

ASSIGNMENT XVI

Training, Conditioning and Practicing.

REFERENCE: Better Basket Ball Chapter XXVIII

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 effect of tobacco upon the physical and mental reaction of your men what can you contribute to the discussion of the use of tobacco among athletes?
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.