

periods of strenuous physical activity such as is common in school athletic programs results in improvements in condition or endurance, production, and application. Stated in a negative manner: Strenuous exercise given under proper supervision does not harm the healthy participant.

Incidentally, the data obtained in these experiments crystallized specific objectives in other aspects of basketball coaching by supplying information concerning good and bad days; spurters and pacers; progress and regress; true and false fatigue; functional fitness; physical and emotional trauma. These topics will be treated more fully in Part III dealing with interpretations of test results.

Details of Test Administration

The only equipment needed consisted of pencil and paper for each subject and a stop watch, or watch with a second hand, for the supervisor. A brief explanation of how spot running is done followed by a demonstration by the director preceded the first test. The subject then performs a preliminary trial to facilitate the coordination of action and the count.

To obtain a uniform start of all participants the supervisor may call, "Five seconds to go", "Four", "Three", "Two", "One", "GO". The subjects will soon adopt action indicative of each individual and the curves will be authentic. The work period is ten seconds long, and is terminated by the director's command to "Stop."

Each subject silently counts the number of times his right foot contacts the floor during the ten second period. This is followed by ten seconds of comparative rest during which interval the subject records his score on his paper, and assumes position for the second work period which is started and conducted as was the first.

After several preliminary innings of work and rest the director explains that "speed" is the index desired, and reiterates that "speed" and "more speed" is wanted. Then, a sample test is run for ten innings with speed continuously emphasized by the instructor and repetitions being called for when the scores indicated less than maximum effort was being expended.

Papers are collected after this preliminary test and individual fatigue curves are plotted. The difference between the fastest and the slowest periods are noted as well as erratic and indifferent per-