I. **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:**
    - Students 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 the lectures. Final exam will be on D2L during regular class time.

<table>
<thead>
<tr>
<th>Assignment Value:</th>
<th>Grading Scale</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participation</td>
<td>A $\geq$ 89.55%</td>
</tr>
<tr>
<td>Worksheet/Quizzes</td>
<td>B = 89.54% - 79.55%</td>
</tr>
<tr>
<td>Skills Test</td>
<td>C = 79.54% - 69.55%</td>
</tr>
<tr>
<td>Final</td>
<td>D = 69.54% - 59.55%</td>
</tr>
<tr>
<td></td>
<td>F $\leq$ 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>Mar 19 &amp; 21</td>
<td>First Day of Class / Syllabus</td>
</tr>
<tr>
<td>Mar 26</td>
<td>Lane Rules, Bowling Etiquette &amp; Terminology</td>
</tr>
<tr>
<td>Apr 2 &amp; 4</td>
<td>Ball Selection, Grip &amp; Form</td>
</tr>
<tr>
<td>Apr 9 &amp; 11</td>
<td>Learn Scoring</td>
</tr>
<tr>
<td>Apr 16 &amp; 18</td>
<td>Analysis of Movement</td>
</tr>
<tr>
<td>Apr 23 &amp; 25</td>
<td>Skills Practice &amp; Scoring</td>
</tr>
<tr>
<td>Apr 30</td>
<td>Skills Practice &amp; Scoring</td>
</tr>
<tr>
<td>May 2</td>
<td>Final</td>
</tr>
</tbody>
</table>

VI. Readings (Required and recommended—including texts, websites, articles, etc.):

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 Policy

Institutional Absences (HOP 04-110)

- An Institutional Absence may be granted to a student who participates as a representative of the University in academic (including research), extra- or cocurricular, or athletic activities. Students will be excused for institutional purposes from otherwise required academic activity only when a valid Institutional Absence is approved by the appropriate administrative unit or official and the documentation of approval is provided to the faculty member at least five (5) days in advance.

Institutional absences will not be approved for keystone events, defined as: a special or unique assignment, test, project, experience, or other academic exercise identified by the Faculty member as critical for successful completion of standards of the class and unable to be missed. These events must be identified on the syllabus at the beginning of the semester and communicated to the students. Events added to the syllabus at a later date will not qualify for Keystone Event status. Keystone Events where the date/time is changed will no longer be considered a Keystone Event. Students should make themselves aware of any Keystone Events identified in the syllabus to ensure there are no conflicts.

For keystone events where the assignment dates vary, it is incumbent upon the students to work with their faculty member to not select a conflicting date.

More information on Institutional Absences, including how to apply, can be found at https://www.sfasu.edu/deanofstudents/student-resources/institutional-absences.
The Code of Student Conduct and Academic Integrity (HOP 04-106) 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. For additional information, go to https://www.sfasu.edu/docs/hops/04-106.pdf.
Withheld Grades Semester Grades Policy (HOP policy 02-206)

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 terms the WH will automatically become an F and will be counted as a repeated course to compute the grade point average. For additional information, go to https://www.sfasu.edu/docs/hops/02-206.pdf.

- **Students with Disabilities**
  
  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/.

- **Student Wellness and Well-Being**
  
  SFA values students’ overall well-being, mental health and the role it plays in academic and overall student success. Students may experience stressors that can impact both their academic experience and their personal well-being. These may include academic pressure and challenges associated with relationships, emotional well-being, alcohol and other drugs, identities, finances, etc.

  If you are experiencing concerns, seeking help, 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.

IX: Resources

- **On-campus Resources:**
  
  o **The Dean of Students Office** (Rusk Building, 3rd floor lobby)  
    www.sfasu.edu/deanofstudents  
    936.468.7249  
    dos@sfasu.edu

  o SFASU Counseling Services • www.sfasu.edu/counselingservices  
    Health and Wellness Hub (corner of E. College and Raguet) • 936-468-2401

  o SFASU Human Services Counseling Clinic •  
    www.sfasu.edu/humanservices/139.asp  
    Human Services Room 202 • 936-468-1041

  o **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

www.sfasu.edu/thehub
936.468.4008
thehub@sfasu.edu

- 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)
  - Crisis Text Line: Text HELLO to 741-741

XI: 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.

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