

Work toward true fatigue and rest.
Don't rest with false fatigue and fail to improve.

Physical Fitness a Division of Functional Fitness

Basketball, and other branches of athletics, is justified in the school program not alone because it aids in the development of Physical Fitness, but because it also contributes to the total educational effort. The purposes and aims of education have been outlined in numerous ways, but all of them stress that it is a process which presents experiences to the individual with the view of perfecting his skills and extending his capacities while at the same time he learns to adapt himself to his social environment. In other words, the coach of basketball uses the game as a tool to teach his players to become better and more valuable citizens. He has failed as a coach if, in concentrating on superior performance, he neglects the behavior phases and does not emphasize approved conduct. Whether the idea is pleasing to him or not, every coach is teaching "character" as well as basketball skills. Ultimately his work will be judged as much on how well his players behave on and off the court as on how many games his teams win.

Physical Fitness, thus, cannot stand alone. It must be combined with mental poise, self control, and approved social conduct. The term used here to denote this total of developed attributes is "Functional Fitness". Good coaching may be claimed when one has utilized training, conditioning, and application to produce skill, endurance, and maximum effort while at the same time he has taught by precept and example the necessities of healthful living and social adaptation.

The National Association of Basketball Coaches recognized that their members must use the physical approach as a means to social ends when that organization adopted "The Basketball Coaches' Creed" some years ago. The Creed states, in part:

"I BELIEVE that the proper administration of this sport offers an effective laboratory method to develop in its adherents high ideals of sportsmanship; qualities of co-operation, courage, unselfishness and self control; desires for clean, healthful living; and respect for wise discipline and authority.

"I BELIEVE that these admirable characteristics, properly instilled by me through teaching and demonstration, will have a long