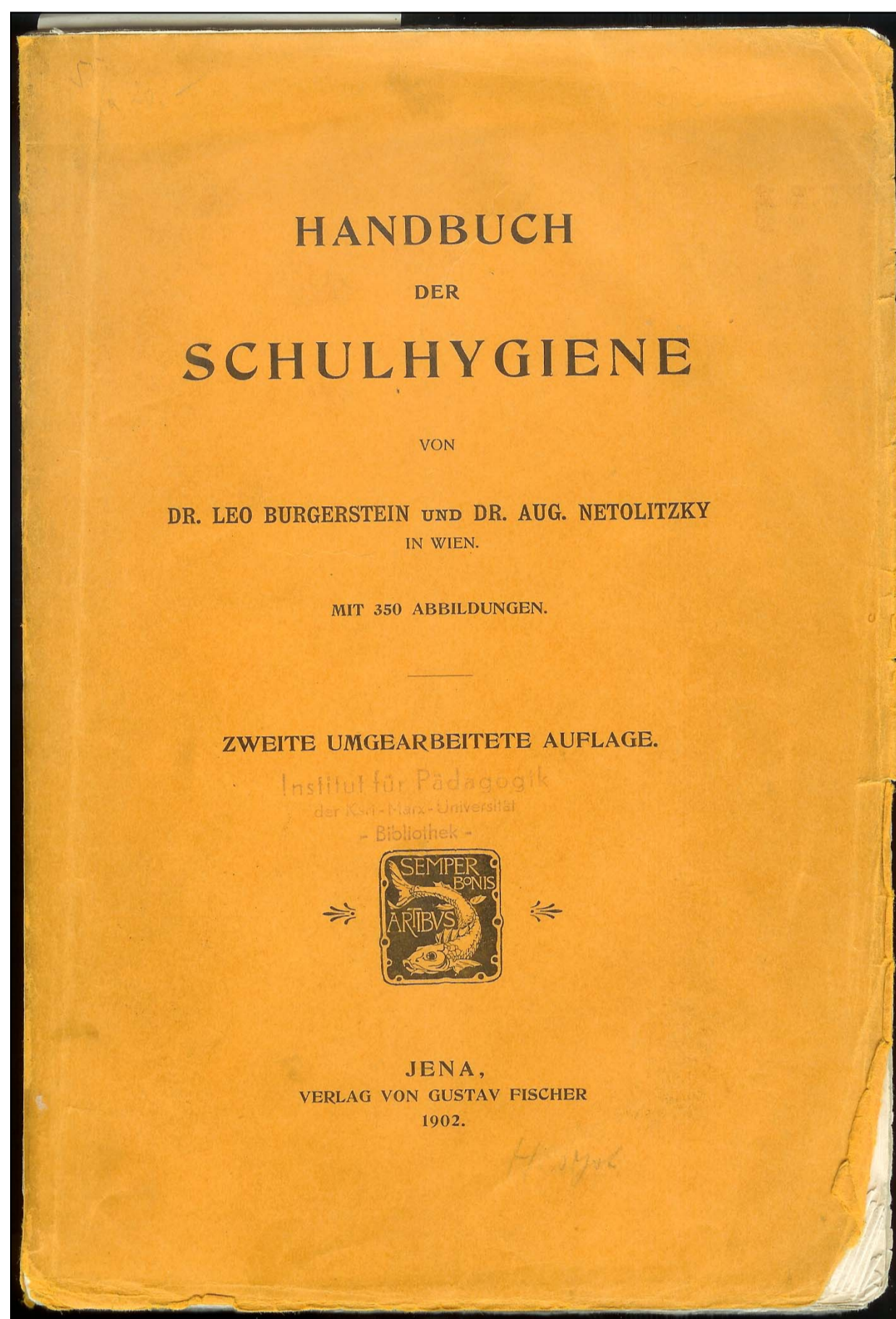




Discussion and Outlook



The interim ventilation during tuition has in combination with the official breaks the expected performance enhancing effect.

The effects of the break during ventilation intervals has, in combination with the improved air quality, its effects on the fatigue of the students, as KRAEPELIN (1894) stated:

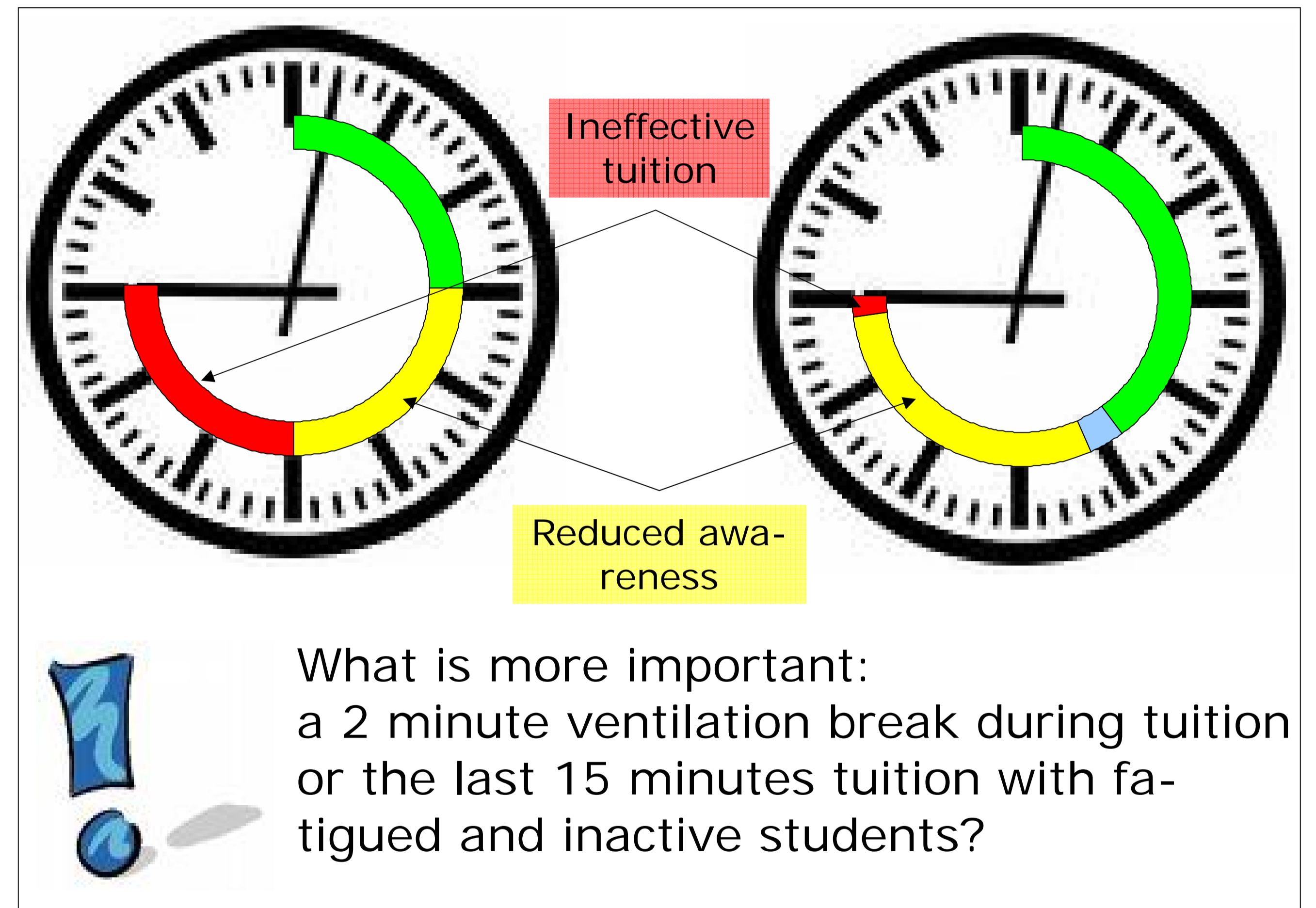
„half an hours hard work at the peak of psychological and physiological ability will bring better results as work carried out in double the time span in the stages of advanced fatigue.“

An optimal peak and stable level of ability is only possible with planned interim breaks during the working processes, and not only limited to classroom activities. Well planned and dimensioned breaks should not be regarded as a waste of time. They lead more to an increase in ability and therefore to a measurable improvement in the results of carried out working processes.

Considerations for interim breaks:

Breaks must be **planned early enough**, as when the first signs of fatigue show the resulting effects accelerate rapidly . i.e. if the time for the working process is doubled, instead of a double-length break, a break 3 or 4 times as long is then required in order to achieve the original level of ability.

Clearly defined breaks offer a higher level of recuperation compared with randomly exercised breaks. Shortly before the implementation of a planned break, the person gives extra effort to working processes as they know a period of recuperation is imminent. The planned break also increases productivity beforehand!



Chain of events:

