**《国家学生体质健康标准》测试（大学生）的评价指标和得分**

|  |  |
| --- | --- |
| ****评价指标**** | ****得分**** |
| 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） | 10 |
| 1000米跑（男）/800米跑（女） | 20 |
| 合计 | 100 |

《标准》的学年总分由标准分与附加分之和构成，满分为120分。标准分由各单项指标得分与权重乘积之和组成，满分为100分。附加分根据实测成绩确定，即对成绩超过100分的加分指标进行加分，满分为20分；大学的加分指标为男生引体向上和1000米跑，女生1分钟仰卧起坐和800米跑，各指标加分幅度均为10分。根据学生学年总分评定等级：90.0分及以上为优秀，80.0～89.9分为良好，60.0～79.9分为及格，59.9分及以下为不及格。

**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）。

****大学男生评分标准****

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ****等级**** | ****单项****  ****得分**** | ****肺活量**** | | ****50米跑**** | | ****坐位体前屈**** | | ****立定跳远**** | | ****引体向上**** | | ****1000米跑**** | |
| ****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 |

****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 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ****加分**** | ****引体向上**** | | ****1000米跑**** | |
| ****大一 大二**** | ****大三 大四**** | ****大一 大二**** | ****大三 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″ |

****男生加分标准****

**女生加分标准**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ****加分**** | ****一分钟仰卧起坐**** | | | ****800米**** | |
| ****大一 大二**** | ****大三 大四**** | ****大一 大二**** | | ****大三 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。