Lampiran 3. Heath-Carter Somatotype Rating Form

Heath-Carter Some												ethnic group :														
ocupation:												measured by :														
_	sex :																									
project :	no :																									
												date :														
-12-5-14 ()		1									m 3 ski		11													
skinfold (mm)		P 5	400		18.9		250	74.7	25.0							24.2	20.7	00.0		****						
triceps	=	uper limit mid-point																				143.7				
subscapular	=		_		17.0					38.0			55.5									150.5				
supraspinale	=	lower limit	7.0	11.0	15.0	19.0	25.0	27.0	31.3	35.9	40.8	46.5	52.3	58.8	65.8	/5.5	81.5	89.8	99.0	109.0	119.8	131.3	45.8			
sum 3 skinfold	=																									
calf	=		0.5	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	- 10	10.5			
		endomorphy	0.5		1.5		2.5	- 3	3.5	4	4.5	,	5.5	-	0.3		/.5	- 8	8.5	9	9.5	10	10.5			
height (cm)	-		139.3	143.5	147.3	151.5	154.9	158.8	162.6	166.4	170.2	174.0	177.8	81.6	185.4	189.2	193.0	196.9	200.3	204.5	208.3	212.1	15.9			
humerus width (cm) =		5.19	5.34	5.49	5.64	5.78	5.93	6.07	6.22	6.37	6.51	6.65	6.80	6.95	7.09	7.24	7.38	7.53	7.67	7.82	7.97	8.11			
femur witdth (cm)			7.41	7.62	7.83	8.04	8.24	8.45	8.66	8.87	9.08	9.28	9.49	9.70	9.91	10.12	10.33	10.53	10.74	10.95	11.16	11.36	1.57			
biceps girth (cm)	=																									
triceps skinfold (cn	1) =																									
	-		23.7	24.4	25.0	25.7	26.3	27.0	27.7	28.3	29.0	29.7	30.3	31.0	31.6	32.2	33.3	33.6	34.3	35.0	35.6	36.3	37.0			
calf girth (cm)	=																									
calf skinfold (cm)	=																									
			27.7	28.5	29.3	30.1	30.8	31.6	32.4	33.2	33.9	34.7	35.5	36.3	37.1	37.8	38.6	39.4	40.2	41.0	41.7	42.5	43.3			
		mesomorphy			0.5	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5			
weight (kg)		upper limit	39.65	10.74	41.43	12.13	42.82	43.48	44.18	44.84	45.53	46.23	46.92	17.58	48.25	48.94	49.63	50.33	50.99	51.68						
ht/3v/wt		mid-point	and	10.20	41.09	11.79	42.48	43.14	43.84	44.50	45.19	45.89	46.32	17.24	47.94	48.60	49.29	19.99	50.68	51.34						
		lower-limit	below	39.66	40.75	11.44	42 14	42.83	43.49	44 19	44.85	45.54	46.24	16.93	47.59	48.26	48.95	19.64	50.34	51.00						
		ectomorphy	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9						
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									OMOR	RPHY	Y MESOMORP			PHY ECTPM		MORPHY										
		anthropometri	anthropometric somatotype														BY :									
		anthropometri	anthropometric plus photoscopic somatotype															RATER:								