

SOMATOTYP

Name _____	Age _____	Sex M _____	F _____	No _____
Occupation _____	Ethnic Group _____		Date _____	
Project _____	Measured by _____			

Skinfolds mm	Sum 3 Skinfolds (mm)																							
Triceps =	10.9	14.9	18.9	22.9	26.9	31.2	35.8	40.7	46.2	52.2	58.7	65.7	73.2	81.2	89.7	98.9	108.9	119.7	131.2	143.7	157.2	171.9	187.9	204.0
Subscapular =	9.0	13.0	17.0	21.0	25.0	29.0	33.5	38.0	43.5	49.0	55.5	62.0	69.5	77.0	85.5	94.0	104.0	114.0	125.5	137.0	150.5	164.0	180.0	196.0
Supraspinale =	7.0	11.0	15.0	19.0	23.0	27.0	31.3	35.9	40.8	46.3	52.3	58.8	65.8	73.3	81.3	89.8	99.0	109.0	119.8	131.3	143.8	157.3	172.0	188.0
Sum 3 Skinfolds =	$X \left( \frac{170.18}{ht} = \frac{\text{---}}{\text{---}} \right) =$ (height corrected skinfolds)																							
Calf =																								

Endomorphy	Endomorphy																							
Height (cm) =	139.3	143.5	147.3	151.1	154.9	158.8	162.6	166.4	170.2	174.0	177.8	181.6	185.4	189.2	193.0	196.9	200.3	204.5	208.3	212.1	215.9	219.7	223.5	227.3
Humerus width (cm) =	5.19	5.34	5.49	5.64	5.78	5.93	6.07	6.22	6.37	6.51	6.65	6.80	6.95	7.09	7.24	7.38	7.53	7.67	7.82	7.97	8.11	8.25	8.40	8.55
Femur with (cm) =	7.41	7.62	7.83	8.04	8.24	8.45	8.66	8.87	9.08	9.28	9.49	9.70	9.91	10.12	10.33	10.53	10.74	10.95	11.16	11.36	11.57	11.78	11.99	12.21
Biceps girth (cm) =																								
-- triceps skinfolds (cm) =																								
Calf girth (cm) =																								
-- calf skinfold (cm) =																								

Mesomorphy	Mesomorphy																							
Weight (kg) =	27.7	28.5	29.3	30.1	30.8	31.6	32.4	33.2	33.9	34.7	35.5	36.3	37.1	37.8	38.6	39.4	40.2	41.0	41.7	42.5	43.3	44.1	44.9	45.6
Ht/Wt =	1 <sub>2</sub>	1	1 <sup>1</sup> / <sub>2</sub>	2	2 <sup>1</sup> / <sub>2</sub>	3	3 <sup>1</sup> / <sub>2</sub>	4	4 <sup>1</sup> / <sub>2</sub>	5	5 <sup>1</sup> / <sub>2</sub>	6	6 <sup>1</sup> / <sub>2</sub>	7	7 <sup>1</sup> / <sub>2</sub>	8	8 <sup>1</sup> / <sub>2</sub>	9						
Upper Limit =	39.65	40.74	41.43	42.13	42.82	43.48	44.18	44.84	45.53	46.23	46.92	47.58	48.25	48.94	49.63	50.33	50.99	51.68						
Mid-point =	40.20	41.09	41.79	42.48	43.14	43.84	44.50	45.19	45.89	46.32	47.24	47.94	48.60	49.29	49.99	50.68	51.34							
Lower Limit =	39.66	40.75	41.44	42.14	42.83	43.49	44.19	44.85	45.54	46.24	46.93	47.59	48.26	48.95	49.64	50.34	51.00							

Ectomorphy	Ectomorphy																	
Weight (kg) =	1 <sub>2</sub>	1	1 <sup>1</sup> / <sub>2</sub>	2	2 <sup>1</sup> / <sub>2</sub>	3	3 <sup>1</sup> / <sub>2</sub>	4	4 <sup>1</sup> / <sub>2</sub>	5	5 <sup>1</sup> / <sub>2</sub>	6	6 <sup>1</sup> / <sub>2</sub>	7	7 <sup>1</sup> / <sub>2</sub>	8	8 <sup>1</sup> / <sub>2</sub>	9
Ht/Wt =	1 <sub>2</sub>	1	1 <sup>1</sup> / <sub>2</sub>	2	2 <sup>1</sup> / <sub>2</sub>	3	3 <sup>1</sup> / <sub>2</sub>	4	4 <sup>1</sup> / <sub>2</sub>	5	5 <sup>1</sup> / <sub>2</sub>	6	6 <sup>1</sup> / <sub>2</sub>	7	7 <sup>1</sup> / <sub>2</sub>	8	8 <sup>1</sup> / <sub>2</sub>	9

Anthropometric Somatotype	MESOMORPHY	ECTOMORPHY
	BY:	
	RATER:	

Figure 3 Blank anthropometric somatotype rating form.

Biceps girth in cm corrected for fat by subtracting triceps skinfold value expressed in cm.  
 Calf girth in cm corrected for fat by subtracting medial calf skinfold value expressed in cm.

Jméno: \_\_\_\_\_

Sport: \_\_\_\_\_

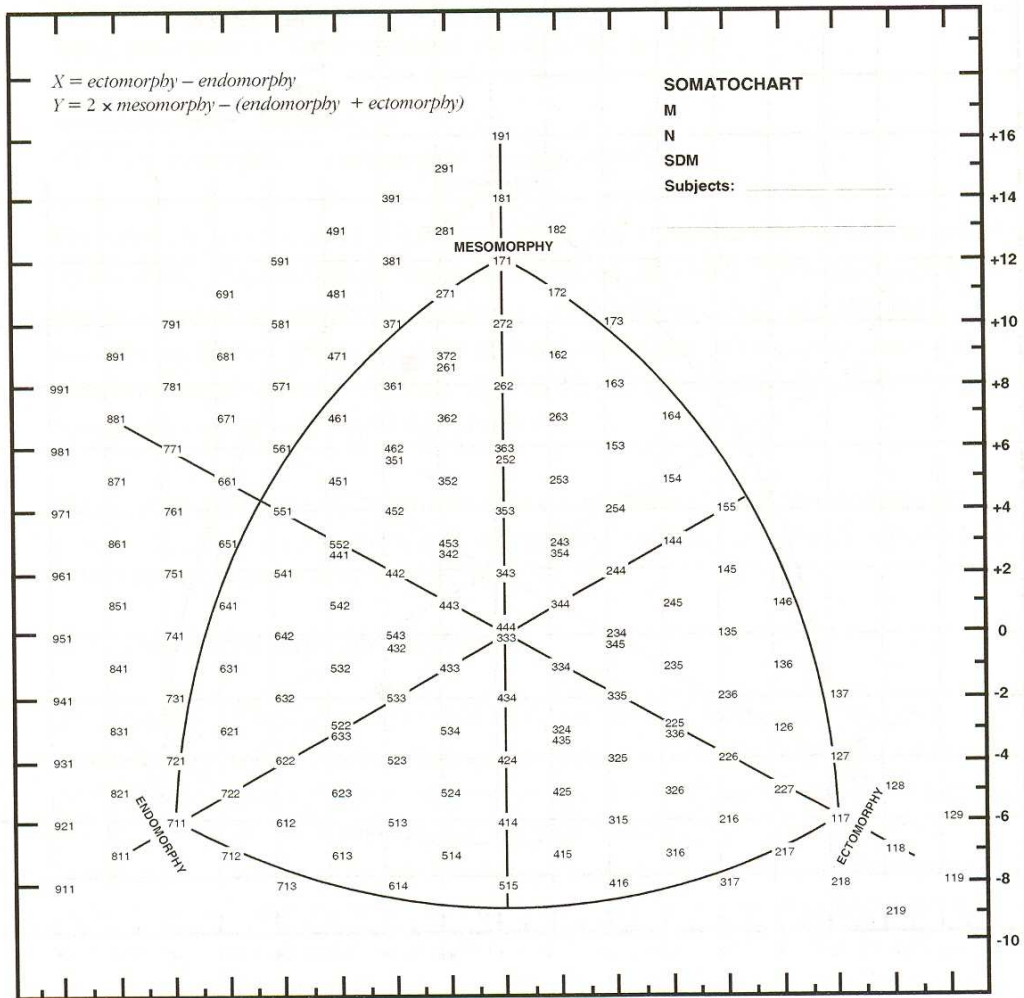


Figure 6 Blank somatochart

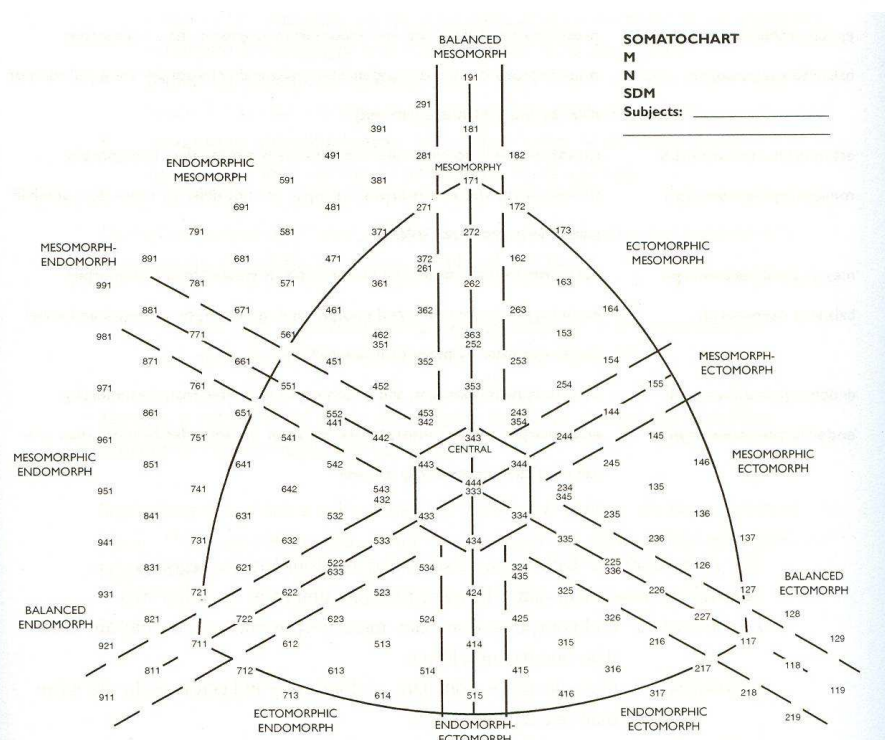


Figure 10 Somatotype categories labelled according to Carter and Heath (1990). Somatoplots falling within the same area are grouped by category.