

SOMATOTYPING

Kretschmer's body types:

Pycknic Athletics Aesthetics

Sheldon's body types:

Sheldon assisted by Stevens & tucker, after extensive research came to the belief that human being could not be classified into just three physique types that nearly all individual were mixtures. However they did designate three primary components of body build that provide first order criteria for differentiated among individuals. The names of three components were divided & as follows:

- a) First component endomorph, named after endoderm from which functional elements of digestive system
- b) Second component mesomorph, named after mesoderm from which come to the muscles & bones.
- c) Third components ectomorph, named after ectoderm from which develop sensory organs.

ENDOMORPH:

Digestive viscera dominate the body economy. A predominance of soft roundness throughout the various regions of the body is evident, with mass concentration in the center. Other characteristics are: large round head; short, thick neck: broad thick chest with fatty breasts: short arm with appearance, large as down fall above the navel & pendulous; heavy buttocks; short heavy legs.

MESOMORPH:

Muscle, bone & connective tissue are dominant. Mesomorphic physique is heavy, hard & rectangular in outline, with rugged, massive muscles & large, prominent bones. Other characteristics are prominent facial bones; fairly long strong neck thoracic trunk dominant over abdominal volume broad shoulders with heavy prominent clavicles muscular upper arm & massive forearms, wrists, hand & fingered; large heavily muscle abdomen; slander, low waist, heavy buttocks & massive forelegs.

ECTOMORPH:

Linearity & agility predominate; dominant ectomorph has a frail, delicate body structure with thin segments, anteroposteriorly. Other characteristics are relatively large cranium, with bulbous foreheads, small face, pointed chin & sharp nose; long slender neck; long narrow thorax, winged scapula & forward shoulders; long arms, muscles not marked flat abdomen with hollow above navel; in conspicuous buttocks; long thin legs.

Endomorph - pycknic

Mesomorph - athletics

Ectomorph - aesthetics