my personal voice mail.)

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Additional Contact Information

Technical difficulties with LancerNet

[Aaron Bahmer](#), Instructional Technologist, at either (307) 532-8284 or 866-327-8996 (866-EAST WYO) x 8284 (8:00 am to 5:00 pm Mountain Time)

Technical questions about *LancerNet* should first be directed to [Aaron Bahmer](#), Instructional Technologist, at either (307) 532-8284 or 877-392-4678 (866-EWC-INST), 8:00 am to 5:00 pm Mountain Time.

Questions about EWC and distance learning

Learning Office at either (307) 532-8260 or 866-327-8996 (866-EAST WYO) x 8260 (8:00 am to 5:00 pm Mountain Time)

Registration & Student Records (including LancerNet)

[Sue Schmidt](#), Administrative Assistant for Student Records, at either (307) 532-8207 or 866-327-8996 (866-EAST WYO) x 8207 (8:00 am to 5:00 pm Mountain Time)

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Delivery

This course is delivered via the World Wide Web (Internet), through CourseCruiser software. Access is by username and password only and will be limited by the dates of the course. Students may encounter information which is not in the control of Eastern Wyoming College.

Students new to using LancerNet or who are taking their first online class from EWC should use the LancerNet Orientation class to become acquainted with the basic LancerNet course tools. Students need to meet the minimum technology literacy expectations as well as the minimum technology requirements.

Netiquette: Because communication and interaction with your instructor and other students takes place primarily in a text environment, devoid of any body language or vocal nuance, you need to consider how you use words to express yourself. Plain text can easily be interpreted in ways other than what you intend, so here are some things to consider as you work with e-mail, message boards, or online chat:

- Write as if you were speaking to the person face to face.
- All messages created in your LancerNet class are saved and can be referenced in the future.
- Others may judge you by the quality of your writing; check you spelling and grammar.
- Use capital letters for emphasis or titles only. If a message is written entirely in capital letters, it is like SHOUTING.

- Humor is difficult to recognize without facial expressions or other non-verbal cues, so it is best to limit your use of humor to avoid any misinterpretation.
- For e-mail, journals and message boards, include a meaningful subject.
- Send copies of e-mail messages only to those people who need to see them. Also, only forward messages with the writer's permission.
- Respond promptly to e-mail messages.
- For message boards, be sure you know when best to use "New Topic" and when to use "Reply."

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Taking an Online Course

Quite simply, taking a course in this manner **requires personal commitment**. You need to remember to read the DVD. You need to remember to do the assignments. You need to remember to get the work done! If you prefer a little more instructor contact, please send an e-mail regarding the course to your instructor. A phone call could also provide you with some personal interaction. In addition, you may visit the instructor on campus as your schedule allows.

Until you receive the official grade for this course, you should keep the following:

- A copy of every assignment which you submit to your instructor.
- A copy of any other correspondence between you and your instructor.

It is also recommended that you print at least the following materials from your course:

- The syllabus.
- The list of assignments & due dates.

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Course Description

Beginning bowling is a course designed to acquaint the student with the equipment selection, rules and courtesies of bowling as well as the skills and scoring of bowling. Instructions will cover approach, timing, release (delivery), and aiming.

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Course Rationale

Students are expected to:

1. Complete lines of bowling commensurate with grade he/she is seeking;

2. **Complete On-line Reviews on LancerNet** commensurate with grade he/she is seeking;
See due dates in Schedule;
3. Complete the "Get Started Quiz" by given **due date**;
4. Complete the **two (2) Quizzes on line by given due date**;
5. Complete all assignments by the **given deadlines**. Late assignments will not be accepted and will be given a grade of "0".

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Instructional Media & Resources

Required Textbook

Title Bowling (Health & Physical Activity Series)

Author Kendall/Hunt; 2006

Publisher Kendall/Hunt; 2006; University of Florida

ISBN: 0-7575-2723-X



Textbooks are available through the [EWC Online Bookstore](#). The text may also be purchased directly through the publisher or ordered through other online or ground booksellers.

Turnitin© is a cloud-based text review service utilized by EWC for originality checking, including improper citations or potential plagiarism. Student work in this course may be submitted to and retained by this service, though the student retains copyright of their written work. Students can view information regarding Turnitin's privacy and copyright policy at http://www.turnitin.com/en_us/privacy-center/overview

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Course Objectives

The Student will:

- Complete the "Get Started Quiz" with a score of 100%;
- Show proficiency in keeping score by passing Quiz 2 with a minimum grade of 70%;
- Complete Quiz 1 with a minimum score of 70%;
- Know and participate in basic skills of bowling (approach, delivery, follow through) by bowling games/lines;
- Apply knowledge of rules and etiquette of bowling when bowling;

- **Complete On-line Reviews on LancerNet** for each Chapter commensurate with grade he/she is seeking.

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Course Outline & Final Due Dates

Complete the **Basic Concepts** portion of the DVD and the online reviews for Chapters 1-5 {in accordance with "due dates" given in Calendar} of the DVD prior to bowling your first line for this class.

This class is scheduled to begin Tuesday, August 27, 2013 and to end Friday, December 13, 2013.

As there is no final in this class, ALL MATERIALS MUST BE POSTMARKED NO LATER THAN Tuesday, December 10, 2013 by 1:00 pm. On line materials must be submitted no later than 1:00 pm, Tuesday, December 10, 2013. See Calendar for specific due dates for "Get Started Quiz" and DVD Review online quizzes. The "Get Started Quiz", DVD Chapter reviews, and Quiz 1 and Quiz 2 are to be taken on LancerNet.

This class has a sequence to its work. The class sequence is as follows:

FIRST:

- Register for the class;
- Obtain text (DVD) for the class;
- Complete the "Get Started Quiz" with 100% accuracy;
 - according to due date in Schedule
- Call and make arrangements with the Bowling establishment of your choice (check hours);
- Email instructor with Name of Bowling Facility and telephone number;
 - according to due date in Schedule
- Complete each of the online reviews for the first five (5) chapters (no review for Chapter 4) [Basic Concepts] on LancerNet;
 - according to due date in Schedule

THEN:

- Begin bowling the games/lines for class

PRIOR TO BOWLING YOUR LAST SIX (6) Games/Lines

- Complete online reviews for Chapters 6, 7, 8, 9, and 10 [Advanced Techniques] on LancerNet;

- according to due date in calendar
- Bowl remaining lines for grading purposes

**ALL MATERIALS MUST BE POSTMARKED NO LATER THAN
Tuesday, December 10, 2013.**

Mail Bowling score sheets to:

Janice M. Lilletvedt, Instructor
Eastern Wyoming College
3200 West "C" Street
Torrington, WY 82240

I. Basic Concepts

I will be checking to insure that your on line Reviews for Chapters 1, 2, 3, and 5 are dated prior to any lines of bowling.

Chapter 1: Introduction to Bowling

- History of bowling;
 - The Sport of Bowling;
 - Classifications of Bowling;
 - Rules of Bowling;
 - Scoring;
- Complete On-line Review on LancerNet**
See due date in Schedule

Chapter 2: Introduction to Equipment and Safety

- Equipment
Introduction to Equipment
Dimensions of the Bowling Surface
Application of Lane Oil
 - Safety
Introduction to Safety
Stretching and Warm-ups
- Complete On-line Review on LancerNet**
See due date in Schedule

Chapter 3: Four-step and five-step deliveries

- Introduction
 - Footwork
 - Arm swing
 - Finish Position
- Complete On-line Review on LancerNet**
See due date in Schedule

Chapter 4: Fundamental Skills and Drills of Bowling

- Push-away Drill
 - Practice Swing Drill
 - Balance Line Drill
 - One Step (weight transfer) Drill
 - Kneel-down Drill
- There is not an On-line Review on LancerNet.**

Chapter 5: Troubleshooting Your Delivery: Common Errors And Corrections

- Footwork Errors and Corrections
- Body Position Errors and Corrections
- Timing Errors and Corrections

- Push-away and arm swing errors and corrections
Complete On-line Review on LancerNet
See due date in Schedule

*I will check to insure that you have completed the on line Reviews on LancerNet for Chapters 6, 7, 8, 9, and 10 PRIOR to bowling your last six (6) lines. You may complete these Reviews at any time...but they **MUST BE COMPLETED PRIOR TO BOWLING YOUR LAST SIX LINES.***

II. Advanced Techniques

Chapter 6: Getting the Ball to Curve (Hook): Essential Tips

- Common Release and Ball Tricks
 - Fingertip Ball Drilling
 - Thumb Release and Finger Rotation
- Complete On-line Review on LancerNet**
See due date in Schedule

Chapter 7: Principles of Strike and Spare Shooting

- Targeting
 - Strike Targeting
 - Spare Targeting
 - A Second Spare Shooting System
 - The 3-6-9 Spare Shooting Method
- Complete On-line Review on LancerNet**
See due date in Schedule

Chapter 8: Adjusting to Lane Patterns: Tips to "dialing in" to the Pocket

- Reading Lane Conditions
 - Common Adjustments
- Complete On-line Review on LancerNet**
See due date in Schedule

Chapter 9: Mental Strategies to Enhance Practice and Learning

- Decision-making Specifically to Bowling
 - Positive Self-talk
 - Taking Responsibility for Your Shots: Taking Luck Out of Bowling
- Complete On-line Review on LancerNet**
See due date in Schedule

Chapter 10: "Deliberate" practice makes perfect: Practicing with Purpose

- Four Principle Adjustments to Master
 - Purposeful Practice "Games" to Become More Skilled
- Complete On-line Review on LancerNet**
See due date in Schedule

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Withdrawal Policy

Withdrawal from the course must be initiated by the student following procedures outlined in the current Eastern Wyoming College Catalog. A student may request a withdrawal from the instructor. **A request for withdrawal must be submitted prior to Tuesday, December 10, 2013. Requests received after that date will be denied.**

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Course Expectations

Evaluation Criteria

In order to receive a grade of "C" or better, the student must:

- Complete the written portion of the class with a minimum score of 70% ("C")

AND

- Complete the lab portion of the class by bowling a minimum of 24 lines/games.

Students who do not complete both the written (70%) and the lab (24 games bowled) portion of the class with a minimum of a "C" level can not earn a grade of "C" or better.

Since bowling is an activity class, grading will be based upon the number of games bowled, and written work to include two on-line quizzes and 9 DVD online Chapter reviews. Final grades will be the calculated average of the written work and the lab (bowling) work, with each composite being valued at 50% of the total.

Final grades will be based on the following:

- **Lab work:**
 - **Number of games bowled with a minimum of 24 games required for a grade of "C" or better;**

AND

- **Written Work**
 - **DVD on line chapter reviews, on line "Get Started Quiz", and on-line quizzes 1 and 2 with an average of 70% score required.**
 - **Get Started Quiz - Unlimited attempts**
 - **Quiz 1 - Limit 2 attempts**

- **Quiz 2 - Limit 2 attempts**

Behavior

A meaningful learning experience requires minimal standards and respect and consideration for others. It is not possible to provide an inclusive list of all disrespectful, disruptive behaviors. The mature college student will recognize the following as being unacceptable:

- negatively challenging an instructor online (make an appointment to discuss conflicts privately or through e-mail)
- use of disrespectful language in online discussions or e-mail

The instructor reserves the right to withdraw a student for improper behaviors. Improper behaviors are not limited to the ones listed above.

Standards for Course Work

Receiving Credit for Online Review Questions:

The "Online Review Questions" that the student will see following various Chapters of the DVD will be taken as On-Line reviews and may be taken as many times as the student wishes. The best score for each review will be recorded. **DVD Chapter on line reviews have due dates! (See Schedule.)** The DVD on line reviews for Chapter 1-5 MUST be completed prior to any bowling. Lines bowled before these reviews are complete will not be accepted.

"Online Review DVD Questions" must be completed in the following sequence **PRIOR to Bowling ANY lines:**

- Chapter 1 - Introduction
- Chapter 2 - Equipment and Safety
- Chapter 3 - Deliveries
- Chapter 5 - Troubleshooting Delivery

PRIOR to bowling LAST 6 lines:

- Chapter 6 - Hooking
- Chapter 7 - Strike and Spare Shooting
- Chapter 8 - Lane Pattern Adjustments
- Chapter 9 - Mental Strategies
- Chapter 10 - Practice Strategies

Participation

Not applicable.

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Grading Criteria

For grading purposes, a maximum of 6 lines of bowling per day will be credited to the student. The student will not be given credit for any additional lines. All lines submitted to the instructor, must be electronically scored and contain all required materials.

PRIOR TO BOWLING THE LAST SIX LINES for this class, the student must:

Complete the following online DVD reviews:

- Chapter 6 - Hooking
- Chapter 7 - Strike and Spare Shooting
- Chapter 8 - Lane Pattern Adjustments
- Chapter 9 - Mental Strategies
- Chapter 10 - Practice Strategies

In order for the student to receive credit for games bowled the following procedure must be followed:

All games bowled must be electronically scored and:

1. The game must be completed and electronically scored in its entirety;
2. Student must secure the **printed name of the attendant on duty** on the score sheet;
3. Student must secure the **signature of the attendant on duty** on the score sheet
4. Student must secure **initials of attendant beside each line bowled** for credit
5. **Time and date** of the bowling is printed on the score sheet
6. Student secures the **telephone number of the given bowling alley**
7. **Score sheets should be submitted monthly.**
8. Score sheets, with the above information, are to be **mailed to:**

**Janice M. Lilletvedt, Instructor
Eastern Wyoming College
3200 West "C" Street
Torrington, WY 82240**

As the instructor of record, I reserve the right to call and visit with the attendants on duty at each site.

Score sheets that are incomplete, i.e. missing the printed name, the signature, etc., **WILL NOT BE ACCEPTED**. A maximum of 6 lines that are scored electronically, will be allowed per day and credited to the student's cumulative total lines bowled. **Score sheets should be submitted monthly.**

Examinations

"Online Reviews for DVD chapters are available on line through LancerNet and must be completed online prior to the due dates (see Calendar). "Online Reviews For DVD chapters must be completed for Chapters 1-5 prior to beginning bowling and for Chapters 6-10 prior to bowling the last six lines (games).

Grades will be calculated based on the following:

NOTE: Students must complete BOTH the written and the Lab portions of this class in order to earn a grade of "C" or better.

A student bowling 30 lines (qualifying for an "A") but receiving less than 70% on the quizzes and tests can not earn a grade of "C" or better.

A student scores 100% ("A") on quizzes and tests and bowls less than 24 games can not earn a grade of "C" or better.

Letter Grade	Percentage
A	Complete the Written portion of the class AND the Lab portion with minimum grades of "C" and have a calculated average between 90-100%.
B	Complete the Written portion of the class AND the Lab portion with minimum grades of "C" and have a calculated average between 80-89.9%.
C	Complete the Written portion of the class AND the Lab portion with minimum grades of "C" and have a calculated average between 70-79.9%.
D	Failure to bowl 24 lines and/or obtain a 70% on all written work.
F	Failure to bowl less than 20 lines and/or obtain less than 70% on all written work.

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Academic Dishonesty Policy

Academic dishonesty is not tolerated. Dishonesty includes plagiarism, cheating and any conscious act by a student that gives him or her an undue advantage over fellow students.

Plagiarism

Copying or using the ideas of another without giving proper credit through the use of quotation marks, footnotes, or other forms of reference.

Cheating

Making unauthorized use of answers to examinations, tests, quizzes, in-class work, or homework assignments, as well as copying from fellow students or submitting work that has been done by someone else.

Submitting falsified score sheets, as substantiated by managers/owners will result in a grade of "F" and the student will be referred to the Vice-President of Learning.

Students shall complete all assigned course work individually unless otherwise indicated. Academic dishonesty of any kind shall result in a score of zero on the assignment or examination and may result in withdrawal from the course or a grade of F, as the instructor deems appropriate. In addition, the instructor will refer the student to the appropriate EWC official for further discipline.

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General Education Requirements

- **Communication Skills:** Graduates will be able to understand and communicate ideas and information in written and spoken English that reveals a mastery of terminology appropriate to their disciplines.
- **Analytical and Quantitative Reasoning:** Graduates will be able to solve problems through critical thinking involving analytical and quantitative reasoning at a level appropriate to their disciplines.
- **Technology Skills:** Graduates will be able to demonstrate competence using technology appropriate to their disciplines.
- **Social Awareness:** Graduates will be able to demonstrate an awareness of the relationship between the individual and the world.
- **Information Literacy:** Graduates will be able to locate, evaluate, and use information effectively.

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ADA Accommodations

Eastern Wyoming College is committed to providing reasonable accommodations for qualified individuals with disabilities. If a student has a disability and desires a reasonable accommodation for such disability, the student should contact [Debbie Ochsner](#) or [Stuart Nelson](#) as soon as possible so that arrangements may be made.

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Disclaimer

Information contained in this syllabus was, to the best knowledge of the instructor, considered correct and complete when distributed for use at the beginning of the class. However, this syllabus should not be considered a contract between Eastern Wyoming College and the student. The instructor reserves the right, acting within the policies and procedures of EWC, to make changes in course content or instructional technique without notice or obligation.