**附件8**

**《国家学生体质健康标准》测试（大学生）**

**各项指标评分标准**

体重指数（BMI）评分标准如下表1所示。大学男生肺活量、50米跑、坐位体前屈、立定跳远、引体向上、1000米跑的评分标准如下表2所示；大学女生肺活量、50米跑、坐位体前屈、立定跳远、一分钟仰卧起坐、800米跑的评分标准如下表3所示。大学男生加分标准如表4所示。大学女生加分标准如表5所示。

**表1 体重指数（BMI）单项评分表（单位：千克/米2）**

|  |  |  |  |
| --- | --- | --- | --- |
| 等级 | 单项得分 | 男生 | 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 |

**注：**体重指数（BMI）=体重（千克）/身高2（米2）。

**表2 大学男生评分标准**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **等级** | **单项** | **肺活量** | **50米跑** | **坐位体前屈** | **立定跳远** | **引体向上** | **1000米跑** |
| **得分** | **大一** | **大三** | **大一** | **大三** | **大一** | **大三** | **大一** | **大三** | **大一** | **大三** | **大一** | **大三** |
|  | **大二** | **大四** | **大二** | **大四** | **大二** | **大四** | **大二** | **大四** | **大二** | **大四** | **大二** | **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 | 3.2 |
| 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 | 6.9 | 19.5 | 19.9 | 256 | 258 | 16 | 17 | 3.34 | 3.32 |
| 80 | 4300 | 4400 | 7.1 | 7 | 17.7 | 18.2 | 248 | 250 | 15 | 16 | 3.42 | 3.4 |
| **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 | 3.5 |
| 74 | 3940 | 4040 | 7.7 | 7.6 | 13.5 | 14 | 236 | 238 |  |  | 3.57 | 3.55 |
| 72 | 3820 | 3920 | 7.9 | 7.8 | 12.1 | 12.6 | 232 | 234 | 13 | 14 | 4.02 | 4 |
| 70 | 3700 | 3800 | 8.1 | 8 | 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 | 4.1 |
| 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 | 216 | 218 | 11 | 12 | 4.22 | 4.2 |
| 62 | 3220 | 3320 | 8.9 | 8.8 | 5.1 | 5.6 | 212 | 214 |  |  | 4.27 | 4.25 |
| 60 | 3100 | 3200 | 9.1 | 9 | 3.7 | 4.2 | 208 | 210 | 10 | 11 | 4.32 | 4.3 |
| **不及格** | 50 | 2940 | 3030 | 9.3 | 9.2 | 2.7 | 3.2 | 203 | 205 | 9 | 10 | 4.52 | 4.5 |
| 40 | 2780 | 2860 | 9.5 | 9.4 | 1.7 | 2.2 | 198 | 200 | 8 | 9 | 5.12 | 5.1 |
| 30 | 2620 | 2690 | 9.7 | 9.6 | 0.7 | 1.2 | 193 | 195 | 7 | 8 | 5.32 | 5.3 |
| 20 | 2460 | 2520 | 9.9 | 9.8 | -0.3 | 0.2 | 188 | 190 | 6 | 7 | 5.52 | 5.5 |
| 10 | 2300 | 2350 | 10.1 | 10 | -1.3 | -0.8 | 183 | 185 | 5 | 6 | 6.12 | 6.1 |

**表3 大学女生评分标准**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **等级** | **单项得分** | **肺活量** | **50米跑** | **坐位体前屈** | **立定跳远** | **一分钟仰卧起坐** | **800米跑** |
| **大一** | **大三** | **大一** | **大三** | **大一** | **大三** | **大一** | **大三** | **大一** | **大三** | **大一** | **大三** |
| **大二** | **大四** | **大二** | **大四** | **大二** | **大四** | **大二** | **大四** | **大二** | **大四** | **大二** | **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 | 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 | 3.3 | 3.28 |
| **良好** | 85 | 3150 | 3200 | 8 | 7.9 | 20.6 | 21 | 188 | 189 | 49 | 50 | 3.37 | 3.35 |
| 80 | 3000 | 3050 | 8.3 | 8.2 | 19 | 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 | 13.8 | 14.3 | 169 | 170 | 38 | 39 | 4.04 | 4.02 |
| 70 | 2500 | 2550 | 9.3 | 9.2 | 12.5 | 13 | 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 | 7.3 | 7.8 | 154 | 155 | 28 | 29 | 4.29 | 4.27 |
| 60 | 2000 | 2050 | 10.3 | 10.2 | 6 | 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 | 2.8 | 3.3 | 131 | 132 | 18 | 19 | 5.14 | 5.12 |
| 10 | 1800 | 1850 | 11.3 | 11.2 | 2 | 2.5 | 126 | 127 | 16 | 17 | 5.24 | 5.22 |

**表4 大学男生加分标准**

|  |  |  |
| --- | --- | --- |
| **加分** | **引体向上** | **1000米跑** |
| **大一** | **大三** | **大一** | **大三** |
| **大二** | **大四** | **大二** | **大四** |
| **10** | 10 | 10 | -35″ | -35″ |
| **9** | 9 | 9 | -32″ | -32″ |
| **8** | 8 | 8 | -29″ | -29″ |
| **7** | 7 | 7 | -26″ | -26″ |
| **6** | 6 | 6 | -23″ | -23″ |
| **5** | 5 | 5 | -20″ | -20″ |
| **4** | 4 | 4 | -16″ | -16″ |
| **3** | 3 | 3 | -12″ | -12″ |
| **2** | 2 | 2 | -8″ | -8″ |
| **1** | 1 | 1 | -4″ | -4″ |

**表5 大学女生加分标准**

|  |  |  |
| --- | --- | --- |
| **加分** | **一分钟仰卧起坐** | **800米** |
| **大一** | **大三** | **大一** | **大三** |
| **大二** | **大四** | **大二** | **大四** |
| **10** | 13 | 13 | -50″ | -50″ |
| **9** | 12 | 12 | -45″ | -45″ |
| **8** | 11 | 11 | -40″ | -40″ |
| **7** | 10 | 10 | -35″ | -35″ |
| **6** | 9 | 9 | -30″ | -30″ |
| **5** | 8 | 8 | -25″ | -25″ |
| **4** | 7 | 7 | -20″ | -20″ |
| **3** | 6 | 6 | -15″ | -15″ |
| **2** | 4 | 4 | -10″ | -10″ |
| **1** | 2 | 2 | -5″ | -5″ |

**注：**1000米跑、800米跑均为低优指标，学生成绩低于单项评分100分后，以减少的秒数所对应的分数进行加分。