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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 indetail.

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.