**学生体质健康测试项目及评分标准**

**一、各项目权重**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **单项指标** | **体重指数** | **肺活量** | **50米跑** | **坐位体前屈** | **立定跳远** | **引体向上（男）/1分钟仰卧起坐（女）** | **1000米（男）/ 800米（女）** |
| **权重（%）** | 15 | 15 | 20 | 10 | 10 | 10 | 20 |

**二、单项指标评分表**

**1.体重指数（BMI）=体重（千克）/身高㎡**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **100** | **80** | **60** |
| **男** | 17.9～23.9 | ≦17.8，24.0～27.9 | ≧28.0 |
| **女** | 17.2～23.9 | ≦17.1，24.0～27.9 | ≧28.0 |

**2.肺活量（单位：毫升）**

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

**3.50米跑（单位：秒）**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **100** | **95** | **90** | **85** | **80** | **78** | **76** | **74** | **72** | **70** | **68** | **66** | **64** | **62** | **60** | **50** | **40** | **30** | **20** | **10** |
| **大一****大二** | **男** | 6.7 | 6.8 | 6.9 | 7.0 | 7.1 | 7.3 | 7.5 | 7.7 | 7.9 | 8.1 | 8.3 | 8.5 | 8.7 | 8.9 | 9.1 | 9.3 | 9.5 | 9.7 | 9.9 | 10.1 |
| **女** | 7.5 | 7.6 | 7.7 | 8.0 | 8.3 | 8.5 | 8.7 | 8.9 | 9.1 | 9.3 | 9.5 | 9.7 | 9.9 | 101 | 0.3 | 0.5 | 107 | 109 | 111 | 11.3 |
| **大三****大四** | **男** | 6.6 | 6.7 | 6.8 | 6.9 | 7.0 | 7.2 | 7.4 | 7.6 | 7.8 | 8.0 | 8.2 | 8.4 | 8.6 | 8.8 | 9.0 | 9.2 | 9.4 | 9.6 | 9.8 | 10.0 |
| **女** | 7.4 | 7.5 | 7.6 | 7.9 | 8.2 | 8.4 | 8.6 | 8.8 | 9.0 | 9.2 | 9.4 | 9.6 | 9.8 | 10.0 | 10.2 | 10.4 | 10.6 | 10.8 | 11.0 | 11.2 |

**4.坐位体前屈（单位：厘米）**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **100** | **95** | **90** | **85** | **80** | **78** | **76** | **74** | **72** | **70** | **68** | **66** | **64** | **62** | **60** | **50** | **40** | **30** | **20** | **10** |
| **大一****大二** | **男** | 24.9 | 23.1 | 21.3 | 19.5 | 17.7 | 16.3 | 14.9 | 13.5 | 12.1 | 10.7 | 9.3 | 7.9 | 6.5 | 5.1 | 3.7 | 2.7 | 1.7 | 0.7 |  |  |
| **女** | 25.8 | 24.0 | 22.2 | 20.6 | 19.0 | 17.7 | 16.4 | 15.1 | 13.8 | 12.5 | 11.2 | 9.9 | 8.6 | 7.3 | 6.0 | 5.2 | 4.4 | 3.6 | 2.8 | 2.0 |
| **大三****大四** | **男** | 25.1 | 23.3 | 21.5 | 19.9 | 18.2 | 16.8 | 15.4 | 14.0 | 12.6 | 11.2 | 9.8 | 8.4 | 7.0 | 5.6 | 4.2 | 3.2 | 2.2 | 1.2 | 0.2 |  |
| **女** | 26.3 | 24.4 | 22.4 | 21.0 | 19.5 | 18.2 | 16.9 | 15.6 | 14.3 | 13.0 | 11.7 | 10.4 | 9.1 | 7.8 | 6.5 | 5.7 | 4.5 | 4.1 | 3.3 | 2.5 |

**5.立定跳远（单位：厘米）**

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

**6.引体向上男/一分钟仰卧起坐女（单位：次）**

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

**7.耐力跑（单位：分、秒）**

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

**三、加分指标评分表**

**男生引体向上评分表（单位：次）**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **加分** | **10** | **9** | **8** | **7** | **6** | **5** | **4** | **3** | **2** | **1** |
| **大一大二** | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| **大三大四** | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |

**女生一分钟仰卧起坐评分表（单位：次）**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **加分** | **10** | **9** | **8** | **7** | **6** | **5** | **4** | **3** | **2** | **1** |
| **大一大二** | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 4 | 2 |
| **大三大四** | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 4 | 2 |

注:引体向上、一分钟仰卧起坐均为高优指标，学生成绩超过单项评分 100 分后，以超过的次数所对应的分数进行加分。

**男生 1000 米跑评分表（单位：分·秒）**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **加分** | **10** | **9** | **8** | **7** | **6** | **5** | **4** | **3** | **2** | **1** |
| **大一大二** | -35" | -32" | -29" | -26" | -23" | -20" | -16" | -12" | -8" | -4" |
| **大三大四** | -35" | -32" | -29" | -26" | -23" | -20" | -16" | -12" | -8" | -4" |

**女生 800 米跑评分表（单位：分·秒）**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **加分** | **10** | **9** | **8** | **7** | **6** | **5** | **4** | **3** | **2** | **1** |
| **大一大二** | -50" | -45" | -40" | -35" | -30" | -25" | -20" | -15" | -10" | -5" |
| **大三大四** | -50" | -45" | -40" | -35" | -30" | -25" | -20" | -15" | -10" | -5" |