**体质测试单项指标与权重及评分表**

|  |  |  |
| --- | --- | --- |
| **初中、高中、大学各年级** | **50米跑** | **20** |
| **坐位体前屈** | **10** |
| **立定跳远** | **10** |
| **引体向上（男）/1分钟仰卧起坐（女）**  **坐（女）** | **10** |
| **1000米跑（男）/800米跑（女）** | **20** |

注：体重指数（BMI）=体重（千克）/身高2（米2）。

**评分表：**

1. 单项指标评分表

**表1-1 男生、女生体重指数（BMI）单项评分表（单位：千克/米2）**

|  |  |  |  |
| --- | --- | --- | --- |
| **等级** | **单项**  **得分** | **大学（男）** | **大学（女）** |
| **正常** | **100** | 17.9~23.9 | 17.2~23.9 |
| **低体重** | **80** | ≤17.8 | ≤17.1 |
| **超重** | 24.0~27.9 | 24.0~27.9 |
| **肥胖** | **60** | ≥28.0 | ≥28.0 |

**表1-2 男生、女生肺活量单项评分表（单位：毫升）**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **等级** | **单项**  **得分** | **大一**  **大二**  **（男）** | **大三**  **大四**  **（男）** | **大一**  **大二**  **（女）** | **大三**  **大四**  **（女）** |
| **优秀** | **100** | 5040 | 5140 | 3400 | 3450 |
| **95** | 4920 | 5020 | 3350 | 3400 |
| **90** | 4800 | 4900 | 3300 | 3350 |
| **良好** | **85** | 4550 | 4650 | 3150 | 3200 |
| **80** | 4300 | 4400 | 3000 | 3050 |
| **及格** | **78** | 4180 | 4280 | 2900 | 2950 |
| **76** | 4060 | 4160 | 2800 | 2850 |
| **74** | 3940 | 4040 | 2700 | 2750 |
| **72** | 3820 | 3920 | 2600 | 2650 |
| **70** | 3700 | 3800 | 2500 | 2550 |
| **68** | 3580 | 3680 | 2400 | 2450 |
| **66** | 3460 | 3560 | 2300 | 2350 |
| **64** | 3340 | 3440 | 2200 | 2250 |
| **62** | 3220 | 3320 | 2100 | 2150 |
| **60** | 3100 | 3200 | 2000 | 2050 |
| **不及格** | **50** | 2940 | 3030 | 1960 | 2010 |
| **40** | 2780 | 2860 | 1920 | 1970 |
| **30** | 2620 | 2690 | 1880 | 1930 |
| **20** | 2460 | 2520 | 1840 | 1890 |
| **10** | 2300 | 2350 | 1800 | 1850 |

**表1-3 男生、女生50米跑单项评分表（单位：秒）**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **等级** | **单项**  **得分** | **大一**  **大二**  **（男）** | **大三**  **大四**  **（男）** | **大一**  **大二**  **（女）** | **大三**  **大四**  **（女）** |
| **优秀** | **100** | 6.7 | 6.6 | 7.5 | 7.4 |
| **95** | 6.8 | 6.7 | 7.6 | 7.5 |
| **90** | 6.9 | 6.8 | 7.7 | 7.6 |
| **良好** | **85** | 7.0 | 6.9 | 8.0 | 7.9 |
| **80** | 7.1 | 7.0 | 8.3 | 8.2 |
| **及格** | **78** | 7.3 | 7.2 | 8.5 | 8.4 |
| **76** | 7.5 | 7.4 | 8.7 | 8.6 |
| **74** | 7.7 | 7.6 | 8.9 | 8.8 |
| **72** | 7.9 | 7.8 | 9.1 | 9.0 |
| **70** | 8.1 | 8.0 | 9.3 | 9.2 |
| **68** | 8.3 | 8.2 | 9.5 | 9.4 |
| **66** | 8.5 | 8.4 | 9.7 | 9.6 |
| **64** | 8.7 | 8.6 | 9.9 | 9.8 |
| **62** | 8.9 | 8.8 | 10.1 | 10.0 |
| **60** | 9.1 | 9.0 | 10.3 | 10.2 |
| **不及格** | **50** | 9.3 | 9.2 | 10.5 | 10.4 |
| **40** | 9.5 | 9.4 | 10.7 | 10.6 |
| **30** | 9.7 | 9.6 | 10.9 | 10.8 |
| **20** | 9.9 | 9.8 | 11.1 | 11.0 |
| **10** | 10.1 | 10.0 | 11.3 | 11.2 |

**表1-4 男生、女生坐位体前屈单项评分表（单位：厘米）**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **等级** | **单项**  **得分** | **大一**  **大二**  **（男）** | **大三**  **大四**  **（女）** | **大一**  **大二** | **大三**  **大四** |
| **优秀** | **100** | 24.9 | 25.1 | 25.8 | 26.3 |
| **95** | 23.1 | 23.3 | 24.0 | 24.4 |
| **90** | 21.3 | 21.5 | 22.2 | 22.4 |
| **良好** | **85** | 19.5 | 19.9 | 20.6 | 21.0 |
| **80** | 17.7 | 18.2 | 19.0 | 19.5 |
| **及格** | **78** | 16.3 | 16.8 | 17.7 | 18.2 |
| **76** | 14.9 | 15.4 | 16.4 | 16.9 |
| **74** | 13.5 | 14.0 | 15.1 | 15.6 |
| **72** | 12.1 | 12.6 | 13.8 | 14.3 |
| **70** | 10.7 | 11.2 | 12.5 | 13.0 |
| **68** | 9.3 | 9.8 | 11.2 | 11.7 |
| **66** | 7.9 | 8.4 | 9.9 | 10.4 |
| **64** | 6.5 | 7.0 | 8.6 | 9.1 |
| **62** | 5.1 | 5.6 | 7.3 | 7.8 |
| **60** | 3.7 | 4.2 | 6.0 | 6.5 |
| **不及格** | **50** | 2.7 | 3.2 | 5.2 | 5.7 |
| **40** | 1.7 | 2.2 | 4.4 | 4.9 |
| **30** | 0.7 | 1.2 | 3.6 | 4.1 |
| **20** | -0.3 | 0.2 | 2.8 | 3.3 |
| **10** | -1.3 | -0.8 | 2.0 | 2.5 |

**表1-5 男生、女生立定跳远单项评分表（单位：厘米）**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **等级** | **单项**  **得分** | **大一大二**  **（男）** | **大三大四**  **（男）** | **大一大二**  **（女）** | **大三大四**  **（女）** |
| **优秀** | **100** | 273 | 275 | 207 | 208 |
| **95** | 268 | 270 | 201 | 202 |
| **90** | 263 | 265 | 195 | 196 |
| **良好** | **85** | 256 | 258 | 188 | 189 |
| **80** | 248 | 250 | 181 | 182 |
| **及格** | **78** | 244 | 246 | 178 | 179 |
| **76** | 240 | 242 | 175 | 176 |
| **74** | 236 | 238 | 172 | 173 |
| **72** | 232 | 234 | 169 | 170 |
| **70** | 228 | 230 | 166 | 167 |
| **68** | 224 | 226 | 163 | 164 |
| **66** | 220 | 222 | 160 | 161 |
| **64** | 216 | 218 | 157 | 158 |
| **62** | 212 | 214 | 154 | 155 |
| **60** | 208 | 210 | 151 | 152 |
| **不及格** | **50** | 203 | 205 | 146 | 147 |
| **40** | 198 | 200 | 141 | 142 |
| **30** | 193 | 195 | 136 | 137 |
| **20** | 188 | 190 | 131 | 132 |
| **10** | 183 | 185 | 126 | 127 |

**表1-6 男生、女生一分钟仰卧起坐、引体向上单项评分表（单位：次）**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **等级** | **单项**  **得分** | **大一**  **大二**  **（男）** | **大三**  **大四**  **（男）** | **大一**  **大二**  **（女）** | **大三**  **大四**  **（女）** |
| **优秀** | **100** | 19 | 20 | 56 | 57 |
| **95** | 18 | 19 | 54 | 55 |
| **90** | 17 | 18 | 52 | 53 |
| **良好** | **85** | 16 | 17 | 49 | 50 |
| **80** | 15 | 16 | 46 | 47 |
| **及格** | **78** |  |  | 44 | 45 |
| **76** | 14 | 15 | 42 | 43 |
| **74** |  |  | 40 | 41 |
| **72** | 13 | 14 | 38 | 39 |
| **70** |  |  | 36 | 37 |
| **68** | 12 | 13 | 34 | 35 |
| **66** |  |  | 32 | 33 |
| **64** | 11 | 12 | 30 | 31 |
| **62** |  |  | 28 | 29 |
| **60** | 10 | 11 | 26 | 27 |
| **不及格** | **50** | 9 | 10 | 24 | 25 |
| **40** | 8 | 9 | 22 | 23 |
| **30** | 7 | 8 | 20 | 21 |
| **20** | 6 | 7 | 18 | 19 |
| **10** | 5 | 6 | 16 | 17 |

注：小学三年级～六年级：一分钟仰卧起坐；初中、高中、大学：引体向上。

**表1-7 男生、女生耐力跑单项评分表（单位：分·秒）**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **等级** | **单项**  **得分** | **大一**  **大二**  **（男）** | **大三**  **大四**  **（男）** | **大一**  **大二** | **大三**  **大四** |
| **优秀** | **100** | 3'17" | 3'15" | 3'18" | 3'16" |
| **95** | 3'22" | 3'20" | 3'24" | 3'22" |
| **90** | 3'27" | 3'25" | 3'30" | 3'28" |
| **良好** | **85** | 3'34" | 3'32" | 3'37" | 3'35" |
| **80** | 3'42" | 3'40" | 3'44" | 3'42" |
| **及格** | **78** | 3'47" | 3'45" | 3'49" | 3'47" |
| **76** | 3'52" | 3'50" | 3'54" | 3'52" |
| **74** | 3'57" | 3'55" | 3'59" | 3'57" |
| **72** | 4'02" | 4'00" | 4'04" | 4'02" |
| **70** | 4'07" | 4'05" | 4'09" | 4'07" |
| **68** | 4'12" | 4'10" | 4'14" | 4'12" |
| **66** | 4'17" | 4'15" | 4'19" | 4'17" |
| **64** | 4'22" | 4'20" | 4'24" | 4'22" |
| **62** | 4'27" | 4'25" | 4'29" | 4'27" |
| **60** | 4'32" | 4'30" | 4'34" | 4'32" |
| **不及格** | **50** | 4'52" | 4'50" | 4'44" | 4'42" |
| **40** | 5'12" | 5'10" | 4'54" | 4'52" |
| **30** | 5'32" | 5'30" | 5'04" | 5'02" |
| **20** | 5'52" | 5'50" | 5'14" | 5'12" |
| **10** | 6'12" | 6'10" | 5'24" | 5'22" |

注：小学五年级～六年级：50米×8往返跑；初中、高中、大学：1000米跑。女生：800米跑

**免予执行《国家学生体质健康标准》申请表（样表）**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **姓 名** |  | | **性 别** |  | | **学 号** | |  |
| **班 级/院 （系）** |  | | **民 族** |  | | **出生日期** | |  |
| **原因** | 申请人：  年 月 日 | | | | | | | |
| **体育教师签字** | |  | | | **家长签字** | |  | |
| **学校体育部门意见** | 学校签章：  年 月 日 | | | | | | | |

注：中等职业学校及普通高等学校的学生，“家长签字”由学生本人签字。

**《国家学生体质健康标准》登记卡(大学样表）**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | | | | | | | | | | | | | | | | **学 校** | | | | |  | | | | | | | | |
| **姓 名** |  | | | | | **性 别** | | |  | | | | | | | | | **学 号** | | | | |  | | | | | | | | |
| **院（系）** |  | | | | | **民 族** | | |  | | | | | | | | | **出生日期** | | | | |  | | | | | | | | |
| **单项指标** | | **大一** | | | | | **大二** | | | | | | **大三** | | | | | | | **大四** | | | | | | | | **毕业成绩** | | | |
| **成绩** | **得分** | | **等级** | | **成绩** | **得分** | | | **等级** | | **成绩** | **得分** | | | **等级** | | | **成绩** | | **得分** | | | | **等级** | | **得分** | | **等级** | |
| 体重指数（BMI）（千克/米2） | |  |  | |  | |  |  | | |  | |  |  | | |  | | |  | |  | | | |  | |  | |  | |
| 肺活量（毫升） | |  |  | |  | |  |  | | |  | |  |  | | |  | | |  | |  | | | |  | |
| 50米跑（秒） | |  |  | |  | |  |  | | |  | |  |  | | |  | | |  | |  | | | |  | |
| 坐位体前屈(厘米） | |  |  | |  | |  |  | | |  | |  |  | | |  | | |  | |  | | | |  | |
| 立定跳远（厘米） | |  |  | |  | |  |  | | |  | |  |  | | |  | | |  | |  | | | |  | |
| 引体向上（男）/  1分钟仰卧起坐(女)（次） | |  |  | |  | |  |  | | |  | |  |  | | |  | | |  | |  | | | |  | |
| 1000米跑（男）/  800米跑(女)（分·秒） | |  |  | |  | |  |  | | |  | |  |  | | |  | | |  | |  | | | |  | |
| **标准分** | |  | | | | |  | | | | | |  | | | | | | |  | | | | | | | |
| **加分指标** | | **成绩** | | **附加分** | | | **成绩** | | | **附加分** | | | **成绩** | | **附加分** | | | | | **成绩** | | | | | **附加分** | | |
| 引体向上（男）/  1分钟仰卧起坐(女)（次） | |  | |  | | |  | | |  | | |  | |  | | | | |  | | | | |  | | |
| 1000米跑（男）/  800米跑(女)（分·秒） | |  | |  | | |  | | |  | | |  | |  | | | | |  | | | | |  | | |
| **学年总分** | |  | | | | |  | | | | | |  | | | | | | |  | | | | | | | |
| **等级评定** | |  | | | | |  | | | | | |  | | | | | | |  | | | | | | | |
| **体育教师签字** | |  | | | | |  | | | | | |  | | | | | | |  | | | | | | | |  | | | |
| **辅导员签字** | |  | | | | |  | | | | | |  | | | | | | |  | | | | | | | |  | | | |
| 注：高等职业学校、高等专科学校参照本样表执行。 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | 学校签章： | | | |  | | |  | |  | | | 年 | | | 月 | | 日 | |  |