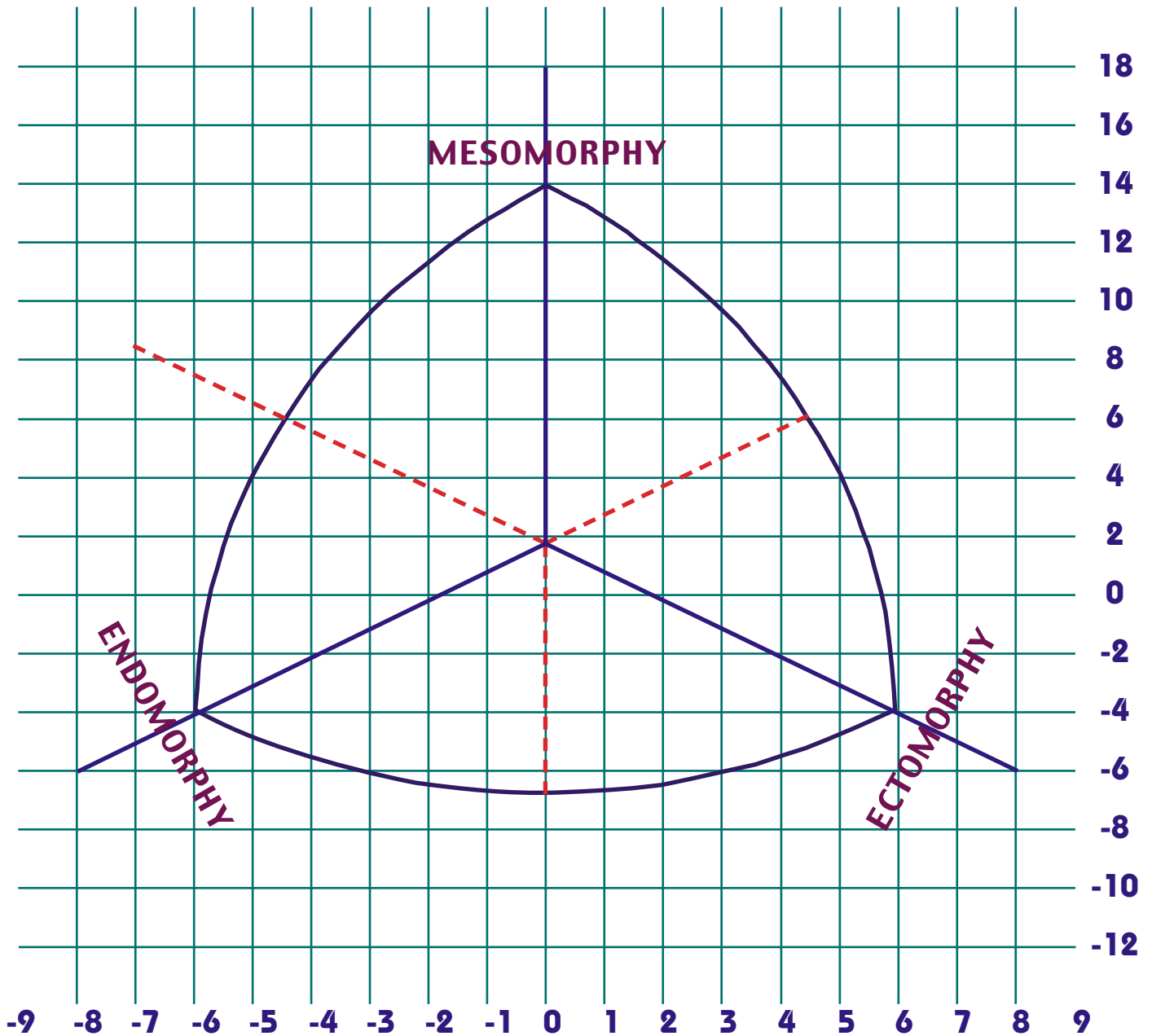


SomatoGraph



$X \text{ Coordinate} = \text{Ectomorph Value} - \text{Endomorph Value}$

$Y \text{ Coordinate} = 2 \times \text{Mesomorph Value} - (\text{Endomorph Value} + \text{Ectomorph Value})$

SOMATOTYPE CATEGORIES

Somatotypes with similar relationships between the components are grouped into four major categories named to reflect their relationships. All other *somatotypes* plotted within the same section of the somatograph are assigned the same category name. These categories are:

Central: No component differs by more than one unit from the other two.

Endomorph: endomorphy is dominant, mesomorphy and ectomorphy is more than one-half unit lower.

Mesomorph: mesomorphy is dominant; endomorphy and ectomorphy are more than one-half unit lower.

Ectomorph: Ectomorphies is dominant, endomorphy and mesomorphy are more than one-half unit lower.

Note: For more information, refer to Carter, J.E.L, Ph.D. *The Heath-Carter Anthropometric Somatotype Instructional Manual* Pages 1-26 March 2002 RossCraft Surrey, Canada

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