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## Physical Types of Athletes (Ⅱ)

With Reference to Their Records

—Track & Field Athletics (Sprint, middle &  
long-distance running), Boating and Jūdō—

*By Shoji Yonemura\**

In order to solve the problem "Aptitude for Sports", I took up the Physical Types as an important element of my approach to subject.

(Continued from Vol. 1, No. 1.)

This time again, I selected 20 excellent athletes among our student Track & Field Athletics (only runners), Jūdō player and Boating men, who belonged to the Athletic Association of Keio University. After having conducted researches into the relations between 'the Physical Types and their records', I compared my results with those of John Caine's of St. Mary's College, Twickenham in England.

As the result, the conclusions I came to were the following.

Concerning Track & Field Athletics ;

Good sprinters were of the Physical Type of Mesoderm.

Good middle & long-distance runners were of the Physical Type of Ectoderm.

Concerning Jūdō ;

High rank-holding Jūdō players were almost of the Physical Type of Endoderm.

Concerning Boating ;

All the oarsmen were almost of the typical Physical Type of Mesoderm.

Only a coxswain was of the Physical Type of Ectoderm.

Among the above 3 categories, however, there were a few athletes who held excellent records but were of the exceptional Physical Type, contrary to a normal tendency in the Physical Types of good athletes.

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I may, therefore, reasonably conclude that it is as yet in an experimental stage to solve the subject only with the aid of the Physical Types Method.

And I hope that more researches in those athletes of the exceptional Physical Types, will be made hereafter as a kind of case study for each.