Instructor: Shelby Kite, MS
Office: HPE 210
Office Phone: 936-468-1755
Email: Shelby.Kite@sfasu.edu
Prerequisites: None
Credits: 1 hour

Course Description:
This course is a fitness and activities class, in which the students are required to participate in the assigned group exercise activity. The basic instructional format for this class will be an introduction to the game of bowling.

KINE 1115 is a physical activity-based class that meets for 150 minutes each week for 8 weeks. Outside class assignments consist of reading assignments, journaling, studying for exams and practicing physical skills to achieve proficiency. The outside class assignments would require at least 2 hours of outside work each week.

II. Intended Learning Outcomes/Goals/Objectives (Program/Student Learning Outcomes):

Student Learning Objectives:
1. Develop basic skills needed to bowl effectively.
2. Attain knowledge of the rules of bowling and learn to manually keep score.
3. Development of proficiency and consistency in the execution of the various facets of the swing approach to the foul line, and delivery in bowling.
4. To learn and utilize proper bowling etiquette.

III. Course Assignments, Activities, Instructional Strategies, Use of Technology:

Daily Participation:
- Student MUST bring socks to class. Students will not be allowed to participate without socks.
- Students will select a ball and get shoes at the beginning of each class.
- Students will practice the proper etiquette & technique of bowling each day in class.
- Each student is responsible for returning his or her own ball and shoes once class is dismissed.
- Students must wear appropriate clothing for bowling class.
- Cell phones are NOT to be out during class.

IV. Evaluation and Assessments (Grading):

1. Quizzes
Quizzes will be 5-10 questions taken from current topics discussed in classes. Quizzes are on D2l. Make up quizzes will not be allowed.

2. Skills Test
Students will be required to bowl two games, manually calculate their score, and determine their handicap.
3. Notebook
Students will be required to keep a notebook with all of their daily score pages, graded quizzes, etc. The notebooks will be turned in at the time of the final and can be picked up after final grades have been reported.

4. Final
The final will be a written multiple-choice exam of around 30-40 questions taken from material presented during lectures. Final exam will be on D2l during regular class time.

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Value</th>
<th>Grading Scale</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participation</td>
<td>80</td>
<td>A ≥ 89.55%</td>
</tr>
<tr>
<td>Worksheet/Quizzes</td>
<td>10</td>
<td>B= 89.54%-79.55%</td>
</tr>
<tr>
<td>Skill Tests</td>
<td>10</td>
<td>C= 79.54%-69.55%</td>
</tr>
<tr>
<td>Final</td>
<td>20</td>
<td>D= 69.54%-59.55%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>F ≤ 59.54%</td>
</tr>
</tbody>
</table>

V. Tentative Course Outline/Calendar:

<table>
<thead>
<tr>
<th>DATE</th>
<th>SCHEDULE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 29 &amp; 31</td>
<td>First Day of Class // Review Syllabus &amp; Course Overview - Bowl</td>
</tr>
<tr>
<td>Sept. 5 &amp; 7</td>
<td>Lane Rules, Bowling Etiquette, &amp; Terminology</td>
</tr>
<tr>
<td>Sept. 12 &amp; 14</td>
<td>Ball Selection, Grip, Stance, Approach, Release, Follow Through, Delivery</td>
</tr>
<tr>
<td>Sept. 19 &amp; 21</td>
<td>Learn Scoring</td>
</tr>
<tr>
<td>Sept. 26 &amp; 28</td>
<td>Analysis of Movement</td>
</tr>
<tr>
<td>Oct. 3 &amp; 5</td>
<td>Skills Practice &amp; Scoring</td>
</tr>
<tr>
<td>Apr 25 &amp; 27</td>
<td>Skills Practice &amp; Scoring / Final</td>
</tr>
</tbody>
</table>
VI. Reading: None

VII. Course Evaluations:

Near the conclusion of each semester, students in the Perkins College of Education electronically evaluate courses taken within the PCOE. Evaluation data is used for a variety of important purposes including: 1. Course and program improvement, planning, and accreditation 2. Instruction evaluation purposes 3. Making decisions on faculty tenure, promotion, pay, and retention.

As you evaluate this course, please be thoughtful, thorough, and accurate in completing the evaluation. Please know that the PCOE faculty is committed to excellence in teaching and continued improvement. Therefore, your response is critical!

In the Perkins College of Education, the course evaluation process has been simplified and is completed electronically through MySFA. Although the instructor will be able to view the names of students who complete the survey, all ratings and comments are confidential and anonymous, and will not be available to the instructor until after final grades are posted.

VIII. Student Ethics and Other Policy Information

Class Attendance and Excused Absence: Policy 6.7

Regular, punctual attendance, documented participation, and, if indicated in the syllabus, submission of completed assignments are expected at all classes, laboratories, and other activities for which the student is registered. Based on university policy, failure of students to adhere to these requirements shall influence the course grade, financial assistance, and/or enrollment status. The instructor shall maintain an accurate record of each student’s attendance and participation as well as note this information in required reports and in determining final grades. Students may be excused from attendance for reasons such as health, family emergencies, or student participation in approved university-sponsored events. However, students are responsible for notifying their instructors in advance, when possible, for excusable absences. Attendance

A. It is the student’s responsibility for assuring credit for attendance for each meeting. If you arrive after the roll is checked, you should notify the instructor before the end of the class period so the absence can be changed. Otherwise, if it is not cleared during that class period, it will remain an absence.

B. Excused absences

1. Absence due to illness – must present a doctor’s excuse.

2. Absence due to a school sponsored trip – instructor should be notified in advance of absence.

3. Absence due to military service (i.e. National Guard drill).

4. ALL EXCUSED ABSENCES MUST BE PROPERLY DOCUMENTED AND PRESENTED TO THE INSTRUCTOR IMMEDIATELY UPON RETURNING TO CLASS. OTHERWISE, THE ABSENCE WILL BE CONSIDERED UNEXCUSED.

C. Computation of the class participation/effort grade

1. Each person will start with 50 points for the attendance and participation/effort grade.

2. You are given one “free” unexcused absence for personal business.

3. After the second unexcused absence, every absence will result in 5 points being deducted from the attendance and participation/effort grade. After the 3rd unexcused absence (4th unexcused include the 1 “free” unexcused absence), you will receive an automatic F for the course regardless of
grades already earned in the course. You MUST participate in class to receive university credit for this course.

4. If a student is 10 minutes late to class that student will be marked absent.

5. 5 points will be deducted for not dressing properly.

6. 10 points will be deducted for each occurrence of lack of effort, not listening, not following directions, or having a poor attitude. A “poor attitude” as used in this policy refers to an individual who constantly complains, is negative, or uses profanity.

**Students with Disabilities (Policy 6.1 and 6.6)**
To obtain disability-related accommodations, alternate formats, and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 468-3004 / 468-1004 (TDD) as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services promptly may delay your accommodations. For additional information, go to [http://www.sfasu.edu/disabilityservices/](http://www.sfasu.edu/disabilityservices/).

**Academic Integrity (Policy 4.1)**
The Code of Student Conduct and Academic Integrity outlines the prohibited conduct by any student enrolled in a course at SFA. It is the responsibility of all members of all faculty, staff, and students to adhere to and uphold this policy.

Articles IV, VI, and VII of the new Code of Student Conduct and Academic Integrity outline the violations and procedures concerning academic conduct, including cheating, plagiarism, collusion, and misrepresentation. Cheating includes, but is not limited to: (1) Copying from the test paper (or other assignment) of another student, (2) Possession and/or use during a test of materials that are not authorized by the person giving the test, (3) Using, obtaining, or attempting to obtain by any means the whole or any part of a non-administered test, test key, homework solution, or computer program, or using a test that has been administered in prior classes or semesters without permission of the Faculty member, (4) Substituting for another person, or permitting another person to substitute for one’s self, to take a test, (5) Falsifying research data, laboratory reports, and/or other records or academic work offered for credit, (6) Using any sort of unauthorized resources or technology in completion of educational activities.

Plagiarism is the appropriation of material that is attributable in whole or in part to another source or the use of one’s own previous work in another context without citing that it was used previously, without any indication of the original source, including words, ideas, illustrations, structure, computer code, and other expression or media, and presenting that material as one’s own academic work being offered for credit or in conjunction with a program course or degree requirements.

Collusion is the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any provision of the rules on academic dishonesty, including disclosing and/or distributing the contents of an exam.

Misrepresentation is providing false grades or résumés; providing false or misleading information in an effort to receive a postponement or an extension on a test, quiz, or other assignment for the purpose of obtaining an academic or financial benefit for oneself or another individual or to injure another student academically or financially.

**Withheld Grades (Policy 5.5)**
Ordinarily, at the discretion of the instructor of record and with the approval of the academic chair/director, a grade of WH will be assigned only if the student cannot complete the coursework because of unavoidable circumstances. Students must complete the work within one calendar year from the end of the semester in which they receive a WH, or the grade automatically becomes an F. If students register for the same course in future
Acceptable Student Behavior (Policy 10.4)

Classroom behavior should not interfere with the instructor’s ability to conduct the class or the ability of other students to learn from the instructional program (see the Student Conduct Code, policy D34.1). Unacceptable or disruptive behavior will not be tolerated. Students who disrupt the learning environment may be asked to leave class and maybe subject to judicial, academic or other penalties. This prohibition applies to all instructional forums, including electronic, classroom, labs, discussion groups, field trips, etc. The instructor shall have full discretion over what behavior is appropriate/inappropriate in the classroom. Students who do not attend class regularly or who perform poorly on class projects/exams may be referred to the Early Alert Program. This program provides students with recommendations for resources or other assistance that is available to help SFA students succeed.

IX. Other Relevant Course Information

MAKE-UP OPPORTUNITIES The skills test and written exams/quizzes can be made-up ONLY for EXCUSED ABSENCES. (See Attendance Policy 6.7)

UNIFORM You are required to wear clothing appropriate for the activity of bowling. Please dress appropriately for class. Socks are REQUIRED. No student will be allowed to bowl without socks. Bowling shoes must be worn and will be provided by the bowling facility.

MEDICAL COVERAGE The University, nor the Kinesiology and Health Science Department, provides medical coverage for injuries or illnesses which occur from participating in this course. It is the individual’s responsibility to provide their own medical coverage.

INCLIMENT WEATHER Class will not be cancelled in the event of bad weather.

IX. Students with Documented Disabilities

Students with disabilities are to obtain a disability-related accommodations and/or auxiliary aids, students with disabilities contact the Office of Disability services, Human Services bldg., Room 325, 468- 3004/468-1004 (TTD) as early as possible in the semester. Once verified, DS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services promptly may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilityservices/.

PCOE Diversity Statement:
The James I. Perkins College of Education is committed to proactively recruiting and retaining a diverse faculty, staff, and student population. Through open dialogue, mutual respect and shared responsibility, faculty, staff and students will demonstrate an understanding and sensitivity to ethnicity, race, gender, exceptionalities, culture, language/dialect, age, social class, family structure, sexual orientation, religion and spiritual values in order to enhance the quality of life in a diverse, global community.

SFA values students’ mental health and the role it plays in academic and overall student success. SFA provides a variety of resources to support students’ mental health and wellness. Many of these resources are free, and all of them are confidential.

On-campus Resources:
The Dean of Students Office (Rusk Building, 3rd floor lobby)
www.sfasu.edu/deanofstudents
936.468.7249
The Health and Wellness Hub “The Hub”
Location: corner of E. College and Raguet St.

To support the health and well-being of every Lumberjack, the Health and Wellness Hub offers comprehensive services that treat the whole person – mind, body and spirit. Services include:
- Health Services
- Counseling Services
- Student Outreach and Support
- Food Pantry
- Wellness Coaching
- Alcohol and Other Drug Education

Crisis Resources:
- Burke 24-hour crisis line: 1.800.392.8343
- National Suicide Crisis Prevention: 9-8-8
- Suicide Prevention Lifeline: 1.800.273.TALK (8255)
- joh Crisis Text Line: Text HELLO to 741-741