

## ASSIGNMENT II

## Training, Conditioning, and Practicing.

Lieutenant Rene Fonck, one of the most celebrated French aviators, says, "One must be in constant training: always fit."

## ASSIGNMENT:

My Basketball Bible, pages 1 to 6; page 31; pp. 156-173.  
References: Anatomy and Physiology, by Jesse Feiring Williams,  
Columbia University, N. Y.  
Personal Hygiene Applied, Jesse Feiring Williams,  
Columbia University, N. Y.  
Athletic Training, by Michael C. Murphy,  
Chas. Scribner's Sons.

Indicate always in your lessons that you have covered the reading assignments, but feel free at all times to inject opinions gathered from other study or from your own experiences, being careful to include the names of authorities read and their articles.

## QUESTIONS:

1. Who usually acts as trainer to high school teams? What should this man know about the physical care of his men? Answer this last question in two sweeping statements.
2. Why should a team have a team-physician? What should his duties be? Especially at the beginning of the season?
3. Is there a difference between training and conditioning? If so, what?
4. Aside from caring for the physical well-being of his men the trainer has another duty to perform. This is a responsibility for the mental well being of his players. Elaborate upon this statement, "The trainer has a two-fold responsibility to perform." Discuss fully.
5. Discuss separately the place of each of the following liquids in the diet of the athlete. (a) Water (b) Milk (c) Cocoa (d) Coffee (e) Tea.
6. What do you have to say about the use of tobacco among athletes? Do you or would you allow a man who persistently breaks training during the playing season to continue on your team and to participate in the games? From your own observation of the effects of tobacco upon the physical and mental reactions of your men what can you contribute to the discussion of the use of tobacco among athletes?