

Age Changes and Sex Differences in Somatotypes among Jats of Delhi

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ABSTRACT Somatotype studies have both pedagogic and pragmatic merits. With a view to delineate age changes and sex differences in anthropometric somatotype and its three components, viz., endomorphy, mesomorphy and ectomorphy among Jats of Delhi in the age range of 10 to 18 years, data were collected on Jat boys (308) and girls (272). Jat boys and girls have primarily meso-ectomorphic, balanced ectomorphic and central type of physique. Generally Jat girls are more endomorphic and less ectomorphic than Jat boys. With advancement in age, Jat boys tend to become balanced ectomorphic from meso-ectomorphic, whereas Jat girls have a tendency to become central type from balanced ectomorphic type of physique.