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Somatotype Changes in Adolescence Among Mentally Retarded Athletes

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KEY WORDS Somatotype. Mentally Retarded Athletes. Adolescence.

ABSTRACT The present study aims to evaluate age changes in somatotypes of 95 mentally retarded adolescent athletes (51 boys and 44 girls) ranging in age from 11 to 15 years and had participated in Special Olympics National Games, 1998. The cross-sectional sample includes only those individuals, who had been diagnosed as mentally retarded with unknown aetiology for their low intelligence. Each individual was somatotyped by the Heath-Carter Anthropometric Method. Average somatotype of male and female sample positions itself on the balanced ectomorph (2.90-2.45-3.74) and endomorph-ectomorph (3.37-2.77-3.33) sectors respectively. Sexual dimorphism clearly indicates that males are more ectomorphic and less endomorphic than their female counterparts and fail to show a change in component dominance during adolescence.

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