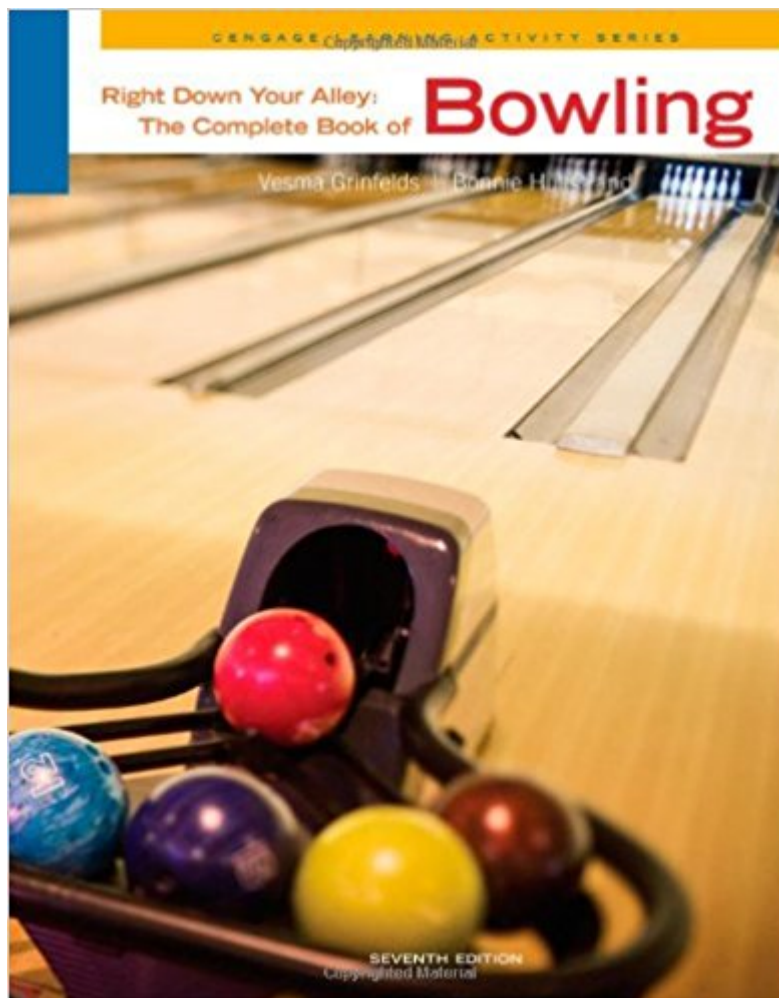




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Right Down Your Alley: The Complete Book Of Bowling (Cengage Learning Activity)



Synopsis

Cengage Learning Activity Series Get the most out of your favorite physical activities. From aerobics and yoga -- to bowling, tennis, weight training, and more -- the Wadsworth Physical Education Activities Series goes beyond the basics, showing you how to improve, excel, and get more enjoyment from your activities, whatever your skill level and background. **RIGHT DOWN YOUR ALLEY: THE COMPLETE BOOK OF BOWLING** covers everything you need to know about the game, along with strategies you can use to keep improving. This comprehensive guide covers topics ranging from holding the ball to the principles of movement and competitive bowling. With this book in your pocket you will be bowling strikes in no time at all!

Book Information

Series: Cengage Learning Activity

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Average Customer Review: 4.1 out of 5 stars 9 customer reviews

Best Sellers Rank: #546,923 in Books (See Top 100 in Books) #20 in [Books > Sports & Outdoors > Individual Sports > Bowling](#) #112 in [Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Nutrition](#) #161 in [Books > Medical Books > Nursing > Medical Nutrition](#)

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PART I: BASIC BOWLING. 1. Understanding the Basics. 2. Preparing for Action. 3. Stance, Approach, and Delivery Concepts. 4. Principles of Movement Applied to Bowling. 5. Common Errors and Corrective Actions. 6. 3-1-2 Strike Adjustment System. 7. 3-6-9 Spare Conversion System. 8. Scoring and Rules of Bowling. 9. Preparing for League Bowling. 10. Bowling for Those with Special Needs. 11. The Modern Bowling Environment and Twenty-First Century Technology. PART II: ADVANCED BOWLING. 12. Alternatives to the Four-Step Approach. 13. Ball Tracks. 14. Lift and Revolutions. 15. 3-4-5 Strike Adjustment System. 16. 2-4-6 Spare Adjustment System. 17. The Advanced Bowler and Technology. 18. Competitive Bowling. Appendix A: Glossary of Terms.

Appendix B: Bowler's Analysis Chart. Index.

Vesma Grinfelds earned her B.A. Degree from the University of California, Berkeley in 1971. While attending, she was a member of the bowling team and finished 2nd in the Intercollegiate Championships All-Events. Her professional bowling career started in July 1971 after winning her first title in Las Vegas. During the 20-year span of competitive bowling, she amassed 10 professional titles, 13 regional professional titles, 2 WIBC event titles, and 2 international titles (Japan and the Philippines). She has accomplished three 300 games and an 810 three game series. Vesma was a Master Clinician for the National Bowling Council for 12 years during which time she conducted seminars to bowling coaches and instructors concerning the teaching of bowling fundamentals and techniques. She was also a coach for the Philippines National Bowling Team for the Southeast Asian Games in 1981. During her bowling career, Vesma was a long time representative of the Brunswick Corporation. She was inducted into the U.S. Bowling Hall of Fame in 1991 for Superior Performance and the Professional Women's Bowling Hall of Fame in 1997. Currently, Vesma bowls occasional events and remains involved with the sport by supporting the budding bowling career of her son, Dzintars. She resides in San Francisco and is very active in philately.

Bonnie J. Hultstrand received her B.S. Degree in Physical Education from St. Cloud State College in 1960 and her M.S. Degree in Physical Education from Washington State University in 1966. After 39 years of teaching, she retired in 1999 as Professor Emeritus from the University of Idaho where she spent her last 24 years of teaching and coordinating the Undergraduate Physical Education program. Prior to the University of Idaho, she taught at the University of Wyoming, Washington State University, and had a four-year stint in the public schools. Her areas of teaching ranged from a variety of professional preparation courses to sport activities. Bowling instruction was always a significant part of her teaching responsibilities. In addition, her 18-year coaching career included the collegiate bowling team at Washington State University. Among her professional leadership and teaching awards are: Northwest American Alliance for Health, Physical Education, Recreation, and Dance (AHPERD) Outstanding College/University Physical Educator of the Year (1998); Idaho AHPERD Outstanding College Physical Educator of the Year (1997); Idaho AHPERD Distinguished Service Award (1989); Associated Students of UI Outstanding Teacher Award (1986); College of Education Outstanding Faculty Award (1990); Chair of Faculty Council (1992-93); and UI Alumni Excellence in Teaching Awards. Bonnie is currently retired and resides in her northern Idaho lake home. She enjoys an active lifestyle that includes traveling, reading, golfing, and volunteering.

For bowling enthusiasts. Some people may benefit more from in person practice.

Book was very useful for my bowling class. The pictures give a good representation of how the correct bowling technique is done.

Needed for college but did improve my game a little.

Thorough, but kind of cheesy, and most of the stuff is self explanatory

There was nothing wrong with the book, I just was not pleased by the way they shipped it. Going through the mail, the whole book got bent and corners got bent. I wish they would have emailed it in a box rather than a bubble wrap envelope.

Had not ordered from this seller before but would not hesitate to use them in the future. Product as described and received well before expected.

After I sent a email to the sender the sender is taking actions to ship the product. Very polite service. I appreciate the honest answers and I feel a lot better about the service. Lets just hope the book will get here on time. If that happens all is forgiven. :D

This is a good book for beginning bowlers. It overviews everything and tells you how to pick up spares using the arrows. This book helped improve my score by about 100 pts.

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