

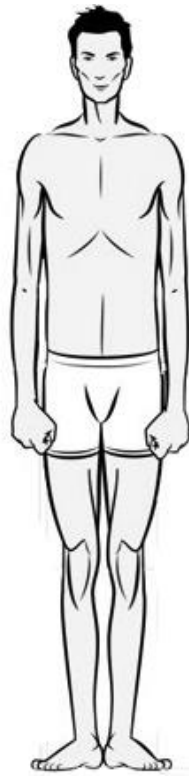
Meaning of Somatotyping:

The word Somato is derived from the Greek word 'SOMA' or 'SOMAT', which means The Body.

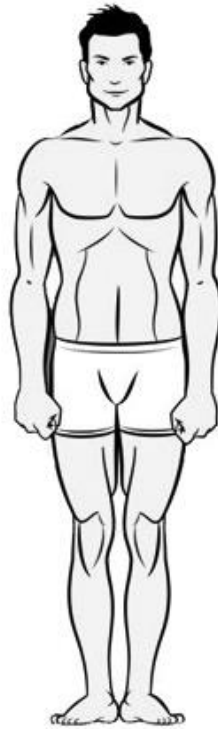
Somatotype is a classification of human organisms developed in the 1940s, by American psychologist William Herbert Sheldon, to categorize the human physique according to the relative contribution of three fundamental elements, somatotypes, named after the three germ layers of embryonic development: the endoderm, (develops into the digestive tract), the mesoderm, (becomes muscle, heart and blood vessels), and the ectoderm (forms the skin and nervous system). It is a method of classifying the human body into genetic type on the basis of the dominance of fat, muscle or bone.

Sheldon's Classification

Sheldon has proposed a theory of personality correlating temperament and body type. He has divided people into three types:



Ectomorph



Mesomorph



Endomorph

1. Ectomorph: These are the people who are tall, thin and having flat chest, having the skin, bones and neural structure predominantly. They are shy, reserved and self-conscious.
2. Mesomorph: These people are well built with heavy and strong muscles appear predominantly. They are physically active, noisy, adventurous by nature.
3. Endomorph: These people will have soft, fat and round body, having predominance of abdominal region. They are sociable and relaxed.

Ernest Kretcmer's Classification:

German psychologist Kretschmer has attempted to correlate physique and character. From his studies on mental patients, he found that certain body types are associated with particular types of mental disorders. He has classified personalities into four types:

1. Pyknic type: These are people who are short and having round body. They will have personality traits of extroverts. These people are more prone to suffer from a mental disorder called Manic Depressive Psychosis (MDP) (can be compared to endomorph type).

2. Asthenic type: These people will have a slender or slim body. They will have the personality traits of introverts. These people are more prone to suffer from a serious mental disorder called Schizophrenia (can be compared with ectomorph type).

3. Athletic type: These people will have strong body. They are more energetic and aggressive. They will be strong enough, determined, adventurous and balanced. They are comparable with ambiverts. They are more prone to suffer from MDP (can be compared to mesomorph type).

4. Dysplastic type: These people will have unproportionate body and do not belong to any of the three types mentioned above. This disproportion is due to hormonal imbalance. Their behaviour and personality are also imbalanced.