

leading to more accurate estimates of player ability. Periodical conduct of the spot running fatigue test, as done in this research, supplies data as to the state of Physical Fitness for each team candidate; indicates the degree to which a player has developed emotional drive; and permits rather definite prediction as to the type of response an individual will show when faced by an emergency or a difficult situation.

Furthermore, the fatigue test can be done easily and quickly thus avoiding serious hindrance with the practice of game skills and team maneuvers. The individual and aggregate curves are graphic and precise. The story they tell is a true one which makes possible interpretations that correct faulty impressionable ratings or substantiate sound judgment. Coaches who doubt these claims are challenged to conduct fatigue tests as described in Part I and see for themselves how precisely and conveniently they can solve some of their problems.

The problem of endurance is difficult to solve by judgment alone but since most methods of measuring this capacity are complicated coaches try to mold all team candidates into players who

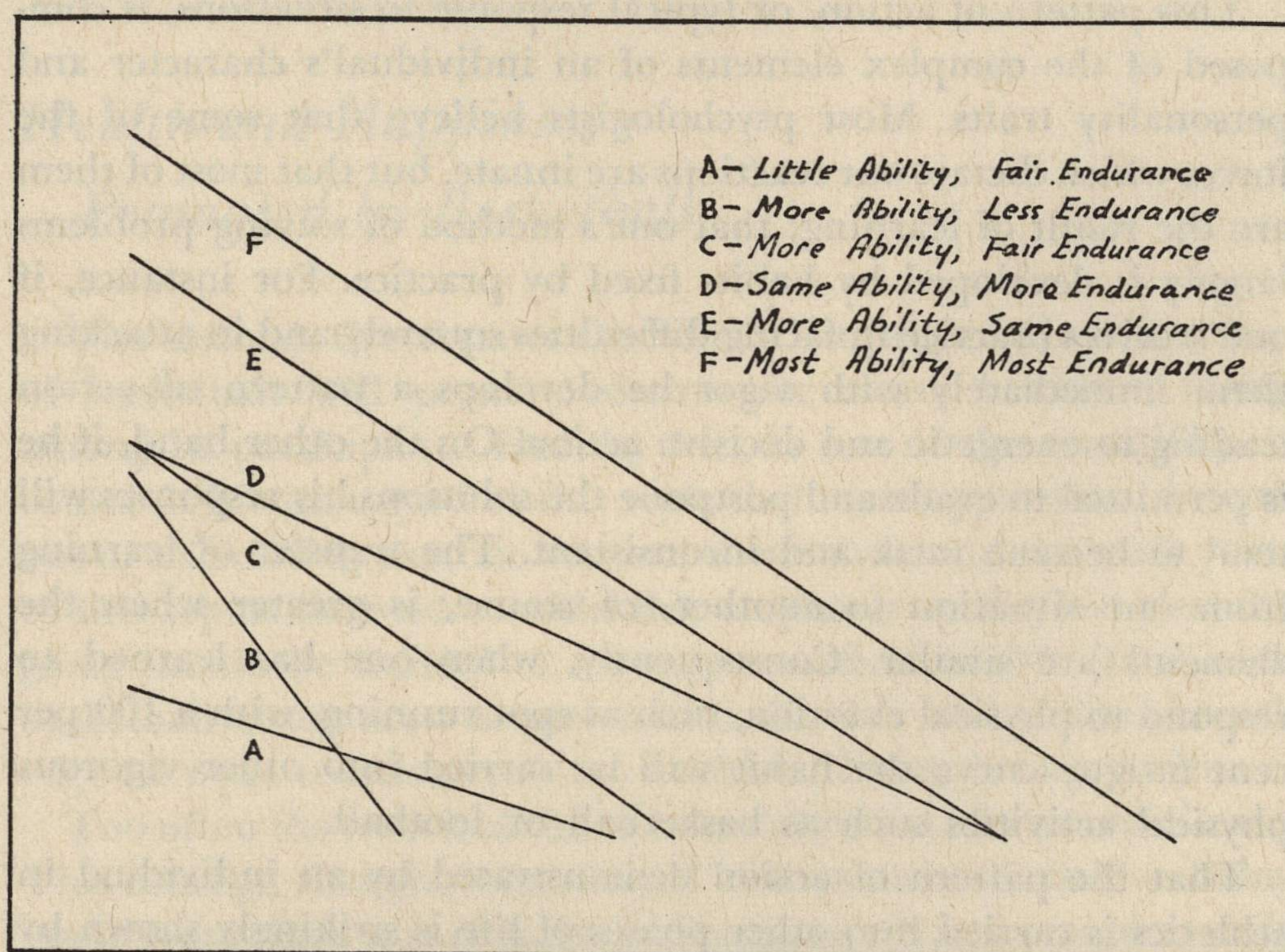


Figure 17. Sample Fatigue Curves Showing Variation in Ability and Endurance. These curves may represent different individuals or the same individual on different days with fluctuation in ability and endurance. If one tries to acquire more ability and endurance, the lines lengthen. If maximum effort is not applied, these assets regress.