Handicap- Pins awarded to individuals or teams in an attempt to equalize competition.
Rat club- A team shooting horribly low scores for one game.
Scratch- Rolling without benefit of handicap. Actual score.
Sandbagger – Bowler who keeps his average down purposely in order to receive a higher handicap than he deserves.
Leadoff- First person in a team lineup.
Lofting- Throwing the ball well out on the lane rather than rolling it.
Error- A miss. Same as “blow”.

FITNESS- The 5 health related components of fitness are

1. Cardiovascular or Cardio-respiratory endurance (CRE) - Ability to perform moderately strenuous activity over an extended period of time. CRE is a measure of how well the heart and lungs supply the body’s increased need for oxygen during sustained physical effort. This component involves the circulatory system. To improve cardio fitness you must move enough to raise your heart rate (HR) up to approximately 135-180 beats per minute (bpm) or 23-28 beats per 10 seconds.
2. Muscle strength- Ability to do exert maximum force in a single exertion.
3. Muscle endurance- Ability to repeat movements over & over to hold a particular position for a prolonged period.
4. Flexibility- Ability to move a joint easily through its full range of motion.
5. Body Composition- Percentage of the body that is fat versus what is lean (all tissue other than fat, such as muscle, skeleton, organs)

What components of fitness does bowling involve?
Cardio-respiratory......muscle strength......muscle endurance......flexibility..... body composition

What components of fitness are not involved while bowling?
Cardio-respiratory....muscle strength...muscle endurance....flexibility.....body composition

Calories burned bowling:....110lbs=150 calories   150 lbs=205 calories
130lbs=177 calories   180 lbs=245 calories
R-I-C-E – Rest, Ice, Compress, Elevate – When injury occurs, apply RICE.