

Summary

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.