

of the men and women in the armed forces have been so widely recognized that it would appear that those who insist school athletics have been too exhausting would be silenced forever.

It is well to note, also, that one of the most important divisions of the military physical fitness program consists of the strenuous games long conducted in high schools and colleges. Basketball, the sport formerly condemned because of its health hazards, has been wholeheartedly endorsed by military leaders. The game has been included in almost all training schedules with facilities and equipment provided in camps wherever Americans are stationed.

Soon, though, a welcomed peace will return and, if historical experience is repeated, demands will be heard again that basketball be made less of a physical strain upon the players. Again it will be argued that exhaustive activities damage the organic system, and that training for peace should not be so strenuous as it was for war. The purpose of this research work centers around a desire to find exactly what effects upon the participant may be anticipated in a program of fatigue producing activity. To that end a test was devised which was vigorous and exhausting, and a careful analysis of the accurately recorded results was made. This report of the experiments furnishes the ammunition to combat future campaigns aimed at making basketball an easier game. The study has been sponsored by the National Association of Basketball Coaches, and the expenses for publication were met by a research fund provided by the National Collegiate Athletic Association.

Briefly the project consisted of inducing fatigue in a large number of persons by the use of measurable and controllable series of vigorous work periods. The recorded results covered the time of the effort; production or amount of work done; improvement in production and application through training; and the effects upon the body as indicated by pulse rates. The findings represent the recording of approximately 20,000 cases numbering among them subjects ranging from adolescence to sixty years of age. Specific interpretations of these findings are submitted following the statistical reports, but a general and positive conclusion can be stated now. The results prove that *vigorous physical exercise, properly graduated and conducted in the presence of health, is not harmful, but actually is a medium which develops in the individual a capacity to do larger amounts of work with less discomfort.*