

Title	Physical types of athletes
Sub Title	
Author	米村, 昌二(Yonemura, Shoji)
Publisher	慶應義塾大学体育研究所
Publication year	1961
Jtitle	体育研究所紀要 (Bulletin of the institute of physical education, Keio university). Vol.1, No.1 (1961. 9) ,p.93- 94
JaLC DOI	
Abstract	
Notes	Abstract
Genre	
URL	<a href="https://koara.lib.keio.ac.jp/xoonips/modules/xoonips/detail.php?koara_id=AN00135710-00010001-0093">https://koara.lib.keio.ac.jp/xoonips/modules/xoonips/detail.php?koara_id=AN00135710-00010001-0093</a>

慶應義塾大学学術情報リポジトリ(KOARA)に掲載されているコンテンツの著作権は、それぞれの著作者、学会または出版社/発行者に帰属し、その権利は著作権法によって保護されています。引用にあたっては、著作権法を遵守してご利用ください。

The copyrights of content available on the Keio Associated Repository of Academic resources (KOARA) belong to the respective authors, academic societies, or publishers/issuers, and these rights are protected by the Japanese Copyright Act. When quoting the content, please follow the Japanese copyright act.

# Physical Types of Athletes

*By Shoji Yonemura*

This thesis is a part of a larger study concerning "Qualification for Sports", the writer tries to examine the relationship between athletes, physical types and their qualification for particular sports.

Studies of temperament and physical forms have been conducted from old times, and at the present time such researches are being made with enthusiasm. It is widely known that these studies are extensively applied to our social life.

As to the classification of the physical types, what we call the temperament has, in most cases, been applied together with them up to the present. When considering the human body, we usually classify it into two extreme types, fat and lean.

However, it is self-evident that the human body, same as the complexion, corresponds to "many men, many minds"

The writer took up the classification in accordance with William H. Sheldon's original method in order to achieve his object of classifying the physical types in detail.

As the object of the writer's study, he checked students of the Keio University belonging to the Track & Field, Japanese Fencing (Swordsmanship), Basket ball, Volley ball, Mountaineering and Weight-Lifting Divisions of the Physical Education Department.

Needless to say, the qualification is the object of the classification of the physical types, and in addition to this, the following might be considered :

1. What are the physical types of athletes?
2. Relations between individual athletic events and the physical types.
3. The physical types common to individual athletic events.
4. Champion athletes and their physical types.
5. The change of the physical form by training.

Not only the afore-mentioned particulars but also several more questions will come out during the course of his study in the future.

However, the writer's research is still at the cradle stage, and noticing difficult points in it, he tries to solve them by continuation of his study.

This thesis was present at the 10th and 11th Meeting of the Japan Physical Education Society and appeared in the Track and Field Magazine.

This is the summarized and generalized version of the writer.