

PHYSICAL EDUCATION, COURSE 1
BASKETBALL FOR MEN
ASSIGNMENT II, page 2

7. Give at least one contribution on this subject of tobacco and its effects upon growing boys from an outside authority of your own choice. State reference.

Emerson and Betts, in their volume called Physiology and Hygiene, say the following, which is worth passing on as it comes from actual research:

"Boys who want to be athletes (and what boy does not?) will be interested in an investigation made in six different colleges and universities by Professor F. J. Pack to discover the relation of tobacco to success in football.

"Professor Pack found that in these schools there were ninety-three smokers and one hundred seventeen non-smokers competing for places on the teams. Of the ninety-three smokers thirty-one, or thirty-three per cent procured places. Of the one hundred seventeen non-smokers, seventy-nine, or sixty-seven per cent, secured places. The non-smokers therefore beat the smokers out two to one. Professor Pack's conclusions are:

(1) Only half as many smokers as non-smokers are successful in football competition.

(2) Smoking is accompanied by a loss of lung capacity amounting to about ten per cent.

8 Elaborate, either pro or con, according to your own ideas developed from observation or from authority, which should be stated, upon this statement, "The use of tobacco among boys interferes with their mental work".

9. Do you believe that definite setting-up exercises aid in getting men into shape for the season? If not, what would you substitute instead? If so, give directions for at least three such exercises.

10. Discuss staleness from the following outline: Who is sometimes to blame for the staleness of a team? Why? How can a coach tell when a man is getting stale? What does the eye show? The weight? Name some aids in the prevention of staleness. Give a diet for the cure of staleness. (Arrange this diet exactly as you would for your own men). In averting or relieving staleness what value do you place on "Contentment"?

11. Give your typical pre-game diet and state reasons for your arrangement of this particular menu.

12. Discuss your ideas of practice sessions: At what time in the fall should practice begin? What disposition would you make of your football men who report for basketball practice? Do you favor night or afternoon practices? Why? What should be the length of a practice session? When should actual scrimmage begin? What part of your practice hour would you devote to actual scrimmage? What part to fundamentals?