

as an indication of the strenuousness of the activity.

The intensity of the 440 yard run could be controlled by setting a definite pace. Conditions here then were somewhat constant. The intensity of basketball games varies considerably even though the same two teams are competing. In order to get average conditions several regulation games were played and the players tested after each game.

Since the players who ran the 440 were not the same as those who played basketball, some means of equating their rates of recovery was necessary. This was accomplished by requiring each athlete to do the same exercise and then to measure the time for recovery of each. This exercise consisted of running for two minutes at the rate of fifteen feet per second, three steps per second, (pace set by a metronome), pulling a revolving drum about a circle 44 feet 8 inches in diameter. By taking the time of recovery of any one of the athletes for this standard exercise, the rate of all the others could be equated to this one. Likewise, the recovery of an athlete from the 440 yard dash could be expressed in definite relation to the recovery of a player from a basketball game.

On this basis, it was found that the average time for recovery after a basketball game was 56.15 minutes, while the average time for recovery after running a 440 yard dash in less than one minute was 80.5 minutes. The range of scores for recovery of the basketball players was from 109.38 minutes to 23.32 minutes. The range for the