

Allen -- Well, here again, Jay, Dr. Naismith conducted another interesting investigation of a different nature and made some worthwhile deductions. This time he used as his clinical material four high school teams who were entered in a league tournament. He meant to ascertain the actual number of minutes that the average high school basketball player was in motion during an entire game. A separate watch was kept on each of the 20 players in the game. Whenever a player stopped, the watch stopped, and the count was resumed again when the player resumed activity. The results of the investigation were as follows:

1. The average time elapsed for one 10-minute period of play, 13 min., 8 sec
2. Shortest time of activity for any one player, 3 minutes, 32 seconds.
3. Longest time of activity for any one player, 7 minutes, 21 seconds.
4. Average time of activity for each player, 5 minutes, 28 seconds.
5. Percentage of average activity of each player to the entire playing time, 39.6 per cent.

So you see, Jay, that basketball seems strenuous to the spectators because they naturally follow the ball, which is the focus of activity. It would be very interesting if any of the spectators at a basketball game would just pick out one player and watch him throughout the contest. They doubtless would be surprised to see how many times during the game this player would be found to be utterly inactive. Perhaps he would be alert, but he would not be in motion a great part of the time.

Plumley--Dr. Allen, you mentioned Floyd A. Rowe, who is on the research committee of the National Basketball Rules body of the United States and Canada with you, John Bunn, H. V. Porter and E. J. Kickox. Just what did Floyd Rowe find out about the injurious effects of basketball upon the junior high school boy?

Allen -- Well, Jay, Floyd Rowe has done some very wonderful work along that line. He contends and has figures to prove it that basketball league competition for junior high school boys very detrimentally retards their physical and nervous development. You know, Mr. Rowe is director of the Department of Physical Education and Health of the Cleveland, Ohio, public schools, and he has done some very extensive work. He feels that it is perfectly all right for boys to indulge in the mimetics of basketball; to use motivation of teaching basic basketball fundamentals to younger boys by illustrating to them in class how John Doe, the high school star athlete, executes his fundamentals in high school competition. In this type of motivation no one should handle the ball except the instructor who demonstrates the play. The entire class goes through the fundamental exercises as a form of calisthenics. This should not seriously affect the value of exercise as a basketball drill. All members of the class should execute the same fundamentals until each type of play, both on offense and defense, has been fairly well mastered. You see, it is sort of teaching shadow basketball to immature youngsters before permitting them to handle the ball. By watching the coach and instructor demonstrate the play with the ball and then by being directed to go slowly through the mechanics without the ball, junior high school boys will acquire the correct fundamentals of basketball before they reach senior high school. Then after the boys have acquired these skills so necessary to execute the fundamentals, the coach may permit the boys to handle the ball. The next step is to teach the fundamentals through competition. When one boy has an opportunity to beat the other fellow, the boy sharpens his play through competitive zeal. Free throwing contests and field goal shooting contests can be easily arranged which gives the boy his competitive game thrill without the physical wear and tear that comes in too much scrimmage. Many adults get a great thrill out of seeing tiny youngsters play a full game of football or basketball. But very few physical educators who have developed their research along these lines will approve such contests.