

### PART III. INTERPRETATIONS OF FINDINGS

THE term "Physical Fitness" commonly denotes an ability to execute many complex movements skillfully. This limitation of the criteria to skill, though, is too narrow to be adequate. In its broader sense, Physical Fitness also includes many other qualities among which are endurance, or ability to perform over relatively long periods of time; will power and determination, or mental spurs driving one to apply maximum effort in face of opposition from within or without; and organic power which permits rapid recovery from the effects of fatigue. Actually, therefore, use of the adjective "physical" often causes misconception since true fitness involves mental as well as physical aspects.

Physical Fitness is developed by *training*, by *conditioning*, and by *application*. While for the purposes of analysis these factors are considered separately, it must be remembered that they operate simultaneously; are overlapping and interlocking; and work stressing one has some influences upon the other two.

Training consists of practice, analysis of errors, and repetition of movements with the view of mastering skills. The result is efficient and comparatively effortless performance in which speed and accuracy are added.

Conditioning involves strenuous and numerous repetitions of movements planned to develop endurance. The result is ability to perform over longer periods with less time needed for rest.

Application refers to the mental and emotional drives necessary for maximum expenditure of controlled energy. Development of these urges results in ability to complete the task at hand in the best possible manner; to give one's most; or to "go all out."

Whether they plan it or not, all coaches of basketball utilize one or more of these factors in their teaching of team candidates. Some are known to emphasize skill aspects, and to pay little attention to conditioning or inspiration. Some are demons on endurance and seemingly forget that skills and application require attention. Others offer only inspiration and do little teaching of skills or developing of condition. The ideal, of course, is represented