

factors of one's life as well as his physical qualities. One authority defines health as "that quality of life which enables one to live most and to serve best". To live most and to serve best results in happiness, and happiness is listed by leading philosophers as the ultimate aim of human existence.

Health, thus, is the product of exercise, rest, attention to body needs, maintenance of mental balance and emotional control, favorable environmental forces, and pleasant social contacts. The basketball coach is not expected to be a technician in every science concerned with the promotion and maintenance of health; neither can he be ignorant of the principal facts contributed by physiology, anatomy, hygiene, sociology, and psychology. His contribution to health centers in his technical knowledge of the use of exercise, but he must have more than a mere speaking acquaintance with the other fields in order to fit his specialty into its proper place.

Health and happiness are by-products of a mode of life which adheres to the Fundamentals of Functional Fitness outlined previously. Basketball coaches, in order to be successful, must know the steps leading to Functional Fitness; must be living examples of their use; and must apply them in their teaching. Their place in the educational scheme is a positive one in that they train and condition students to give their best against stiff opposition out in the open where public observation requires them to perform within a straightforward pattern. Of course, only the most highly trained and expert players are exhibited to the public and many think, erroneously, that these few receive all of the values of a coach's efforts. Not many realize that behind the scenes hundreds and thousands of boys in intramural competition and Physical Education classes benefit, directly or indirectly, from the training and conditioning provided by the game and its teachers.

Any educational endeavor which fails to stress the training, conditioning, and application common to basketball becomes negative in type, and teaches evasion of physical, mental, and social obligations. The results range all the way from minor functional psycho-neuroses to advanced structural defects. An important part of the coach's contribution to individual and group health, thus, is his responsibility to keep the values of strenuous physical exercise before his students, and to see that the public obtains similar information.