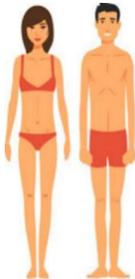


Paper 2: Somatotypes

Somatotypes

There are many different body types. The classification of different body types is called somatotyping. It is a term that describes someone's physical build. Having a certain body types makes you more suitable to some activities than others There are three main somatotypes:

- Ectomorph
- Mesomorph
- Endomorph

Somatotype	Characteristics
<p>Ectomorph</p> 	<p>Key characteristics are:</p> <ul style="list-style-type: none"> • Long thin frame • Narrow shoulders & Hips • Does not build muscle easily • Generally, does not store fat easily <p>Individuals with an extreme ectomorph are suited to activities where being light or tall is an advantage as there is less weight to carry</p>
<p>Mesomorph</p> 	<p>Key characteristics are:</p> <ul style="list-style-type: none"> • Low levels of fat • Solid build • Wide shoulders • Narrow hips <p>Individuals with an extreme mesomorph body type are suited to activities requiring power, speed and strength</p>
<p>Endomorph</p> 	<p>Key characteristics are:</p> <ul style="list-style-type: none"> • Wide hips • Narrow shoulders • Has a tendency to store fat • Sometimes referred to as 'pear shaped' <p>Individuals with an extreme endomorph body type are suited to activities requiring power or where added weight is an advantage</p>

Sporting examples:

Ectomorph:

Ectomorphs use their low body fat and weight to jump higher on the long jump and to run long distances without the excess weight from fat and muscle bulk



Sprinter



Marathon runner

Mesomorph:

Mesomorphs can use their speed and strength to generate power in the legs when sprinting. They also use it to punch in boxing



Sprinter



Boxer

Endomorph:

Endomorphs can use their bulk to add momentum when throwing the shot-put. They can also use it to overpower or resist opponents in rugby



Shot putter



Rugby prop forward