附件5

**《国家学生体质健康标准测试》**

**（2014修订版）单项指标与权重、单项评分表**

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|  | **单项指标与权重** |  |
| 大学 | 体重指数（BMI）=体重（千克）/身高2（米2） | 15 |
| 肺活量 | 15 |
| 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 |

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| **体重指数（BMI） 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 |

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| 注：体重指数（BMI）=体重（千克）/身高2（米2）。 |

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| **50米跑（单位：秒）** | | | | | |
| 等级 | 单项得分 | 大学男生 | | 大学女生 | |
| 大一、大二 | 大三、大四 | 大一、大二 | 大三、大四 |
| 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 |

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| **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 |   **坐位体前屈单项评分表（单位：厘米）** | | | | | |
| 等级 | 单项得分 | 大学男生 | | 大学女生 | |
| 大一、大二 | 大三、大四 | 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 |

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| **立定跳远单项评分表（单位：厘米）** | | | | | |
| 等级 | 单项得分 | 大学男生 | | 大学女生 | |
| 大一、大二 | 大三、大四 | 大一、大二 | 大三、大四 |
| 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 |

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| **引体向上＆仰卧起坐（单位：次）** | | | | | |
| 等级 | 单项得分 | 大学男生（引体向上） | | 大学女生（仰卧起坐） | |
| 大一、大二 | 大三、大四 | 大一、大二 | 大三、大四 |
| 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 |

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| **耐力跑单项评分表（单位：分·秒）** | | | | | |
| 等级 | 单项得分 | 大学男生（1000米） | | 大学女生（800米） | |
| 大一、大二 | 大三、大四 | 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" |

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| **加分指标评分表** | | | | |
| 加分 | 引体向上（男） | 仰卧起坐（女） | 1000米（男） | 800米（女） |
| 10 | 10 | 13 | -35" | -50" |
| 9 | 9 | 12 | -32" | -45" |
| 8 | 8 | 11 | -29" | -40" |
| 7 | 7 | 10 | -26" | -35" |
| 6 | 6 | 9 | -23" | -30" |
| 5 | 5 | 8 | -20" | -25" |
| 4 | 4 | 7 | -16" | -20" |
| 3 | 3 | 6 | -12" | -15" |
| 2 | 2 | 4 | -8" | -10" |
| 1 | 1 | 2 | -4" | -5" |
|  |  |  |  |  |
|  |  |  |  |  |

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100分后以超过的次数对应的分数进行加分。1000米跑、800米跑均为低优指标，学生成绩超过单项100后以减少的秒数对应的分数进行加分。