

QUESTIONNAIRE ON TRAINING AND CONDITIONING OF COLLEGE

BASKETBALL PLAYERS

EXPLANATION: I am anxious to obtain information regarding the training and conditioning of basketball players representing the various college and university basketball teams. I am submitting the following questionnaire, which will permit a more systematic collection of opinions and put the responses in form for statistical tabulation. Filling out this questionnaire may be a contribution to the advancement of sport because there is a dearth of such studies. If cooperation can be gained of a sufficiently large number of coaches and trainers, present practice can be defined from the responses obtained. I am sending copies to the coach and trainer. Enclosed find self-addressed, stamped envelope for return of the questionnaire.

INSTRUCTIONS: Please read each question carefully as a whole before answering any part of it. Then respond as indicated in the question.

1. Indicate the extent to which you recommend meats and eggs in your training diet by placing the appropriate number from the following scale opposite each of the items included. If items are not included at all, leave them blank.

SCALE FOR RECORDING RESPONSES:

0 - never recommended	never eat.
1 = very seldom recommended	no more than once per week.
2 = infrequently recommended	no more than 2-3 times week.
3 = fairly regularly	as much as once per day.
4 = frequently	as much as twice per day.
5 = habitually	nearly every meal.

Put a circle around the most appropriate number:

Beef	1	2	3	4	5
Cold meats	1	2	3	4	5
Lamb	1	2	3	4	5
Pork	1	2	3	4	5
Mutton	1	2	3	4	5
Ham	1	2	3	4	5
Bacon	1	2	3	4	5
Veal	1	2	3	4	5
Eggs, soft boiled	1	2	3	4	5
Eggs, hard boiled	1	2	3	4	5
Eggs, scrambled	1	2	3	4	5
Eggs, poached	1	2	3	4	5
Eggs, fried	1	2	3	4	5
Eggs, shirred	1	2	3	4	5
Eggs, curried	1	2	3	4	5

2. Using the same scale indicate relatively how often milk is recommended in the training diet:

0 1 2 3 4 5

Note: It is to be assumed that the milk is from healthy cows and is of the usual dairy quality.

If you prescribe any particular kind of milk, would you indicate the extent to which you recommend it.