

HOW MUCH DOES A HIGH SCHOOL BASKETBALL PLAYER MOVE GREATER THAN A WALK?

This study was made by Ernst A. Uhrlaub, a graduate student at the University of Kansas, for his Master's Degree, in collaboration with Dr. Forrest C. Allen, Director of Physical Education and Prof. E. R. Elbel of the Department of Physical Education of the University of Kansas.

The following is only a brief of this writer's study as time is too short to go into detail and will not be completed until the end of this present school year when it will be presented as his Thesis.

The study was prompted by the statement made by Coach Lew Andreas of Syracuse University at Syracuse, N. Y. that the present elimination of the center jump made the game of basketball too strenuous for high school athletes. Since no data was forwarded in Coach Andreas' statement this writer determined to find out how much hyper-strenuous activity a high school player indulges in by playing a game. The criterion of movement was that movement made by a player greater than a walk.

The timing was done by stop watches, and at the State Class "A" tournament of Kansas stop watches were put on each member of a team. Of course the movement timed had to be subjective but enough cases were gathered to make the results appear valid.

No report except that made by Dr. James Naismith in the 1925-26 Basketball Guide could the writer find as to how much a high school player was in motion in a basketball game where the center jump was in effect.

In brief, Dr. Naismith made this report. "The average length of a game at Kansas City, Mo. High Schools was 69 minutes and the playing time was 40 minutes, leaving 29 minutes for rest. He also timed all movements made by a player and the report was 20 minutes and 12 seconds per game." In this writer's reports movements were those greater than a walk.

The following tables, in short will tell the story of this writer's findings: