

The following study does not tell whether basketball is too strenuous or not, but it does give a relative idea of how tiring the game may be. On the theory² that there is a direct relationship between the strenuousness of the activity and the time required for the pulse to return to its normal rate after the activity, tests were run on track men and basketball players.

Seven 440 yard runners were used to run a 440 yard dash. A pace was set so that they all ran their 440 in less than one minute. Ten basketball players were used to play regulation basketball games. In order to remove the influence of the factors of training, condition and efficiency in each activity, the best varsity material available was used in each case. A world's record holder in the 440 was used while the basketball players were the ten best Stanford University varsity players. They were all college men.

For purposes of uniformity, each contestant followed the same routine before and after his activity. Each athlete was tested at the same time of day and each ate at the same time before exercising. Before the activity the contestant was required to lie on a cot. Pulse readings were taken at intervals of five minutes until two successive readings were the same. After the activity the athletes went immediately to their cots to rest until their pulses returned to the resting state, the same as before the exercise began. The time elapsed between the finish of the activity and the recovery of the pulse to its resting state was taken as

²Lowsley, O.S. "The Effects of Various Forms of Exercise on Systolic, Diastolic and Pulse Pressure and Pulse Rate" American Journal of Physiology Vol 27 (1911) Page 446