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| --- | --- | --- | --- | --- | --- | --- | --- |
| 项目 | 等级 | 单项  得分 | 五年制  一年级 | 五年制  二年级 | 五年制  三年级 | 大一  大二 | 大三  大四 |
| 男  生  肺  活  量  评  分  表(单位：毫升) | 优秀 | 100 | 4540 | 4740 | 4940 | 5040 | 5140 |
| 95 | 4420 | 4620 | 4820 | 4920 | 5020 |
| 90 | 4300 | 4500 | 4700 | 4800 | 4900 |
| 良好 | 85 | 4050 | 4250 | 4450 | 4550 | 4650 |
| 80 | 3800 | 4000 | 4200 | 4300 | 4400 |
| 及格 | 78 | 3680 | 3880 | 4080 | 4180 | 4280 |
| 76 | 3560 | 3760 | 3960 | 4060 | 4160 |
| 74 | 3440 | 3640 | 3840 | 3940 | 4040 |
| 72 | 3320 | 3520 | 3720 | 3820 | 3920 |
| 70 | 3200 | 3400 | 3600 | 3700 | 3800 |
| 68 | 3080 | 3280 | 3480 | 3580 | 3680 |
| 66 | 2960 | 3160 | 3360 | 3460 | 3560 |
| 64 | 2840 | 3040 | 3240 | 3340 | 3440 |
| 62 | 2720 | 2920 | 3120 | 3220 | 3320 |
| 60 | 2600 | 2800 | 3000 | 3100 | 3200 |
| 不及格 | 50 | 2470 | 2660 | 2850 | 2940 | 3030 |
| 40 | 2340 | 2520 | 2700 | 2780 | 2860 |
| 30 | 2210 | 2380 | 2550 | 2620 | 2690 |
| 20 | 2080 | 2240 | 2400 | 2460 | 2520 |
| 10 | 1950 | 2100 | 2250 | 2300 | 2350 |
| 男生50米跑评分表（单位：秒） | 优秀 | 100 | 7.1 | 7.0 | 6.8 | 6.7 | 6.6 |
| 95 | 7.2 | 7.1 | 6.9 | 6.8 | 6.7 |
| 90 | 7.3 | 7.2 | 7.0 | 6.9 | 6.8 |
| 良好 | 85 | 7.4 | 7.3 | 7.1 | 7.0 | 6.9 |
| 80 | 7.5 | 7.4 | 7.2 | 7.1 | 7.0 |
| 及格 | 78 | 7.7 | 7.6 | 7.4 | 7.3 | 7.2 |
| 76 | 7.9 | 7.8 | 7.6 | 7.5 | 7.4 |
| 74 | 8.1 | 8.0 | 7.8 | 7.7 | 7.6 |
| 72 | 8.3 | 8.2 | 8.0 | 7.9 | 7.8 |
| 70 | 8.5 | 8.4 | 8.2 | 8.1 | 8.0 |
| 68 | 8.7 | 8.6 | 8.4 | 8.3 | 8.2 |
| 66 | 8.9 | 8.8 | 8.6 | 8.5 | 8.4 |
| 64 | 9.1 | 9.0 | 8.8 | 8.7 | 8.6 |
| 62 | 9.3 | 9.2 | 9.0 | 8.9 | 8.8 |
| 60 | 9.5 | 9.4 | 9.2 | 9.1 | 9.0 |
| 不及格 | 50 | 9.7 | 9.6 | 9.4 | 9.3 | 9.2 |
| 40 | 9.9 | 9.8 | 9.6 | 9.5 | 9.4 |
| 30 | 10.1 | 10.0 | 9.8 | 9.7 | 9.6 |
| 20 | 10.3 | 10.2 | 10.0 | 9.9 | 9.8 |
| 10 | 10.5 | 10.4 | 10.2 | 10.1 | 10.0 |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| 项目 | 等级 | 单项  得分 | 五年制  一年级 | 五年制  二年级 | 五年制  三年级 | 大一  大二 | 大三  大四 |
| 男生  坐位  体前屈  评分表  （单位：  厘米） | 优秀 | 100 | 23.6 | 24.3 | 24.6 | 24.9 | 25.1 |
| 95 | 21.5 | 22.4 | 22.8 | 23.1 | 23.3 |
| 90 | 19.4 | 20.5 | 21.0 | 21.3 | 21.5 |
| 良好 | 85 | 17.2 | 18.3 | 19.1 | 19.5 | 19.9 |
| 80 | 15.0 | 16.1 | 17.2 | 17.7 | 18.2 |
| 及格 | 78 | 13.6 | 14.7 | 15.8 | 16.3 | 16.8 |
| 76 | 12.2 | 13.3 | 14.4 | 14.9 | 15.4 |
| 74 | 10.8 | 11.9 | 13.0 | 13.5 | 14.0 |
| 72 | 9.4 | 10.5 | 11.6 | 12.1 | 12.6 |
| 70 | 8.0 | 9.1 | 10.2 | 10.7 | 11.2 |
| 68 | 6.6 | 7.7 | 8.8 | 9.3 | 9.8 |
| 66 | 5.2 | 6.3 | 7.4 | 7.9 | 8.4 |
| 64 | 3.8 | 4.9 | 6.0 | 6.5 | 7.0 |
| 62 | 2.4 | 3.5 | 4.6 | 5.1 | 5.6 |
| 60 | 1.0 | 2.1 | 3.2 | 3.7 | 4.2 |
| 不及格 | 50 | 0.0 | 1.1 | 2.2 | 2.7 | 3.2 |
| 40 | -1.0 | 0.1 | 1.2 | 1.7 | 2.2 |
| 30 | -2.0 | -0.9 | 0.2 | 0.7 | 1.2 |
| 20 | -3.0 | -1.9 | -0.8 | -0.3 | 0.2 |
| 10 | -4.0 | -2.9 | -1.8 | -1.3 | -0.8 |
| 男生  立定  跳远  评分表  （单位：  厘米） | 优秀 | 100 | 260 | 265 | 270 | 273 | 275 |
| 95 | 255 | 260 | 265 | 268 | 270 |
| 90 | 250 | 255 | 260 | 263 | 265 |
| 良好 | 85 | 243 | 248 | 253 | 256 | 258 |
| 80 | 235 | 240 | 245 | 248 | 250 |
| 及格 | 78 | 231 | 236 | 241 | 244 | 246 |
| 76 | 227 | 232 | 237 | 240 | 242 |
| 74 | 223 | 228 | 233 | 236 | 238 |
| 72 | 219 | 224 | 229 | 232 | 234 |
| 70 | 215 | 220 | 225 | 228 | 230 |
| 68 | 211 | 216 | 221 | 224 | 226 |
| 66 | 207 | 212 | 217 | 220 | 222 |
| 64 | 203 | 208 | 213 | 216 | 218 |
| 62 | 199 | 204 | 209 | 212 | 214 |
| 60 | 195 | 200 | 205 | 208 | 210 |
| 不及格 | 50 | 190 | 195 | 200 | 203 | 205 |
| 40 | 185 | 190 | 195 | 198 | 200 |
| 30 | 180 | 185 | 190 | 193 | 195 |
| 20 | 175 | 180 | 185 | 188 | 190 |
| 10 | 170 | 175 | 180 | 183 | 185 |

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| 项目 | 等级 | 单项  得分 | 五年制  一年级 | 五年制  二年级 | 五年制  三年级 | 大一  大二 | 大三  大四 |
| 男生引体向上评分表  (单位：次) | 优秀 | 100 | 16 | 17 | 18 | 19 | 20 |
| 95 | 15 | 16 | 17 | 18 | 19 |
| 90 | 14 | 15 | 16 | 17 | 18 |
| 良好 | 85 | 13 | 14 | 15 | 16 | 17 |
| 80 | 12 | 13 | 14 | 15 | 16 |
| 及格 | 78 |  |  |  |  |  |
| 76 | 11 | 12 | 13 | 14 | 15 |
| 74 |  |  |  |  |  |
| 72 | 10 | 11 | 12 | 13 | 14 |
| 70 |  |  |  |  |  |
| 68 | 9 | 10 | 11 | 12 | 13 |
| 66 |  |  |  |  |  |
| 64 | 8 | 9 | 10 | 11 | 12 |
| 62 |  |  |  |  |  |
| 60 | 7 | 8 | 9 | 10 | 11 |
| 不及格 | 50 | 6 | 7 | 8 | 9 | 10 |
| 40 | 5 | 6 | 7 | 8 | 9 |
| 30 | 4 | 5 | 6 | 7 | 8 |
| 20 | 3 | 4 | 5 | 6 | 7 |
| 10 | 2 | 3 | 4 | 5 | 6 |
| 男生  耐力跑  评分表  (单位：  分·秒) | 优秀 | 100 | 3'30" | 3'25" | 3'20" | 3'17" | 3'15" |
| 95 | 3'35" | 3'30" | 3'25" | 3'22" | 3'20" |
| 90 | 3'40" | 3'35" | 3'30" | 3'27" | 3'25" |
| 良好 | 85 | 3'47" | 3'42" | 3'37" | 3'34" | 3'32" |
| 80 | 3'55" | 3'50" | 3'45" | 3'42" | 3'40" |
| 及格 | 78 | 4'00" | 3'55" | 3'50" | 3'47" | 3'45" |
| 76 | 4'05" | 4'00" | 3'55" | 3'52" | 3'50" |
| 74 | 4'10" | 4'05" | 4'00" | 3'57" | 3'55" |
| 72 | 4'15" | 4'10" | 4'05" | 4'02" | 4'00" |
| 70 | 4'20" | 4'15" | 4'10" | 4'07" | 4'05" |
| 68 | 4'25" | 4'20" | 4'15" | 4'12" | 4'10" |
| 66 | 4'30" | 4'25" | 4'20" | 4'17" | 4'15" |
| 64 | 4'35" | 4'30" | 4'25" | 4'22" | 4'20" |
| 62 | 4'40" | 4'35" | 4'30" | 4'27" | 4'25" |
| 60 | 4'45" | 4'40" | 4'35" | 4'32" | 4'30" |
| 不及格 | 50 | 5'05" | 5'00" | 4'55" | 4'52" | 4'50" |
| 40 | 5'25" | 5'20" | 5'15" | 5'12" | 5'10" |
| 30 | 5'45" | 5'40" | 5'35" | 5'32" | 5'30" |
| 20 | 6'05" | 6'00" | 5'55" | 5'52" | 5'50" |
| 10 | 6'25" | 6'20" | 6'15" | 6'12" | 6'10" |

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| 项目 | | 等级 | | 单项  得分 | | 五年制  一年级 | | 五年制  二年级 | | 五年制  三年级 | 大一  大二 | | 大三  大四 | | |
| 女生  肺活量  评分表  （单位：  毫升） | | 优秀 | | 100 | | 3150 | | 3250 | | 3350 | 3400 | | 3450 | | |
| 95 | | 3100 | | 3200 | | 3300 | 3350 | | 3400 | | |
| 90 | | 3050 | | 3150 | | 3250 | 3300 | | 3350 | | |
| 良好 | | 85 | | 2900 | | 3000 | | 3100 | 3150 | | 3200 | | |
| 80 | | 2750 | | 2850 | | 2950 | 3000 | | 3050 | | |
| 及格 | | 78 | | 2650 | | 2750 | | 2850 | 2900 | | 2950 | | |
| 76 | | 2550 | | 2650 | | 2750 | 2800 | | 2850 | | |
| 74 | | 2450 | | 2550 | | 2650 | 2700 | | 2750 | | |
| 72 | | 2350 | | 2450 | | 2550 | 2600 | | 2650 | | |
| 70 | | 2250 | | 2350 | | 2450 | 2500 | | 2550 | | |
| 68 | | 2150 | | 2250 | | 2350 | 2400 | | 2450 | | |
| 66 | | 2050 | | 2150 | | 2250 | 2300 | | 2350 | | |
| 64 | | 1950 | | 2050 | | 2150 | 2200 | | 2250 | | |
| 62 | | 1850 | | 1950 | | 2050 | 2100 | | 2150 | | |
| 60 | | 1750 | | 1850 | | 1950 | 2000 | | 2050 | | |
| 不及格 | | 50 | | 1710 | | 1810 | | 1910 | 1960 | | 2010 | | |
| 40 | | 1670 | | 1770 | | 1870 | 1920 | | 1970 | | |
| 30 | | 1630 | | 1730 | | 1830 | 1880 | | 1930 | | |
| 20 | | 1590 | | 1690 | | 1790 | 1840 | | 1890 | | |
| 10 | | 1550 | | 1650 | | 1750 | 1800 | | 1850 | | |
| 女生50米跑评分表（单位：秒） | | 优秀 | | 100 | | 7.8 | | 7.7 | | 7.6 | 7.5 | | 7.4 | | |
| 95 | | 7.9 | | 7.8 | | 7.7 | 7.6 | | 7.5 | | |
| 90 | | 8.0 | | 7.9 | | 7.8 | 7.7 | | 7.6 | | |
| 良好 | | 85 | | 8.3 | | 8.2 | | 8.1 | 8.0 | | 7.9 | | |
| 80 | | 8.6 | | 8.5 | | 8.4 | 8.3 | | 8.2 | | |
| 及格 | | 78 | | 8.8 | | 8.7 | | 8.6 | 8.5 | | 8.4 | | |
| 76 | | 9.0 | | 8.9 | | 8.8 | 8.7 | | 8.6 | | |
| 74 | | 9.2 | | 9.1 | | 9.0 | 8.9 | | 8.8 | | |
| 72 | | 9.4 | | 9.3 | | 9.2 | 9.1 | | 9.0 | | |
| 70 | | 9.6 | | 9.5 | | 9.4 | 9.3 | | 9.2 | | |
| 68 | | 9.8 | | 9.7 | | 9.6 | 9.5 | | 9.4 | | |
| 66 | | 10.0 | | 9.9 | | 9.8 | 9.7 | | 9.6 | | |
| 64 | | 10.2 | | 10.1 | | 10.0 | 9.9 | | 9.8 | | |
| 62 | | 10.4 | | 10.3 | | 10.2 | 10.1 | | 10.0 | | |
| 60 | | 10.6 | | 10.5 | | 10.4 | 10.3 | | 10.2 | | |
| 不及格 | | 50 | | 10.8 | | 10.7 | | 10.6 | 10.5 | | 10.4 | | |
| 40 | | 11.0 | | 10.9 | | 10.8 | 10.7 | | 10.6 | | |
| 30 | | 11.2 | | 11.1 | | 11.0 | 10.9 | | 10.8 | | |
| 20 | | 11.4 | | 11.3 | | 11.2 | 11.1 | | 11.0 | | |
| 10 | | 11.6 | | 11.5 | | 11.4 | 11.3 | | 11.2 | | |
| 项目 | 等级 | 单项  得分 | | 五年制  一年级 | | 五年制  二年级 | | 五年制  三年级 | | | 大一  大二 | | 大三  大四 |
| 女生坐位体前屈评分表（单位：厘米） | 优秀 | 100 | | 24.2 | | 24.8 | | 25.3 | | | 25.8 | | 26.3 |
| 95 | | 22.5 | | 23.1 | | 23.6 | | | 24.0 | | 24.4 |
| 90 | | 20.8 | | 21.4 | | 21.9 | | | 22.2 | | 22.4 |
| 良好 | 85 | | 19.1 | | 19.7 | | 20.2 | | | 20.6 | | 21.0 |
| 80 | | 17.4 | | 18.0 | | 18.5 | | | 19.0 | | 19.5 |
| 及格 | 78 | | 16.1 | | 16.7 | | 17.2 | | | 17.7 | | 18.2 |
| 76 | | 14.8 | | 15.4 | | 15.9 | | | 16.4 | | 16.9 |
| 74 | | 13.5 | | 14.1 | | 14.6 | | | 15.1 | | 15.6 |
| 72 | | 12.2 | | 12.8 | | 13.3 | | | 13.8 | | 14.3 |
| 70 | | 10.9 | | 11.5 | | 12.0 | | | 12.5 | | 13.0 |
| 68 | | 9.6 | | 10.2 | | 10.7 | | | 11.2 | | 11.7 |
| 66 | | 8.3 | | 8.9 | | 9.4 | | | 9.9 | | 10.4 |
| 64 | | 7.0 | | 7.6 | | 8.1 | | | 8.6 | | 9.1 |
| 62 | | 5.7 | | 6.3 | | 6.8 | | | 7.3 | | 7.8 |
| 60 | | 4.4 | | 5.0 | | 5.5 | | | 6.0 | | 6.5 |
| 不及格 | 50 | | 3.6 | | 4.2 | | 4.7 | | | 5.2 | | 5.7 |
| 40 | | 2.8 | | 3.4 | | 3.9 | | | 4.4 | | 4.9 |
| 30 | | 2.0 | | 2.6 | | 3.1 | | | 3.6 | | 4.1 |
| 20 | | 1.2 | | 1.8 | | 2.3 | | | 2.8 | | 3.3 |
| 10 | | 0.4 | | 1.0 | | 1.5 | | | 2.0 | | 2.5 |
| 女生立定跳远评分表（单位：厘米） | 优秀 | 100 | | 204 | | 205 | | 206 | | | 207 | | 208 |
| 95 | | 198 | | 199 | | 200 | | | 201 | | 202 |
| 90 | | 192 | | 193 | | 194 | | | 195 | | 196 |
| 良好 | 85 | | 185 | | 186 | | 187 | | | 188 | | 189 |
| 80 | | 178 | | 179 | | 180 | | | 181 | | 182 |
| 及格 | 78 | | 175 | | 176 | | 177 | | | 178 | | 179 |
| 76 | | 172 | | 173 | | 174 | | | 175 | | 176 |
| 74 | | 169 | | 170 | | 171 | | | 172 | | 173 |
| 72 | | 166 | | 167 | | 168 | | | 169 | | 170 |
| 70 | | 163 | | 164 | | 165 | | | 166 | | 167 |
| 68 | | 160 | | 161 | | 162 | | | 163 | | 164 |
| 66 | | 157 | | 158 | | 159 | | | 160 | | 161 |
| 64 | | 154 | | 155 | | 156 | | | 157 | | 158 |
| 62 | | 151 | | 152 | | 153 | | | 154 | | 155 |
| 60 | | 148 | | 149 | | 150 | | | 151 | | 152 |
| 不及格 | 50 | | 143 | | 144 | | 145 | | | 146 | | 147 |
| 40 | | 138 | | 139 | | 140 | | | 141 | | 142 |
| 30 | | 133 | | 134 | | 135 | | | 136 | | 137 |
| 20 | | 128 | | 129 | | 130 | | | 131 | | 132 |
| 10 | | 123 | | 124 | | 125 | | | 126 | | 127 |

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| 项目 | 等级 | 单项  得分 | 五年制  一年级 | 五年制  二年级 | 五年制  三年级 | 大一  大二 | 大三  大四 |
| 女生一分钟仰卧起坐评分表（单位：次） | 优秀 | 100 | 53 | 54 | 55 | 56 | 57 |
| 95 | 51 | 52 | 53 | 54 | 55 |
| 90 | 49 | 50 | 51 | 52 | 53 |
| 良好 | 85 | 46 | 47 | 48 | 49 | 50 |
| 80 | 43 | 44 | 45 | 46 | 47 |
| 及格 | 78 | 41 | 42 | 43 | 44 | 45 |
| 76 | 39 | 40 | 41 | 42 | 43 |
| 74 | 37 | 38 | 39 | 40 | 41 |
| 72 | 35 | 36 | 37 | 38 | 39 |
| 70 | 33 | 34 | 35 | 36 | 37 |
| 68 | 31 | 32 | 33 | 34 | 35 |
| 66 | 29 | 30 | 31 | 32 | 33 |
| 64 | 27 | 28 | 29 | 30 | 31 |
| 62 | 25 | 26 | 27 | 28 | 29 |
| 60 | 23 | 24 | 25 | 26 | 27 |
| 不及格 | 50 | 21 | 22 | 23 | 24 | 25 |
| 40 | 19 | 20 | 21 | 22 | 23 |
| 30 | 17 | 18 | 19 | 20 | 21 |
| 20 | 15 | 16 | 17 | 18 | 19 |
| 10 | 13 | 14 | 15 | 16 | 17 |
| 女生耐力跑评分表（单位：分·秒） | 优秀 | 100 | 3'24" | 3'22" | 3'20" | 3'18" | 3'16" |
| 95 | 3'30" | 3'28" | 3'26" | 3'24" | 3'22" |
| 90 | 3'36" | 3'34" | 3'32" | 3'30" | 3'28" |
| 良好 | 85 | 3'43" | 3'41" | 3'39" | 3'37" | 3'35" |
| 80 | 3'50" | 3'48" | 3'46" | 3'44" | 3'42" |
| 及格 | 78 | 3'55" | 3'53" | 3'51" | 3'49" | 3'47" |
| 76 | 4'00" | 3'58" | 3'56" | 3'54" | 3'52" |
| 74 | 4'05" | 4'03" | 4'01" | 3'59" | 3'57" |
| 72 | 4'10" | 4'08" | 4'06" | 4'04" | 4'02" |
| 70 | 4'15" | 4'13" | 4'11" | 4'09" | 4'07" |
| 68 | 4'20" | 4'18" | 4'16" | 4'14" | 4'12" |
| 66 | 4'25" | 4'23" | 4'21" | 4'19" | 4'17" |
| 64 | 4'30" | 4'28" | 4'26" | 4'24" | 4'22" |
| 62 | 4'35" | 4'33" | 4'31" | 4'29" | 4'27" |
| 60 | 4'40" | 4'38" | 4'36" | 4'34" | 4'32" |
| 不及格 | 50 | 4'50" | 4'48" | 4'46" | 4'44" | 4'42" |
| 40 | 5'00" | 4'58" | 4'56" | 4'54" | 4'52" |
| 30 | 5'10" | 5'08" | 5'06" | 5'04" | 5'02" |
| 20 | 5'20" | 5'18" | 5'16" | 5'14" | 5'12" |
| 10 | 5'30" | 5'28" | 5'26" | 5'24" | 5'22" |

注：高中、大学：800米跑。