# 5.7 Somatotypes and Matching Body Type to Sporting Activity: 10-minute Pack

AQA 8582 · Calculators not allowed · about 10 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

**Answer the shorter questions in single words or short phrases unless the command requests full sentences. Spend about 10 minutes on the whole pack. The final question requires full sentence answers.**

**1** Tick one box, choosing the correct description of an ectomorph body type in the context of athlete body shapes.

- ☐ A) Short, broad, high body fat
- ☐ B) Tall, narrow, low body fat
- ☐ C) Muscular, broad shoulders, low body fat
- ☐ D) Rounded, high body fat, slow metabolism

**(Total for Question 1 is 1 mark)**

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**2** Read the performer description: 'Short, strongly muscled, wide shoulders, explosive power'. Identify which somatotype best matches this performer.

**(Total for Question 2 is 1 mark)**

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**3** A performer is described as 'rounded torso, higher body fat, solid lower limb mass, suited to strength-based, static events'. Name the somatotype this description indicates.

**(Total for Question 3 is 1 mark)**

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**4** Tick one box: which somatotype would a typical elite marathon runner most likely have?

- ☐ A) Endomorph
- ☐ B) Mesomorph
- ☐ C) Ectomorph
- ☐ D) None of these

**(Total for Question 4 is 1 mark)**


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**5** Describe two typical physical characteristics of an ectomorph body type, using sporting context where helpful.

**(Total for Question 5 is 2 marks)**

**6** State two sporting positions or events where a mesomorph somatotype could be advantageous, giving one short explanation for each choice.

**(Total for Question 6 is 2 marks)**

**7** Describe two physical characteristics of a mesomorph body type and explain briefly how each characteristic helps performance in a sprint.

**(Total for Question 7 is 2 marks)**

**8** Describe two characteristics of an endomorph body type and state one type of sport or event where this somatotype can be advantageous.

**(Total for Question 8 is 3 marks)**


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# Mark scheme · 5.7 Somatotypes and Matching Body Type to Sporting Activity: 10-minute Pack

## Question 1

B **B1**

**Answer: B (Tall, narrow, low body fat)**

## Question 2

mesomorph **B1**

**Answer: Mesomorph**

## Question 3

endomorph **B1**

**Answer: Endomorph**

## Question 4

C **B1**

**Answer: C (Ectomorph)**

## Question 5

tall and narrow frame, long limbs, oe **B1**

low levels of body fat and little muscle bulk, oe **B1**

**Answer: Tall, narrow frame with long limbs; low levels of body fat and little muscle bulk.**

## Question 6

example 1 with brief reason, e.g. rugby centre, muscular power for tackling and sprinting, oe **B1**

example 2 with brief reason, e.g. 100 m sprinter, explosive leg power for acceleration, oe **B1**

**Answer: Rugby centre, because muscular power and speed help in tackling and breaking lines; 100 m sprinter, because explosive leg power and fast recovery between strides aid rapid acceleration.**

## Question 7

muscular, well-developed muscles especially in the legs and shoulders, oe **B1**

broad shoulders and powerful build, allowing forceful contractions for fast starts and high power output, oe **B1**

**Answer: Well-developed leg and shoulder muscles provide power for rapid acceleration; broad shoulders and a powerful build allow forceful contractions for fast starts and high sprint speed.**

## Question 8

rounded torso and higher levels of body fat, oe **B1**

greater mass and solid limb girth providing stability and strength in static actions, oe **B1**

correct sport or event named, e.g. shot put or sumo wrestling, oe **B1**

**Answer: Rounded torso with higher levels of body fat; greater mass and solid limb girth providing stability and strength. Advantageous in sports such as shot put or sumo wrestling.**


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