

PHYSICAL EDUCATION, COURSE 60-c
BASKET BALL (For Men)
Assignment XVI, Page 3

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?