

TABLE OF CONTENTS

PART I—THE PROBLEM EXAMINED	Page
Protests Against Strenuous Athletics.....	13
The Nature of Fatigue.....	15
Purpose and Construction of a Fatigue Curve.....	16
Elements in Test Selection and Standardization.....	17
Details of Test Administration.....	19
PART II—STATISTICAL DATA	
Confirmation of Fatigue Curve Pattern.....	22
Condition in Costs and Recovery from Measured Efforts.....	25
1. Junior High School Series.....	25
2. Senior High School Series.....	26
3. Graduate Student Series	27
4. University of Pittsburgh Engineers Series.....	27
5. Series of Older Individual.....	33
6. Aircrew Series—Leg Muscles.....	35
7. Aircrew Series—Other Muscles.....	37
8. Army Specialized Training Reservist Series.....	37
9. Shadyside Academy Basketball Team Series.....	38
10. University of Pittsburgh Basketball Team Series.....	38
PART III—INTERPRETATIONS OF FINDINGS	
Crystallization of Three Coaching Objectives.....	39
Good and Bad Days	40
Spurters and Pacers.....	40
Tiredness from True or False Fatigue.....	42
Physical Fitness a Division of Functional Fitness.....	44
Player Application and Uses of the Fatigue Curve.....	46
Health and Happiness Promoted by Basketball.....	49
Physical Trauma Versus Emotional Trauma.....	51
Summary of Interpretations of the Fatigue Curve Studies.....	53