

can perform at high efficiency throughout an entire game, and usually guess as to the amount of work which will produce such results. In doing so they ignore the important factor of individual differences which vary as widely with respect to endurance as in the execution of skilled movements. Thus, some players can give their best in relatively short periods while others can operate for longer periods. The fatigue curves permit accurate rating of condition, or endurance, so that individuals may be removed from competition at pre-determined intervals with the knowledge that the maximum has been given, and that further effort without rest would result in inefficient performance.

Fatigue curves also may be used to predict the type of performance to be expected. In fact, it is possible to determine with astonishing accuracy whether or not an athlete is "hot" or "cold" for a contest that is about to start by his reactions to a single ten second spot running fatigue test providing enough previous tests have been given him to know his pattern of action. With such knowledge at hand a coach may choose his starting line-up with greater accuracy and make substitutions with fewer mistakes.

This pattern of action, or typical response to situations, is composed of the complex elements of an individual's character and personality traits. Most psychologists believe that some of the forces which dictate our reactions are innate, but that most of them are the result of learning; that one's method of solving problems largely is developed by habits fixed by practice. For instance, if one receives practice in facing difficulties squarely and in attacking them immediately with vigor he develops a pattern of action leading to energetic and decisive action. On the other hand, if he is permitted to evade and postpone the solutions his responses will tend to become weak and inconsistent. The transfer of learning from one situation to another, of course, is greater when the elements are similar. Consequently, when one has learned to respond to physical exertion, such as spot running, with a 100 per cent fatigue curve the habit will be carried into other vigorous physical activities such as basketball or football.

That the pattern of action demonstrated by an individual in athletics is carried into other phases of life is strikingly shown by a recent news story which related the reaction of an American soldier to a combat situation. The soldier had developed his pattern of action in high school and college football where he