**附件4**：

《国家学生体质健康标准》测试内容及评分方法

一、单项指标与权重

|  |  |
| --- | --- |
| 单项指标 | 权重（%） |
| 体重指数（BMI） | 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）  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）。

二、评分表

（一）加分指标评分表

**男生引体向上、女生一分钟仰卧起坐加分表（单位：次）**

**男生1000米跑、女生800米跑加分表（单位：分·秒）**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **加分** | **大一大二男生** | **大三大四男生** | **大一大二女生** | **大三大四女生** | **大一大二男生** | **大三大四男生** | **大一大二女生** | **大三大四女生** |
|  | **引体向上** | | **仰卧起坐** | | **1000米** | | **800米** | |
| **10** | 10 | 10 | 13 | 13 | -35" | -35" | -50" | -50" |
| **9** | 9 | 9 | 12 | 12 | -32" | -32" | -45" | -45" |
| **8** | 8 | 8 | 11 | 11 | -29" | -29" | -40" | -40" |
| **7** | 7 | 7 | 10 | 10 | -26" | -26" | -35" | -35" |
| **6** | 6 | 6 | 9 | 9 | -23" | -23" | -30" | -30" |
| **5** | 5 | 5 | 8 | 8 | -20" | -20" | -25" | -25" |
| **4** | 4 | 4 | 7 | 7 | -16" | -16" | -20" | -20" |
| **3** | 3 | 3 | 6 | 6 | -12" | -12" | -15" | -15" |
| **2** | 2 | 2 | 4 | 4 | -8" | -8" | -10" | -10" |
| **1** | 1 | 1 | 2 | 2 | -4" | -4" | -5" | -5" |

（二）单项指标评分表

**表2-1 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 |

**表2-2 男女生单项评分表**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **等级** | **单项**  **得分** | | **大一**  **大二男生** | | **大三**  **大四男生** | | **大一**  **大二女生** | **大三**  **大四女生** | | **大一**  **大二** | | **大三**  **大四** | | **大一**  **大二** | **大三**  **大四** | | **大一**  **大二男生** | | **大三**  **大四男生** | | **大一**  **大二女生** | **大三**  **大四女生** | | **大一大二男生** | | **大三大四男生** |
| **项目** | | | **肺活量** | | | | **肺活量** | | | **50米(男)** | | | | **50米(女)** | | | **坐位体前屈** | | | | **坐位体前屈** | | | **立定跳远** | | |
| **优秀** | **100** | | 5040 | | 5140 | | 3400 | 3450 | | 6.7 | | 6.6 | | 7.5 | 7.4 | | 24.9 | | 25.1 | | 25.8 | 26.3 | | 273 | | 275 |
| **95** | | 4920 | | 5020 | | 3350 | 3400 | | 6.8 | | 6.7 | | 7.6 | 7.5 | | 23.1 | | 23.3 | | 24.0 | 24.4 | | 268 | | 270 |
| **90** | | 4800 | | 4900 | | 3300 | 3350 | | 6.9 | | 6.8 | | 7.7 | 7.6 | | 21.3 | | 21.5 | | 22.2 | 22.4 | | 263 | | 265 |
| **良好** | **85** | | 4550 | | 4650 | | 3150 | 3200 | | 7.0 | | 6.9 | | 8.0 | 7.9 | | 19.5 | | 19.9 | | 20.6 | 21.0 | | 256 | | 258 |
| **80** | | 4300 | | 4400 | | 3000 | 3050 | | 7.1 | | 7.0 | | 8.3 | 8.2 | | 17.7 | | 18.2 | | 19.0 | 19.5 | | 248 | | 250 |
| **及格** | **78** | | 4180 | | 4280 | | 2900 | 2950 | | 7.3 | | 7.2 | | 8.5 | 8.4 | | 16.3 | | 16.8 | | 17.7 | 18.2 | | 244 | | 246 |
| **76** | | 4060 | | 4160 | | 2800 | 2850 | | 7.5 | | 7.4 | | 8.7 | 8.6 | | 14.9 | | 15.4 | | 16.4 | 16.9 | | 240 | | 242 |
| **74** | | 3940 | | 4040 | | 2700 | 2750 | | 7.7 | | 7.6 | | 8.9 | 8.8 | | 13.5 | | 14.0 | | 15.1 | 15.6 | | 236 | | 238 |
| **72** | | 3820 | | 3920 | | 2600 | 2650 | | 7.9 | | 7.8 | | 9.1 | 9.0 | | 12.1 | | 12.6 | | 13.8 | 14.3 | | 232 | | 234 |
| **70** | | 3700 | | 3800 | | 2500 | 2550 | | 8.1 | | 8.0 | | 9.3 | 9.2 | | 10.7 | | 11.2 | | 12.5 | 13.0 | | 228 | | 230 |
| **68** | | 3580 | | 3680 | | 2400 | 2450 | | 8.3 | | 8.2 | | 9.5 | 9.4 | | 9.3 | | 9.8 | | 11.2 | 11.7 | | 224 | | 226 |
| **66** | | 3460 | | 3560 | | 2300 | 2350 | | 8.5 | | 8.4 | | 9.7 | 9.6 | | 7.9 | | 8.4 | | 9.9 | 10.4 | | 220 | | 222 |
| **64** | | 3340 | | 3440 | | 2200 | 2250 | | 8.7 | | 8.6 | | 9.9 | 9.8 | | 6.5 | | 7.0 | | 8.6 | 9.1 | | 216 | | 218 |
| **62** | | 3220 | | 3320 | | 2100 | 2150 | | 8.9 | | 8.8 | | 10.1 | 10.0 | | 5.1 | | 5.6 | | 7.3 | 7.8 | | 212 | | 214 |
| **60** | | 3100 | | 3200 | | 2000 | 2050 | | 9.1 | | 9.0 | | 10.3 | 10.2 | | 3.7 | | 4.2 | | 6.0 | 6.5 | | 208 | | 210 |
| **不及格** | **50** | | 2940 | | 3030 | | 1960 | 2010 | | 9.3 | | 9.2 | | 10.5 | 10.4 | | 2.7 | | 3.2 | | 5.2 | 5.7 | | 203 | | 205 |
| **40** | | 2780 | | 2860 | | 1920 | 1970 | | 9.5 | | 9.4 | | 10.7 | 10.6 | | 1.7 | | 2.2 | | 4.4 | 4.9 | | 198 | | 200 |
| **30** | | 2620 | | 2690 | | 1880 | 1930 | | 9.7 | | 9.6 | | 10.9 | 10.8 | | 0.7 | | 1.2 | | 3.6 | 4.1 | | 193 | | 195 |
| **20** | | 2460 | | 2520 | | 1840 | 1890 | | 9.9 | | 9.8 | | 11.1 | 11.0 | | -0.3 | | 0.2 | | 2.8 | 3.3 | | 188 | | 190 |
| **10** | | 2300 | | 2350 | | 1800 | 1850 | | 10.1 | | 10.0 | | 11.3 | 11.2 | | -1.3 | | -0.8 | | 2.0 | 2.5 | | 183 | | 185 |
| **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** | |
| **项目** | | | | **引体向上** | | | | | **仰卧起坐** | | | | **1000米** | | | | | **800米** | | | | | **立定跳远(女生)** | | | |
| **优秀** | | **100** | | 19 | | 20 | | | 56 | | 57 | | 3'17" | | | 3'15" | | 3'18" | | 3'16" | | | 207 | | 208 | |
| **95** | | 18 | | 19 | | | 54 | | 55 | | 3'22" | | | 3'20" | | 3'24" | | 3'22" | | | 201 | | 202 | |
| **90** | | 17 | | 18 | | | 52 | | 53 | | 3'27" | | | 3'25" | | 3'30" | | 3'28" | | | 195 | | 196 | |
| **良好** | | **85** | | 16 | | 17 | | | 49 | | 50 | | 3'34" | | | 3'32" | | 3'37" | | 3'35" | | | 188 | | 189 | |
| **80** | | 15 | | 16 | | | 46 | | 47 | | 3'42" | | | 3'40" | | 3'44" | | 3'42" | | | 181 | | 182 | |
| **及格** | | **78** | |  | |  | | | 44 | | 45 | | 3'47" | | | 3'45" | | 3'49" | | 3'47" | | | 178 | | 179 | |
| **76** | | 14 | | 15 | | | 42 | | 43 | | 3'52" | | | 3'50" | | 3'54" | | 3'52" | | | 175 | | 176 | |
| **74** | |  | |  | | | 40 | | 41 | | 3'57" | | | 3'55" | | 3'59" | | 3'57" | | | 172 | | 173 | |
| **72** | | 13 | | 14 | | | 38 | | 39 | | 4'02" | | | 4'00" | | 4'04" | | 4'02" | | | 169 | | 170 | |
| **70** | |  | |  | | | 36 | | 37 | | 4'07" | | | 4'05" | | 4'09" | | 4'07" | | | 166 | | 167 | |
| **68** | | 12 | | 13 | | | 34 | | 35 | | 4'12" | | | 4'10" | | 4'14" | | 4'12" | | | 163 | | 164 | |
| **66** | |  | |  | | | 32 | | 33 | | 4'17" | | | 4'15" | | 4'19" | | 4'17" | | | 160 | | 161 | |
| **64** | | 11 | | 12 | | | 30 | | 31 | | 4'22" | | | 4'20" | | 4'24" | | 4'22" | | | 157 | | 158 | |
| **62** | |  | |  | | | 28 | | 29 | | 4'27" | | | 4'25" | | 4'29" | | 4'27" | | | 154 | | 155 | |
| **60** | | 10 | | 11 | | | 26 | | 27 | | 4'32" | | | 4'30" | | 4'34" | | 4'32" | | | 151 | | 152 | |
| **不及格** | | **50** | | 9 | | 10 | | | 24 | | 25 | | 4'52" | | | 4'50" | | 4'44" | | 4'42" | | | 146 | | 147 | |
| **40** | | 8 | | 9 | | | 22 | | 23 | | 5'12" | | | 5'10" | | 4'54" | | 4'52" | | | 141 | | 142 | |
| **30** | | 7 | | 8 | | | 20 | | 21 | | 5'32" | | | 5'30" | | 5'04" | | 5'02" | | | 136 | | 137 | |
| **20** | | 6 | | 7 | | | 18 | | 19 | | 5'52" | | | 5'50" | | 5'14" | | 5'12" | | | 131 | | 132 | |
| **10** | | 5 | | 6 | | | 16 | | 17 | | 6'12" | | | 6'10" | | 5'24" | | 5'22" | | | 126 | | 127 | |