

tinue to cause disturbance after the effort is completed. In other words, emotional trauma is more severe upon the health of coaches than exhausting play is upon the bodies of the competitors.

Summary of Interpretations of the Fatigue Curve Studies

1. The general form of more than 20,000 fatigue curves plotted in this series of tests convincingly demonstrates that nature employs fatigue as a protective mechanism against harmful overwork under healthful conditions for all age levels, and that fatigue inhibits activity before damage to the individual occurs.

2. The arguments of superficial critics regarding the effects of basketball and other strenuous types of athletics are found to be false in the light of this carefully conducted research which proves that sound bodies become structurally stronger and functionally more efficient by participation in properly conducted programs of vigorous exercise.

3. Study of the fatigue curves crystallizes graphically the three guiding factors in improvement of physical performance and shows them to be important objectives in coaching. The three factors are: Training or ability; Condition or endurance; Application or emotional stability and drive.

4. Training increases performance ability by perfecting or mastering the skills involved. Conditioning increases endurance by developing the capacity to work harder and longer while recovering more rapidly in shorter rest periods. Application enhances performance by adding motivation which uses training and conditioning to reach the highest possible peak of production.

5. Use of this test as organized and administered offers a convenient and scientifically sound method of evaluating effort for different subjects, anywhere, and at any time.

6. The fatigue curve is an accurately drawn and complete picture which permits evaluation of Training in specific skills by recording the number of movement repetitions accomplished. It indicates the extent of Application by showing the rate of decrease of the number in succeeding work periods; and determines Condition through pulse readings taken before and after measurable effort.