# 附件3

体质测试评分标准

**单项指标与权重**

|  |  |  |
| --- | --- | --- |
| **测试对象** | **单项指标** | **权重（%）** |
| **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）** | **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）。**

**体重指数（BMI）单项评分表（单位：千克/米2）**

|  |  |  |  |
| --- | --- | --- | --- |
| **等级** | **单项得分** | **大学男生** | **大学女生** |
| **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 |

**大学男生单项评分表**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | **肺活量** | | **50米跑** | | **坐位体前屈** | | **立定跳远** | | **引体向上** | | **1000米跑** | |
| **等级** | **单项**  **得分** | **大一**  **大二** | **大三**  **大四** | **大一**  **大二** | **大三**  **大四** | **大一**  **大二** | **大三**  **大四** | **大一大二** | **大三大四** | **大一**  **大二** | **大三**  **大四** | **大一**  **大二** | **大三**  **大四** |
| **优秀** | **100** | 5040 | 5140 | 6.7 | 6.6 | 24.9 | 25.1 | 273 | 275 | 19 | 20 | 3'17" | 3'15" |
| **95** | 4920 | 5020 | 6.8 | 6.7 | 23.1 | 23.3 | 268 | 270 | 18 | 19 | 3'22" | 3'20" |
| **90** | 4800 | 4900 | 6.9 | 6.8 | 21.3 | 21.5 | 263 | 265 | 17 | 18 | 3'27" | 3'25" |
| **良好** | **85** | 4550 | 4650 | 7.0 | 6.9 | 19.5 | 19.9 | 256 | 258 | 16 | 17 | 3'34" | 3'32" |
| **80** | 4300 | 4400 | 7.1 | 7.0 | 17.7 | 18.2 | 248 | 250 | 15 | 16 | 3'42" | 3'40" |
| **及格** | **78** | 4180 | 4280 | 7.3 | 7.2 | 16.3 | 16.8 | 244 | 246 |  |  | 3'47" | 3'45" |
| **76** | 4060 | 4160 | 7.5 | 7.4 | 14.9 | 15.4 | 240 | 242 | 14 | 15 | 3'52" | 3'50" |
| **74** | 3940 | 4040 | 7.7 | 7.6 | 13.5 | 14.0 | 236 | 238 |  |  | 3'57" | 3'55" |
| **72** | 3820 | 3920 | 7.9 | 7.8 | 12.1 | 12.6 | 232 | 234 | 13 | 14 | 4'02" | 4'00" |
| **70** | 3700 | 3800 | 8.1 | 8.0 | 10.7 | 11.2 | 228 | 230 |  |  | 4'07" | 4'05" |
| **68** | 3580 | 3680 | 8.3 | 8.2 | 9.3 | 9.8 | 224 | 226 | 12 | 13 | 4'12" | 4'10" |
| **66** | 3460 | 3560 | 8.5 | 8.4 | 7.9 | 8.4 | 220 | 222 |  |  | 4'17" | 4'15" |
| **64** | 3340 | 3440 | 8.7 | 8.6 | 6.5 | 7.0 | 216 | 218 | 11 | 12 | 4'22" | 4'20" |
| **62** | 3220 | 3320 | 8.9 | 8.8 | 5.1 | 5.6 | 212 | 214 |  |  | 4'27" | 4'25" |
| **60** | 3100 | 3200 | 9.1 | 9.0 | 3.7 | 4.2 | 208 | 210 | 10 | 11 | 4'32" | 4'30" |
| **不及格** | **50** | 2940 | 3030 | 9.3 | 9.2 | 2.7 | 3.2 | 203 | 205 | 9 | 10 | 4'52" | 4'50" |
| **40** | 2780 | 2860 | 9.5 | 9.4 | 1.7 | 2.2 | 198 | 200 | 8 | 9 | 5'12" | 5'10" |
| **30** | 2620 | 2690 | 9.7 | 9.6 | 0.7 | 1.2 | 193 | 195 | 7 | 8 | 5'32" | 5'30" |
| **20** | 2460 | 2520 | 9.9 | 9.8 | -0.3 | 0.2 | 188 | 190 | 6 | 7 | 5'52" | 5'50" |
| **10** | 2300 | 2350 | 10.1 | 10.0 | -1.3 | -0.8 | 183 | 185 | 5 | 6 | 6'12" | 6'10" |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | | **肺活量** | | | **50米跑** | | | **坐位体前屈** | | | **立定跳远** | | | **1分钟仰卧起坐** | | | **800米跑** | |
| **等级** | **单项**  **得分** | **大一**  **大二** | | **大三**  **大四** | **大一**  **大二** | | **大三**  **大四** | **大一**  **大二** | | **大三**  **大四** | **大一**  **大二** | | **大三**  **大四** | **大一**  **大二** | | **大三**  **大四** | **大一**  **大二** | | **大三**  **大四** |
| **优秀** | **100** | 3400 | | 3450 | 7.5 | | 7.4 | 25.8 | | 26.3 | 207 | | 208 | 56 | | 57 | 3'18" | | 3'16" |
| **95** | 3350 | | 3400 | 7.6 | | 7.5 | 24.0 | | 24.4 | 201 | | 202 | 54 | | 55 | 3'24" | | 3'22" |
| **90** | 3300 | | 3350 | 7.7 | | 7.6 | 22.2 | | 22.4 | 195 | | 196 | 52 | | 53 | 3'30" | | 3'28" |
| **良好** | **85** | 3150 | | 3200 | 8.0 | | 7.9 | 20.6 | | 21.0 | 188 | | 189 | 49 | | 50 | 3'37" | | 3'35" |
| **80** | 3000 | | 3050 | 8.3 | | 8.2 | 19.0 | | 19.5 | 181 | | 182 | 46 | | 47 | 3'44" | | 3'42" |
| **及格** | **78** | 2900 | | 2950 | 8.5 | | 8.4 | 17.7 | | 18.2 | 178 | | 179 | 44 | | 45 | 3'49" | | 3'47" |
| **76** | 2800 | | 2850 | 8.7 | | 8.6 | 16.4 | | 16.9 | 175 | | 176 | 42 | | 43 | 3'54" | | 3'52" |
| **74** | 2700 | | 2750 | 8.9 | | 8.8 | 15.1 | | 15.6 | 172 | | 173 | 40 | | 41 | 3'59" | | 3'57" |
| **72** | 2600 | | 2650 | 9.1 | | 9.0 | 13.8 | | 14.3 | 169 | | 170 | 38 | | 39 | 4'04" | | 4'02" |
| **70** | 2500 | | 2550 | 9.3 | | 9.2 | 12.5 | | 13.0 | 166 | | 167 | 36 | | 37 | 4'09" | | 4'07" |
| **68** | 2400 | | 2450 | 9.5 | | 9.4 | 11.2 | | 11.7 | 163 | | 164 | 34 | | 35 | 4'14" | | 4'12" |
| **66** | 2300 | | 2350 | 9.7 | | 9.6 | 9.9 | | 10.4 | 160 | | 161 | 32 | | 33 | 4'19" | | 4'17" |
| **64** | 2200 | | 2250 | 9.9 | | 9.8 | 8.6 | | 9.1 | 157 | | 158 | 30 | | 31 | 4'24" | | 4'22" |
| **62** | 2100 | | 2150 | 10.1 | | 10.0 | 7.3 | | 7.8 | 154 | | 155 | 28 | | 29 | 4'29" | | 4'27" |
| **60** | 2000 | | 2050 | 10.3 | | 10.2 | 6.0 | | 6.5 | 151 | | 152 | 26 | | 27 | 4'34" | | 4'32" |
| **不及格** | **50** | 1960 | | 2010 | 10.5 | | 10.4 | 5.2 | | 5.7 | 146 | | 147 | 24 | | 25 | 4'44" | | 4'42" |
| **40** | 1920 | | 1970 | 10.7 | | 10.6 | 4.4 | | 4.9 | 141 | | 142 | 22 | | 23 | 4'54" | | 4'52" |
| **30** | 1880 | | 1930 | 10.9 | | 10.8 | 3.6 | | 4.1 | 136 | | 137 | 20 | | 21 | 5'04" | | 5'02" |
| **20** | 1840 | | 1890 | 11.1 | | 11.0 | 2.8 | | 3.3 | 131 | | 132 | 18 | | 19 | 5'14" | | 5'12" |
| **10** | 1800 | | 1850 | 11.3 | | 11.2 | 2.0 | | 2.5 | 126 | | 127 | 16 | | 17 | 5'24" | | 5'22" |

**加分指标评分表**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **男生引体向上** | | **男生1000米跑** | | **女生1分钟仰卧起坐** | | **女生800米跑** | |
| **加分** | **大一大二** | **大三大四** | **大一大二** | **大三大四** | **大一大二** | **大三大四** | **大一大二** | **大三大四** |
| **10** | 10 | 10 | -35" | -35" | 13 | 13 | -50" | -50" |
| **9** | 9 | 9 | -32" | -32" | 12 | 12 | -45" | -45" |
| **8** | 8 | 8 | -29" | -29" | 11 | 11 | -40" | -40" |
| **7** | 7 | 7 | -26" | -26" | 10 | 10 | -35" | -35" |
| **6** | 6 | 6 | -23" | -23" | 9 | 9 | -30" | -30" |
| **5** | 5 | 5 | -20" | -20" | 8 | 8 | -25" | -25" |
| **4** | 4 | 4 | -16" | -16" | 7 | 7 | -20" | -20" |
| **3** | 3 | 3 | -12" | -12" | 6 | 6 | -15" | -15" |
| **2** | 2 | 2 | -8" | -8" | 4 | 4 | -10" | -10" |
| **1** | 1 | 1 | -4" | -4" | 2 | 2 | -5" | -5" |