

Reteaching Activity 5-1

I. Directions: Complete the chart below, describing the percentages of body fat, bone size, and muscle mass and size for each of the three body types.

Body type	% of body fat	bone size	muscle mass and size
Ectomorph			
Mesomorph			
Endomorph			

II. Directions: Draw an image of each of the three body types below. Make sure your drawings reflect the descriptions above.

Ectomorph

Mesomorph

Endomorph

Lesson 5-1

III. Directions: Complete the chart below by adding body fat percentages for excessive leanness, healthy ranges, overfat, and overweight for both males and females.

Body composition	Male Percentage of body fat	Female Percentage of body fat
Excessively lean		
Healthy range		
Overfat		
Overweight		