December 9, 1983

Dr. N.N. Mall
Panjab University
Department of Physical Education
Chandigarh
India

Dear Dr. Mall:

Fitness as related to specific games would be dependent upon whether the game is an aerobic or anaerobic activity. Certainly soccer which is almost constant, high intensity running would be classified as really 100% aerobic activity. However, the fullbacks should receive short distant high intensity workouts such as intervals of 30 to 40 meters as this position requires anaerobic conditioning.

Discuss throw is anaerobic, therefore short, high intensity workouts such as 10-50 meters would be recommended.

Power of upper and lower extremeties would be valuable measure.

Badminton would combine both aerobic and anaerobic conditioning. The more elite players would probably need more aerobic training.

If you need more elaboration let me know. Can you obtain a copy of *The Physiological Basis of Physical Education and Athletics*, W.B. Saunders? Authors Fox and Mathews, p. 29, 3rd edition, 1981.

Sincerely,

Donald K. Mathews
Professor of Physical Education and Physiology

DKM/lg