附件5

《国家学生体质健康标准》测试评分标准

2025年《国家学生体质健康标准》测试评分标准，是根据2014年《国家学生体质健康标准（2014年修订）》【2014】5号文件内容制定的。

**一、单项指标与权重**

|  |  |  |
| --- | --- | --- |
| 测试对象 | 单项指标 | 权重（%） |
| 大学各年级 | 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）  坐（女） | 10 |
| 1000米跑（男）/800米跑（女） | 20 |

**二、单项指标评分表**

**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）。

**各单项评分表**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | |  | | **肺活量（单位：毫升）** | | | | | | | | **50米跑（单位：秒）** | | | | | | | | **坐位体前屈（单位：厘米）** | | | | | | | | **立定跳远（单位：厘米）** | | | | | | |
|  | |  | | **男生** | | | | **女生** | | | | **男生** | | | | **女生** | | | | **男生** | | | | **女生** | | | | **男生** | | | | **女生** | | |
| **等级** | | **单项**  **得分** | | **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** | | **大一**  **大二** | | **大三**  **大四** | | **大一**  **大二** | | **大三**  **大四** |
| **优秀** | | **100** | | 5040 | | 5140 | | 3400 | | 3450 | | 6.7 | | 6.6 | | 7.5 | | 7.4 | | 24.9 | | 25.1 | | 25.8 | | 26.3 | | 273 | | 275 | | 207 | | 208 |
| **95** | | 4920 | | 5020 | | 3350 | | 3400 | | 6.8 | | 6.7 | | 7.6 | | 7.5 | | 23.1 | | 23.3 | | 24.0 | | 24.4 | | 268 | | 270 | | 201 | | 202 |
| **90** | | 4800 | | 4900 | | 3300 | | 3350 | | 6.9 | | 6.8 | | 7.7 | | 7.6 | | 21.3 | | 21.5 | | 22.2 | | 22.4 | | 263 | | 265 | | 195 | | 196 |
| **良好** | | **85** | | 4550 | | 4650 | | 3150 | | 3200 | | 7.0 | | 6.9 | | 8.0 | | 7.9 | | 19.5 | | 19.9 | | 20.6 | | 21.0 | | 256 | | 258 | | 188 | | 189 |
| **80** | | 4300 | | 4400 | | 3000 | | 3050 | | 7.1 | | 7.0 | | 8.3 | | 8.2 | | 17.7 | | 18.2 | | 19.0 | | 19.5 | | 248 | | 250 | | 181 | | 182 |
| **及格** | | **78** | | 4180 | | 4280 | | 2900 | | 2950 | | 7.3 | | 7.2 | | 8.5 | | 8.4 | | 16.3 | | 16.8 | | 17.7 | | 18.2 | | 244 | | 246 | | 178 | | 179 |
| **76** | | 4060 | | 4160 | | 2800 | | 2850 | | 7.5 | | 7.4 | | 8.7 | | 8.6 | | 14.9 | | 15.4 | | 16.4 | | 16.9 | | 240 | | 242 | | 175 | | 176 |
| **74** | | 3940 | | 4040 | | 2700 | | 2750 | | 7.7 | | 7.6 | | 8.9 | | 8.8 | | 13.5 | | 14.0 | | 15.1 | | 15.6 | | 236 | | 238 | | 172 | | 173 |
| **72** | | 3820 | | 3920 | | 2600 | | 2650 | | 7.9 | | 7.8 | | 9.1 | | 9.0 | | 12.1 | | 12.6 | | 13.8 | | 14.3 | | 232 | | 234 | | 169 | | 170 |
| **70** | | 3700 | | 3800 | | 2500 | | 2550 | | 8.1 | | 8.0 | | 9.3 | | 9.2 | | 10.7 | | 11.2 | | 12.5 | | 13.0 | | 228 | | 230 | | 166 | | 167 |
| **68** | | 3580 | | 3680 | | 2400 | | 2450 | | 8.3 | | 8.2 | | 9.5 | | 9.4 | | 9.3 | | 9.8 | | 11.2 | | 11.7 | | 224 | | 226 | | 163 | | 164 |
| **66** | | 3460 | | 3560 | | 2300 | | 2350 | | 8.5 | | 8.4 | | 9.7 | | 9.6 | | 7.9 | | 8.4 | | 9.9 | | 10.4 | | 220 | | 222 | | 160 | | 161 |
| **64** | | 3340 | | 3440 | | 2200 | | 2250 | | 8.7 | | 8.6 | | 9.9 | | 9.8 | | 6.5 | | 7.0 | | 8.6 | | 9.1 | | 216 | | 218 | | 157 | | 158 |
| **62** | | 3220 | | 3320 | | 2100 | | 2150 | | 8.9 | | 8.8 | | 10.1 | | 10.0 | | 5.1 | | 5.6 | | 7.3 | | 7.8 | | 212 | | 214 | | 154 | | 155 |
| **60** | | 3100 | | 3200 | | 2000 | | 2050 | | 9.1 | | 9.0 | | 10.3 | | 10.2 | | 3.7 | | 4.2 | | 6.0 | | 6.5 | | 208 | | 210 | | 151 | | 152 |
| **不及格** | | **50** | | 2940 | | 3030 | | 1960 | | 2010 | | 9.3 | | 9.2 | | 10.5 | | 10.4 | | 2.7 | | 3.2 | | 5.2 | | 5.7 | | 203 | | 205 | | 146 | | 147 |
| **40** | | 2780 | | 2860 | | 1920 | | 1970 | | 9.5 | | 9.4 | | 10.7 | | 10.6 | | 1.7 | | 2.2 | | 4.4 | | 4.9 | | 198 | | 200 | | 141 | | 142 |
| **30** | | 2620 | | 2690 | | 1880 | | 1930 | | 9.7 | | 9.6 | | 10.9 | | 10.8 | | 0.7 | | 1.2 | | 3.6 | | 4.1 | | 193 | | 195 | | 136 | | 137 |
| **20** | | 2460 | | 2520 | | 1840 | | 1890 | | 9.9 | | 9.8 | | 11.1 | | 11.0 | | -0.3 | | 0.2 | | 2.8 | | 3.3 | | 188 | | 190 | | 131 | | 132 |
| **10** | | 2300 | | 2350 | | 1800 | | 1850 | | 10.1 | | 10.0 | | 11.3 | | 11.2 | | -1.3 | | -0.8 | | 2.0 | | 2.5 | | 183 | | 185 | | 126 | | 127 |
|  |  | | **引体向上（单位：次）** | | | | **仰卧起坐（单位：次）** | | | | **1000米（单位：分·秒）** | | | | **800米（单位：分·秒）** | | | |  | | | | | | | |  | | | | | | | | |
|  |  | | **男生** | | | | **女生** | | | | **男生** | | | | **女生** | | | |  | | | |  | | | |  | | | |  | | | | |
| **等级** | **单项**  **得分** | | **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** | | 19 | | 20 | | 56 | | 57 | | 3'17" | | 3'15" | | 3'18" | | 3'16" | |  | |  | |  | |  | |  | |  | |  | |  | | |
| **95** | | 18 | | 19 | | 54 | | 55 | | 3'22" | | 3'20" | | 3'24" | | 3'22" | |  | |  | |  | |  | |  | |  | |  | |  | | |
| **90** | | 17 | | 18 | | 52 | | 53 | | 3'27" | | 3'25" | | 3'30" | | 3'28" | |  | |  | |  | |  | |  | |  | |  | |  | | |
| **良好** | **85** | | 16 | | 17 | | 49 | | 50 | | 3'34" | | 3'32" | | 3'37" | | 3'35" | |  | |  | |  | |  | |  | |  | |  | |  | | |
| **80** | | 15 | | 16 | | 46 | | 47 | | 3'42" | | 3'40" | | 3'44" | | 3'42" | |  | |  | |  | |  | |  | |  | |  | |  | | |
| **及格** | **78** | |  | |  | | 44 | | 45 | | 3'47" | | 3'45" | | 3'49" | | 3'47" | |  | |  | |  | |  | |  | |  | |  | |  | | |
| **76** | | 14 | | 15 | | 42 | | 43 | | 3'52" | | 3'50" | | 3'54" | | 3'52" | |  | |  | |  | |  | |  | |  | |  | |  | | |
| **74** | |  | |  | | 40 | | 41 | | 3'57" | | 3'55" | | 3'59" | | 3'57" | |  | |  | |  | |  | |  | |  | |  | |  | | |
| **72** | | 13 | | 14 | | 38 | | 39 | | 4'02" | | 4'00" | | 4'04" | | 4'02" | |  | |  | |  | |  | |  | |  | |  | |  | | |
| **70** | |  | |  | | 36 | | 37 | | 4'07" | | 4'05" | | 4'09" | | 4'07" | |  | |  | |  | |  | |  | |  | |  | |  | | |
| **68** | | 12 | | 13 | | 34 | | 35 | | 4'12" | | 4'10" | | 4'14" | | 4'12" | |  | |  | |  | |  | |  | |  | |  | |  | | |
| **66** | |  | |  | | 32 | | 33 | | 4'17" | | 4'15" | | 4'19" | | 4'17" | |  | |  | |  | |  | |  | |  | |  | |  | | |
| **64** | | 11 | | 12 | | 30 | | 31 | | 4'22" | | 4'20" | | 4'24" | | 4'22" | |  | |  | |  | |  | |  | |  | |  | |  | | |
| **62** | |  | |  | | 28 | | 29 | | 4'27" | | 4'25" | | 4'29" | | 4'27" | |  | |  | |  | |  | |  | |  | |  | |  | | |
| **60** | | 10 | | 11 | | 26 | | 27 | | 4'32" | | 4'30" | | 4'34" | | 4'32" | |  | |  | |  | |  | |  | |  | |  | |  | | |
| **不及格** | **50** | | 9 | | 10 | | 24 | | 25 | | 4'52" | | 4'50" | | 4'44" | | 4'42" | |  | |  | |  | |  | |  | |  | |  | |  | | |
| **40** | | 8 | | 9 | | 22 | | 23 | | 5'12" | | 5'10" | | 4'54" | | 4'52" | |  | |  | |  | |  | |  | |  | |  | |  | | |
| **30** | | 7 | | 8 | | 20 | | 21 | | 5'32" | | 5'30" | | 5'04" | | 5'02" | |  | |  | |  | |  | |  | |  | |  | |  | | |
| **20** | | 6 | | 7 | | 18 | | 19 | | 5'52" | | 5'50" | | 5'14" | | 5'12" | |  | |  | |  | |  | |  | |  | |  | |  | | |
| **10** | | 5 | | 6 | | 16 | | 17 | | 6'12" | | 6'10" | | 5'24" | | 5'22" | |  | |  | |  | |  | |  | |  | |  | |  | | |