curve of condition for their first experience are given below. They will be seen to conform to the established patterns.

| Innings | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|---|
| Average Production | 38.7 | 37.7 | 34.8 | 32.8 | 31.2 | 30.1 | 28.8 | 28.1 | *28.3* | 27.7 |

| | Before | Immediately after | After 2 Min. Rest | 4 Min. | 6 Min. |
|---|---|---|---|---|---|
| Average Pulse Rates | 91.3 | 145.6 | 113.2 | 100.4 | 96.4 |

### *9. Shadyside Academy Basketball Team Series*

This series in spot running under the direction of Coach Walter Jones was done by eighteen different members of the squad daily for ten days.

The figures for the composite fatigue curve and the composite curve of condition are given below. In contrast to the one day's work in Series 8 of the A. S. T. R. P. these figures are the average for ten days.

| Innings | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|---|
| Average Production | 31.8 | 31.1 | 29.2 | 28.5 | 27.8 | 26.0 | 25.7 | *25.7* | 24.4 | 24.0 |

| | Before | Immediately after | After 2 Min. Rest | 4 Min. | 6 Min. |
|---|---|---|---|---|---|
| Average Pulse Rate | 82.2 | 156.0 | 102.2 | 88.2 | 84.0 |

### *10. University of Pittsburgh Basketball Team*

The production of a fatigue curve by flexion and extension of the elbows is a good procedure to train and condition shooting muscles.

The figures given below demonstrate the pattern of the fatigue curve, and give evidence of why there is more inaccurate shooting with fatigue. Any coach can have his squad produce a fatigue curve any day to further both his knowledge of the physiology of action and the condition of his players.

The figures below could be plotted into an 80% fatigue curve. There were fourteen participants and the work was done in a "rest period" of a practice period.

| Average Production by innings. | | | | | Elbow extensions and flexions. | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 50.8 | 47.0 | 44.4 | 43.3 | 40.7 | 38.2 | *39.8* | 38.0 | 37.0 | *37.4* |