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The Somatotypes of Athletes (IV)

On Volleyball Players

Somatotypes of American Sportsmen

Arthur Lydiard's Concept of Somatotypes

*By Shoji Yonemura**

The investigations treated in this paper were conducted on 15 volleyball players as part of the serial studies partly reported in the foregoing papers.

All of the 15 players, as in the previous case, were Keio University students, ranging from freshmen to seniors, who belong to the athletic association.

The investigations found most of them to be falling under the category of mesomorphy or ectomorphic mesomorphs.

From the results of the investigations, compared with those in the cases of other kinds of sports which were dealt with in the foregoing papers, resemblance was found between their somatotype and that of the picked regatta crew.

However, exceptional somatotypes were found in the investigations as in the foregoing ones.

As to the features of the somatotypes of American sportsmen, L. E. Morehouse and P. J. Rasch reported that in all kinds of sports mesomorphic type players are superior to endomorphic or ectomorphic type ones. Arthur Lydiard, a middle and long distance running coacher in New Zealand, on the other hand, formulated classification according to running forms. He ruled out classification according to somatotypes, and called for classification in the functional aspect.

In the foregoing papers the author pointed out that among excellent players there are some who have exceptional somatotypes entirely different from the somatotypes which characterize the other excellent players in the same event. It is believed that, from Lydiard's view, this fact will provide a clue to solution of the problem of exce-

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ptional somatotypes.

The author, however, will make efforts for solution of the problem of fitness by continuing studies on somatotypes in other kinds of sports.