

7. Results of repeated tests for a single subject permit the plotting of a curve of Improvement. Comparison between Improvement curves for several subjects shows that those who produce 100 per cent fatigue curves reach a higher level of performance and improve more rapidly than those whose fatigue curve patterns are less efficient.

8. The curves of Condition indicate the need for and value of frequent short rest periods since there is more and faster recovery from strenuous work during the first two minutes of rest than there is during the next ten minutes.

9. Functional Fitness with its associated physical, mental and social elements may be evaluated by examination of Fatigue curves developed by an individual.

10. This series of Fatigue curves proves conclusively that vigorous and strenuous physical activity develops sound bodies which can accomplish more work; can work better, faster and longer; recover better and more quickly; and can be ready for additional work with less rest.