

ASSIGNMENT XIII.

Chapter XXI, XXII, XXIII and XXIV.

The Trainer and His Equipment.

REFERENCE: Better basket Ball incorporating Technique, Tactics and Tales.

1. Discuss thoroughly the trainer's responsibility to his men and to the training room hygiene. This includes the care of the equipment rooms and all related paraphernalia. What necessary items would you include in your "War Bag" for emergency treatment and for the general care of the athlete?
2. Give a definition of a sprain, of a dislocation, of a fracture. Give the correct emergency treatment for a severe sprain with a suspected fracture present.
3. What function does adhesive tape, when correctly applied, perform to muscles and ligaments, in cases of severe strain and sprains.
4. Set out certain dangers in applying adhesive tape. Use your own knowledge when answering this question.
5. Describe the causes of stone bruise of the heel and the correct taping necessary to enable the athlete to play.