**各项目具体测试方法：**

**1.身高：受试者背向立柱站立在身高计的底板上，躯干自然挺直，头部正直，两眼平视前方，上肢自然下垂，两腿伸直。两足跟并拢，足尖分开约60度。**

**2.体重：受试者应自然站立在体重计踏板的中央，保持身体平稳。**

**3.肺活量：尽力深吸气直到不能再吸气为止，然后，将口对准吹嘴缓慢地呼气，直到不能呼气为止。**

**4.1分钟仰卧起坐：受试者仰卧于垫上，两腿稍分开，屈膝呈90°角左右，两手臂放于耳朵两侧或者放于胸前。另一同伴压住其踝关节，以固定下肢。受试者坐起时两肘触及或超过双膝为完成一次。测试人员发出“开始”口令的同时开表计时，记录1分钟内完成次数。**

**5.引体向上：双手采用正握方式握杠，两手握杆间距与肩同宽，身体呈直臂悬垂姿势，两臂同时用力向上引体，当引体上拉躯干到下颌超过横杠上缘，然后还原呈直臂悬垂姿势为完成一次。**

**6.坐位体前屈：受试者双手并拢，掌心向下平伸，膝关节伸直，上体前屈，用双手中指指尖推动游标平滑前进，直到不能推动为止。测试时，受试者双臂不能突然前振，不能用单手前推游标，膝关节不能弯曲。**

**7.50米跑：起跑前，受试者不得踩、跨起跑线、抢跑，要全速直线跑，途中不得串道。**

**8.立定跳远：两腿原地起跳，不得有垫步或连跳动作。丈量起跳线后缘至最近着地点后缘之间的垂直距离。受试者可以赤脚，但不得穿钉鞋、皮鞋、塑料凉鞋进行测试。**

**9.1000米(男)/800米(女)：在发出起跑信号起跑，在途中不得越过跑道内沿，否则视为违规。**

**表1 大学生体质健康标准男生单项评分表**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **等级** | **单项**  **得分** | **大一、大二** | | | | | | **大三、大四** | | | | | |
| **肺活量** | **50m** | **坐位体前屈** | **立定**  **跳远** | **引体**  **向上** | **1000m** | **肺活量** | **50m** | **坐位体前屈** | **立定**  **跳远** | **引体**  **向上** | **1000m** |
| **优秀** | **100** | 5040 | 6.7 | 24.9 | 273 | 19 | 3'17" | 5140 | 6.6 | 25.1 | 275 | 20 | 3'15" |
| **95** | 4920 | 6.8 | 23.1 | 268 | 18 | 3'22" | 5020 | 6.7 | 23.3 | 270 | 19 | 3'20" |
| **90** | 4800 | 6.9 | 21.3 | 263 | 17 | 3'27" | 4900 | 6.8 | 21.5 | 265 | 18 | 3'25" |
| **良好** | **85** | 4550 | 7.0 | 19.5 | 256 | 16 | 3'34" | 4650 | 6.9 | 19.9 | 258 | 17 | 3'32" |
| **80** | 4300 | 7.1 | 17.7 | 248 | 15 | 3'42" | 4400 | 7.0 | 18.2 | 250 | 16 | 3'40" |
| **及格** | **78** | 4180 | 7.3 | 16.3 | 244 |  | 3'47" | 4280 | 7.2 | 16.8 | 246 |  | 3'45" |
| **76** | 4060 | 7.5 | 14.9 | 240 | 14 | 3'52" | 4160 | 7.4 | 15.4 | 242 | 15 | 3'50" |
| **74** | 3940 | 7.7 | 13.5 | 236 |  | 3'57" | 4040 | 7.6 | 14.0 | 238 |  | 3'55" |
| **72** | 3820 | 7.9 | 12.1 | 232 | 13 | 4'02" | 3920 | 7.8 | 12.6 | 234 | 14 | 4'00" |
| **70** | 3700 | 8.1 | 10.7 | 228 |  | 4'07" | 3800 | 8.0 | 11.2 | 230 |  | 4'05" |
| **68** | 3580 | 8.3 | 9.3 | 224 | 12 | 4'12" | 3680 | 8.2 | 9.8 | 226 | 13 | 4'10" |
| **66** | 3460 | 8.5 | 7.9 | 220 |  | 4'17" | 3560 | 8.4 | 8.4 | 222 |  | 4'15" |
| **64** | 3340 | 8.7 | 6.5 | 216 | 11 | 4'22" | 3440 | 8.6 | 7.0 | 218 | 12 | 4'20" |
| **62** | 3220 | 8.9 | 5.1 | 212 |  | 4'27" | 3320 | 8.8 | 5.6 | 214 |  | 4'25" |
| **60** | 3100 | 9.1 | 3.7 | 208 | 10 | 4'32" | 3200 | 9.0 | 4.2 | 210 | 11 | 4'30" |
| **不及格** | **50** | 2940 | 9.3 | 2.7 | 203 | 9 | 4'52" | 3030 | 9.2 | 3.2 | 205 | 10 | 4'50" |
| **40** | 2780 | 9.5 | 1.7 | 198 | 8 | 5'12" | 2860 | 9.4 | 2.2 | 200 | 9 | 5'10" |
| **30** | 2620 | 9.7 | 0.7 | 193 | 7 | 5'32" | 2690 | 9.6 | 1.2 | 195 | 8 | 5'30" |
| **20** | 2460 | 9.9 | -0.3 | 188 | 6 | 5'52" | 2520 | 9.8 | 0.2 | 190 | 7 | 5'50" |
| **10** | 2300 | 10.1 | -1.3 | 183 | 5 | 6'12" | 2350 | 10.0 | -0.8 | 185 | 6 | 6'10" |
| **体重指数** | | **正常** | 17.9~23.9 | | **低体重** | ≤17.8 | | **超重** | 24.0~27.9 | | **肥胖** | ≥28.0 | |
| **100** | **80** | **80** | **60** |

**表2 大学生体质健康标准女生单项评分表**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **等级** | **单项**  **得分** | **大一、大二** | | | | | | **大三、大四** | | | | | |
| **肺活量** | **50m** | **坐位体前屈** | **立定**  **跳远** | **1’仰卧起坐** | **800m** | **肺活量** | **50m** | **坐位体前屈** | **立定**  **跳远** | **1’仰卧起坐** | **800m** |
| **优秀** | **100** | 3400 | 7.5 | 25.8 | 207 | 56 | 3'18" | 3450 | 7.4 | 26.3 | 208 | 57 | 3'16" |
| **95** | 3350 | 7.6 | 24.0 | 201 | 54 | 3'24" | 3400 | 7.5 | 24.4 | 202 | 55 | 3'22" |
| **90** | 3300 | 7.7 | 22.2 | 195 | 52 | 3'30" | 3350 | 7.6 | 22.4 | 196 | 53 | 3'28" |
| **良好** | **85** | 3150 | 8.0 | 20.6 | 188 | 49 | 3'37" | 3200 | 7.9 | 21.0 | 189 | 50 | 3'35" |
| **80** | 3000 | 8.3 | 19.0 | 181 | 46 | 3'44" | 3050 | 8.2 | 19.5 | 182 | 47 | 3'42" |
| **及格** | **78** | 2900 | 8.5 | 17.7 | 178 | 44 | 3'49" | 2950 | 8.4 | 18.2 | 179 | 45 | 3'47" |
| **76** | 2800 | 8.7 | 16.4 | 175 | 42 | 3'54" | 2850 | 8.6 | 16.9 | 176 | 43 | 3'52" |
| **74** | 2700 | 8.9 | 15.1 | 172 | 40 | 3'59" | 2750 | 8.8 | 15.6 | 173 | 41 | 3'57" |
| **72** | 2600 | 9.1 | 13.8 | 169 | 38 | 4'04" | 2650 | 9.0 | 14.3 | 170 | 39 | 4'02" |
| **70** | 2500 | 9.3 | 12.5 | 166 | 36 | 4'09" | 2550 | 9.2 | 13.0 | 167 | 37 | 4'07" |
| **68** | 2400 | 9.5 | 11.2 | 163 | 34 | 4'14" | 2450 | 9.4 | 11.7 | 164 | 35 | 4'12" |
| **66** | 2300 | 9.7 | 9.9 | 160 | 32 | 4'19" | 2350 | 9.6 | 10.4 | 161 | 33 | 4'17" |
| **64** | 2200 | 9.9 | 8.6 | 157 | 30 | 4'24" | 2250 | 9.8 | 9.1 | 158 | 31 | 4'22" |
| **62** | 2100 | 10.1 | 7.3 | 154 | 28 | 4'29" | 2150 | 10.0 | 7.8 | 155 | 29 | 4'27" |
| **60** | 2000 | 10.3 | 6.0 | 151 | 26 | 4'34" | 2050 | 10.2 | 6.5 | 152 | 27 | 4'32" |
| **不及格** | **50** | 1960 | 10.5 | 5.2 | 146 | 24 | 4'44" | 2010 | 10.4 | 5.7 | 147 | 25 | 4'42" |
| **40** | 1920 | 10.7 | 4.4 | 141 | 22 | 4'54" | 1970 | 10.6 | 4.9 | 142 | 23 | 4'52" |
| **30** | 1880 | 10.9 | 3.6 | 136 | 20 | 5'04" | 1930 | 10.8 | 4.1 | 137 | 21 | 5'02" |
| **20** | 1840 | 11.1 | 2.8 | 131 | 18 | 5'14" | 1890 | 11.0 | 3.3 | 132 | 19 | 5'12" |
| **10** | 1800 | 11.3 | 2.0 | 126 | 16 | 5'24" | 1850 | 11.2 | 2.5 | 127 | 17 | 5'22" |
| **体重指数** | | **正常** | 17.2~23.9 | | **超体重** | ≤17.1 | | **超重** | 24.0~27.9 | | **肥胖** | ≥28.0 | |
| **100** | **80** | **80** | **60** |

**表3 大学生体质健康标准加分指标评分表**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **加分** | **男 生** | | | | **女 生** | | | |
| **引体向上** | | **1000m** | | **1’仰卧起坐** | | **800m** | |
| **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** |
| **10** | 10 | 10 | -35" | -35" | 13 | 13 | -50" | -50" |
| **9** | 9 | 9 | -32" | -32" | 12 | 12 | -45" | -45" |
| **8** | 8 | 8 | -29" | -29" | 11 | 11 | -40" | -40" |
| **7** | 7 | 7 | -26" | -26" | 10 | 10 | -35" | -35" |
| **6** | 6 | 6 | -23" | -23" | 9 | 9 | -30" | -30" |
| **5** | 5 | 5 | -20" | -20" | 8 | 8 | -25" | -25" |
| **4** | 4 | 4 | -16" | -16" | 7 | 7 | -20" | -20" |
| **3** | 3 | 3 | -12" | -12" | 6 | 6 | -15" | -15" |
| **2** | 2 | 2 | -8" | -8" | 4 | 4 | -10" | -10" |
| **1** | 1 | 1 | -4" | -4" | 2 | 2 | -5" | -5" |

**注：1、体重指数（BMI）=体重（千克）/身高2（米2）；**

**2、引体向上、一分钟仰卧起坐均为高优指标，学生成绩超过单项评分100分后，以超过的次数所对应的分数进行加分；**

**3、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。**