

Dr. Allen

AN EXPERIMENT IN THE TESTING OF
ABILITY AND PROGRESS IN BASKETBALL

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INTRODUCTION

This experiment is an attempt to develop and use some tests and measurements in the field of motor ability and in the specific activity of basketball. Although there has been considerable work attempted in the field of physical efficiency, very little has been attempted in the field of motor ability tests. The principal contributions to this field are contained in "Measuring Motor Ability" (1) by Brace, and "Tests and Measurements in Physical Education" (2) by Bovard and Cozens. The writer has been helped very materially from these two sources.

During the past seven years as a basketball coach I have used various means of determining the varied abilities of my men. For the past two years I have used a battery of specific basketball tests as a means of measuring the abilities of all the varsity men in the fundamentals of basketball. Along with these tests we scored all the players on actual playing ability as demonstrated in competition. These tests and scoring methods were reported in a paper entitled "Basketball Efficiency Tests," for the department of Psychology at the University of Chicago.

During the past year my studies have shifted from the varsity player to the many individuals who play basketball in the Y.M.C.A. and school physical education classes and not as members of a team. It is this particular group that needs to be encouraged and helped but which altogether too often is left to its own resources. My interest here centered around two phases of the problem of measurements. I wanted first to devise a means of determining the progress of an individual in the learning of specific motor skills, and second to develop a combination of tests which when applied might prove an index to basketball ability.

The study concerned itself around three major problems.

1. Can a series of tests be developed which would adequately measure progress in basketball?
2. Can a series of tests be developed which might be used as a means of predicting potential basketball ability?
3. Is there any carry-over from specific basketball skills to general ability skills?

The Method Used:

1. The groups used are:
 - a. An experimental group consisting of thirty members of a beginners' class in basketball.
 - b. A control group of thirty members, of varied basketball ability.

(1) David Brace "Measuring Motor Ability." New York, A. S. Barnes.

(2) Bovard and Cozens "Tests and Measurements in Physical Education."
Philadelphia, W. B. Saunders-