

Title	The somatotypes of athletes (V)
Sub Title	
Author	米村, 昌二(Yonemura, Shoji)
Publisher	慶應義塾大学体育研究所
Publication year	1972
Jtitle	体育研究所紀要 (Bulletin of the institute of physical education, Keio university). Vol.12, No.1 (1972. 12) ,p.61- 61
JaLC DOI	
Abstract	
Notes	Abstract
Genre	
URL	https://koara.lib.keio.ac.jp/xoonips/modules/xoonips/detail.php?koara_id=AN00135710-00120001-0061

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.

The Somatotypes of Athletes (V)

By *Shoji Yonemura**

In order to elucidate questions concerning "a fitness for sports", reports were made in Bulletin of the Institute of Physical Education, Keio University, No. 1 of Volume I through No. 1 of Volume IV, on somatotypes, one of the branches of our study. As one link of the chain of our continuous study, we made studies on ski and water polo.

Those who were subjected to our study were students affiliated with the Athletic Club of our university.

In case of the members of the ski group, they were mesomorphy, endomorphic mesomorphs or ectomorphic mesomorphs.

Also, in case of the water polo group, the members were completely of the same types as those of the members of the ski group.

When the results of our study of this time are compared with the results we obtained from the study made on champions of eight sport entries, we can find a conclusion as follows.

1. Sportsmen for whom momentary agility is required are mesomorphy, endomorphic mesomorphs or ectomorphic mesomorphs.
2. Sportsmen for whom endurance is required are mesomorphic endomorphs or endomorphy.
3. Among excellent champions, there were found those not belonging to any of the above-mentioned somatotypes. This taught us that we should be moderate in concluding that somatotypes are sole primary factors for determining an aptitude. Therefore, we like to continue our efforts in order to find a definite conclusion.

This report was prepared through the benefit of "1972 Studies Supported by the Educational Matters Promotion Fund (Individual Study)."

* Assistant Professor of the Institute of Physical Education, Keio University.