PE 11

Bowling Notes

Definition: a game played by rolling a ball down a wooden alley in order to knock down a triangular group of ten pins

Background

The earliest forms of bowling date back to the Roman Empire and Ancient Egypt. On September 9, 1895, in New York City, the first standardized rules for pin were made. The sport is played by 95 million people in more than 90 countries today.

There are several versions of bowling. Common types of bowling include ten-pin, nine-pin, candlepin, duckpin, and five-pin bowling. Ten-pin bowling is the most common.

Ten-pin bowling

A game consists of ten frames. Frames one through nine are composed of two rolls. The tenth frame may be up to three rolls if a spare or strike is made within the first two rolls. A strike is scored when all ten pins are knocked down on the first roll in a frame. A spare is scored when all pins are knocked down after both rolls in the frame.

A strike earns ten points plus the points for the next two balls thrown. A spare earns ten points plus the points for the next ball thrown. Open frames are added normally.

The maximum score in ten-pin bowling is 300 points.

Techniques

There are two ways to roll a bowling ball:

* Straight
	+ Straight down the lane
	+ Commonly used by beginners
* Hook/curve
	+ After the release, the ball starts out straight then curves because of the rotation the bowler puts on the ball.
	+ Commonly used by more advanced players
	+ Most people use two fingers with a thumb

Equipment

* Bowling ball
* Bowling shoes
* Hand guard
* Bowling bag

Health benefits

Similar to walking with free weights, bowling is an anaerobic exercise. The flexing and stretching works joints, ligaments, tendons, and muscles in the arms and promotes weight loss. While many sports are not for the elderly, bowling can still be practiced at an advanced age.

Lingo

Double: two consecutive strikes

Turkey: three consecutive strikes

Hambone/four bagger: four consecutive strikes

Five bagger/dropping the nickel/Yahtzee: five consecutive strikes

Six-pack/six bagger: six consecutive strikes

Chicken: three consecutive spares

Seven or more strikes follow the “-pack”/”bagger” rule.

References

<http://en.wikipedia.org/wiki/Bowling#Health_benefits>

<http://www.pba.com/Resources/Bowling101/>