**附件2**：

**兰州大学2025年本科生体质健康测试运动会**

**身体素质项目评分标准，**

运动会各项评分标准来自《国家学生体质标准（2014修订）》

**一、男生身体素质评分标准**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 等级 | 单项 得分 | 大一、大二 | | | | 大三、大四 | | | |
|
| 50秒 | 立定  跳远 | 引体  向上 | 1000米 | 50秒 | 立定  跳远 | 引体  向上 | 1000米 |
| 优秀 | 100 | 6.7 | 273 | 19 | 3'17" | 6.6 | 275 | 20 | 3'15" |
| 95 | 6.8 | 268 | 18 | 3'22" | 6.7 | 270 | 19 | 3'20" |
| 90 | 6.9 | 263 | 17 | 3'27" | 6.8 | 265 | 18 | 3'25" |
| 良好 | 85 | 7 | 256 | 16 | 3'34" | 6.9 | 258 | 17 | 3'32" |
| 80 | 7.1 | 248 | 15 | 3'42" | 7 | 250 | 16 | 3'40" |
| 及格 | 78 | 7.3 | 244 |  | 3'47" | 7.2 | 246 |  | 3'45" |
| 76 | 7.5 | 240 | 14 | 3'52" | 7.4 | 242 | 15 | 3'50" |
| 74 | 7.7 | 236 |  | 3'57" | 7.6 | 238 |  | 3'55" |
| 72 | 7.9 | 232 | 13 | 4'02" | 7.8 | 234 | 14 | 4'00" |
| 70 | 8.1 | 228 |  | 4'07" | 8 | 230 |  | 4'05" |
| 68 | 8.3 | 224 | 12 | 4'12" | 8.2 | 226 | 13 | 4'10" |
| 66 | 8.5 | 220 |  | 4'17" | 8.4 | 222 |  | 4'15" |
| 64 | 8.7 | 216 | 11 | 4'22" | 8.6 | 218 | 12 | 4'20" |
| 62 | 8.9 | 212 |  | 4'27" | 8.8 | 214 |  | 4'25" |
| 60 | 9.1 | 208 | 10 | 4'32" | 9 | 210 | 11 | 4'30" |
| 不及格 | 50 | 9.3 | 203 | 9 | 4'52" | 9.2 | 205 | 10 | 4'50" |
| 40 | 9.5 | 198 | 8 | 5'12" | 9.4 | 200 | 9 | 5'10" |
| 30 | 9.7 | 193 | 7 | 5'32" | 9.6 | 195 | 8 | 5'30" |
| 20 | 9.9 | 188 | 6 | 5'52" | 9.8 | 190 | 7 | 5'50" |
| 10 | 10.1 | 183 | 5 | 6'12" | 10 | 185 | 6 | 6'10" |

**二、女生身体素质评分标准**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 等级 | 单项  得分 | 大一、大二 | | | | 大三大四 | | | |
|
| 50米 | 立定  跳远 | 仰卧  起坐 | 800米 | 50米 | 立定  跳远 | 仰卧  起坐 | 800米 |
| 优秀 | 100 | 7.5 | 207 | 56 | 3'18" | 7.4 | 208 | 57 | 3'16" |
| 95 | 7.6 | 201 | 54 | 3'24" | 7.5 | 202 | 55 | 3'22" |
| 90 | 7.7 | 195 | 52 | 3'30" | 7.6 | 196 | 53 | 3'28" |
| 良好 | 85 | 8 | 188 | 49 | 3'37" | 7.9 | 189 | 50 | 3'35" |
| 80 | 8.3 | 181 | 46 | 3'44" | 8.2 | 182 | 47 | 3'42" |
| 及格 | 78 | 8.5 | 178 | 44 | 3'49" | 8.4 | 179 | 45 | 3'47" |
| 76 | 8.7 | 175 | 42 | 3'54" | 8.6 | 176 | 43 | 3'52" |
| 74 | 8.9 | 172 | 40 | 3'59" | 8.8 | 173 | 41 | 3'57" |
| 72 | 9.1 | 169 | 38 | 4'04" | 9 | 170 | 39 | 4'02" |
| 70 | 9.3 | 166 | 36 | 4'09" | 9.2 | 167 | 37 | 4'07" |
| 68 | 9.5 | 163 | 34 | 4'14" | 9.4 | 164 | 35 | 4'12" |
| 66 | 9.7 | 160 | 32 | 4'19" | 9.6 | 161 | 33 | 4'17" |
| 64 | 9.9 | 157 | 30 | 4'24" | 9.8 | 158 | 31 | 4'22" |
| 62 | 10.1 | 154 | 28 | 4'29" | 10 | 155 | 29 | 4'27" |
| 60 | 10.3 | 151 | 26 | 4'34" | 10.2 | 152 | 27 | 4'32" |
| 不及格 | 50 | 10.5 | 146 | 24 | 4'44" | 10.4 | 147 | 25 | 4'42" |
| 40 | 10.7 | 141 | 22 | 4'54" | 10.6 | 142 | 23 | 4'52" |
| 30 | 10.9 | 136 | 20 | 5'04" | 10.8 | 137 | 21 | 5'02" |
| 20 | 11.1 | 131 | 18 | 5'14" | 11 | 132 | 19 | 5'12" |
|  | 10 | 11.3 | 126 | 16 | 5'24" | 11.2 | 127 | 17 | 5'22" |

1. **男、女生加分项目标准**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 加分 | 男生 | | 女生 | |
| 引体向上 | 1000米 | 仰卧起坐 | 800米 |
| 大一大二 | 大一大二 | 大一大二 | 大一大二 |
| 10 | 10 | -35" | 13 | -50" |
| 9 | 9 | -32" | 12 | -45" |
| 8 | 8 | -29" | 11 | -40" |
| 7 | 7 | -26" | 10 | -35" |
| 6 | 6 | -23" | 9 | -30" |
| 5 | 5 | -20" | 8 | -25" |
| 4 | 4 | -16" | 7 | -20" |
| 3 | 3 | -12" | 6 | -15" |
| 2 | 2 | -8" | 4 | -10" |
| 1 | 1 | -4" | 2 | -5" |
| 注：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；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。 | | | | |