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The Somatotypes of Athletes (III)

On Basket-Ball Players

Somatotypes as a Factor of the Fitness for Sports
in Case of T.K. Cureton
Age, Height and Weight as a Factor of Fitness
for Sports in Case of Ernst Jokl, M.D.

*By Shoji Yonemura**

The somatotypes of basket-ball players, both excellent and not so excellent, have been examined by the same methods as the last time.

Thirty-eight students from the first to the fourth year class belonging to the athletic association of the Keio Gijuku University were investigated.

The somatotypes of basket-ball players have been found to be rather similar to those of boatmen than the players of track and field events and Jūdō of the last examination, those of excellent basket-ball players being either mesomorphic (mesodermal) or balanced among three components. Those of only two players, however, were of the 514 type, having neither of the above-mentioned two tendencies.

The fact is very interesting and will be a subject of future studies that the 514 type was also found in excellent basket-ball players as in the last examination of players of track and field, Jūdō and boating, notwithstanding the existence of certain tendencies of the somatotypes of excellent players in each event.

The somatotypes of T. K. Cureton, one of the top investigators on the fitness for athletic sports, have been studied and those of excellent American swimmers, divers and players of track and field have also been taken into consideration.

The data on the relations among ages, heights and weights of the players in the Olympic Games from 1948 to 1960, furnished by Ernst Jokl, at the university of Kentucky an American expert on the fitness for the sports, were also taken into consideration.

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There is no doubt that many problems in the somatotypes, as a field of the fitness, are remaining unsolved, and it is expected that our studies will be continued to clear up these problems.

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