|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **10%** | **30%** |  | **男生50米跑** | | **男生1000米跑** | | **男生引体向上** | | **男生立定跳远** | | **男生引体向上（加分表）** | | |
| **等级** | **得分** | **得分** | **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** | **加分** | **大一**  **大二** | **大三**  **大四** |
| **优秀** | **10** | **30** | **100** | 6.7 | 6.6 | 3'17" | 3'15" | 19 | 20 | 273 | 275 | **10** | 10 | 10 |
| **9.5** | **28.5** | **95** | 6.8 | 6.7 | 3'22" | 3'20" | 18 | 19 | 268 | 270 | **9** | 9 | 9 |
| **9.0** | **27** | **90** | 6.9 | 6.8 | 3'27" | 3'25" | 17 | 18 | 263 | 265 | **8** | 8 | 8 |
| **良好** | **8.5** | **25.5** | **85** | 7.0 | 6.9 | 3'34" | 3'32" | 16 | 17 | 256 | 258 | **7** | 7 | 7 |
| **8.0** | **24** | **80** | 7.1 | 7.0 | 3'42" | 3'40" | 15 | 16 | 248 | 250 | **6** | 6 | 6 |
| **及格** | **7.8** | **23.4** | **78** | 7.3 | 7.2 | 3'47" | 3'45" |  |  | 244 | 246 | **5** | 5 | 5 |
| **7.6** | **22.8** | **76** | 7.5 | 7.4 | 3'52" | 3'50" | 14 | 15 | 240 | 242 | **4** | 4 | 4 |
| **7.4** | **22.2** | **74** | 7.7 | 7.6 | 3'57" | 3'55" |  |  | 236 | 238 | **3** | 3 | 3 |
| **7.2** | **21.6** | **72** | 7.9 | 7.8 | 4'02" | 4'00" | 13 | 14 | 232 | 234 | **2** | 2 | 2 |
| **7.0** | **21** | **70** | 8.1 | 8.0 | 4'07" | 4'05" |  |  | 228 | 230 | **1** | 1 | 1 |
| **6.8** | **20.4** | **68** | 8.3 | 8.2 | 4'12" | 4'10" | 12 | 13 | 224 | 226 | **男生1000米跑（加分表）** | | |
| **6.6** | **19.8** | **66** | 8.5 | 8.4 | 4'17" | 4'15" |  |  | 220 | 222 | **10** | -35" | -35" |
| **6.4** | **19.2** | **64** | 8.7 | 8.6 | 4'22" | 4'20" | 11 | 12 | 216 | 218 | **9** | -32" | -32" |
| **6.2** | **18.6** | **62** | 8.9 | 8.8 | 4'27" | 4'25" |  |  | 212 | 214 | **8** | -29" | -29" |
| **6.0** | **18** | **60** | 9.1 | 9.0 | 4'32" | 4'30" | 10 | 11 | 208 | 210 | **7** | -26" | -26" |
| **不及格** | **5.0** | **15** | **50** | 9.3 | 9.2 | 4'52" | 4'50" | 9 | 10 | 203 | 205 | **6** | -23" | -23" |
| **4.0** | **12** | **40** | 9.5 | 9.4 | 5'12" | 5'10" | 8 | 9 | 198 | 200 | **5** | -20" | -20" |
| **3.0** | **9** | **30** | 9.7 | 9.6 | 5'32" | 5'30" | 7 | 8 | 193 | 195 | **4** | -16" | -16" |
| **2.0** | **6** | **20** | 9.9 | 9.8 | 5'52" | 5'50" | 6 | 7 | 188 | 190 | **3** | -12" | -12" |
| **1.0** | **3** | **10** | 10.1 | 10.0 | 6'12" | 6'10" | 5 | 6 | 183 | 185 | **2** | -8" | -8" |
|  |  |  |  |  |  |  |  |  |  |  |  | **1** | -4" | -4" |

**男生单项指标评分表**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **10%** | **30%** |  | **女生50米跑** | | **女生800米跑** | | **女生仰卧起坐** | | **女生立定跳远** | | **女生仰卧起坐（加分表）** | | |
| **等级** | **得分** | **得分** | **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** | **加分** | **大一**  **大二** | **大三**  **大四** |
| **优秀** | **10** | **30** | **100** | 7.5 | 7.4 | 3'18" | 3'16" | 56 | 57 | 207 | 208 | **10** | 13 | 13 |
| **9.5** | **28.5** | **95** | 7.6 | 7.5 | 3'24" | 3'22" | 54 | 55 | 201 | 202 | **9** | 12 | 12 |
| **9.0** | **27** | **90** | 7.7 | 7.6 | 3'30" | 3'28" | 52 | 53 | 195 | 196 | **8** | 11 | 11 |
| **良好** | **8.5** | **25.5** | **85** | 8.0 | 7.9 | 3'37" | 3'35" | 49 | 50 | 188 | 189 | **7** | 10 | 10 |
| **8.0** | **24** | **80** | 8.3 | 8.2 | 3'44" | 3'42" | 46 | 47 | 181 | 182 | **6** | 9 | 9 |
| **及格** | **7.8** | **23.4** | **78** | 8.5 | 8.4 | 3'49" | 3'47" | 44 | 45 | 178 | 179 | **5** | 8 | 8 |
| **7.6** | **22.8** | **76** | 8.7 | 8.6 | 3'54" | 3'52" | 42 | 43 | 175 | 176 | **4** | 7 | 7 |
| **7.4** | **22.2** | **74** | 8.9 | 8.8 | 3'59" | 3'57" | 40 | 41 | 172 | 173 | **3** | 6 | 6 |
| **7.2** | **21.6** | **72** | 9.1 | 9.0 | 4'04" | 4'02" | 38 | 39 | 169 | 170 | **2** | 4 | 4 |
| **7.0** | **21** | **70** | 9.3 | 9.2 | 4'09" | 4'07" | 36 | 37 | 166 | 167 | **1** | 2 | 2 |
| **6.8** | **20.4** | **68** | 9.5 | 9.4 | 4'14" | 4'12" | 34 | 35 | 163 | 164 | **女生800米（加分表）** | | |
| **6.6** | **19.8** | **66** | 9.7 | 9.6 | 4'19" | 4'17" | 32 | 33 | 160 | 161 | **10** | -50" | -50" |
| **6.4** | **19.2** | **64** | 9.9 | 9.8 | 4'24" | 4'22" | 30 | 31 | 157 | 158 | **9** | -45" | -45" |
| **6.2** | **18.6** | **62** | 10.1 | 10.0 | 4'29" | 4'27" | 28 | 29 | 154 | 155 | **8** | -40" | -40" |
| **6.0** | **18** | **60** | 10.3 | 10.2 | 4'34" | 4'32" | 26 | 27 | 151 | 152 | **7** | -35" | -35" |
| **不及格** | **5.0** | **15** | **50** | 10.5 | 10.4 | 4'44" | 4'42" | 24 | 25 | 146 | 147 | **6** | -30" | -30" |
| **4.0** | **12** | **40** | 10.7 | 10.6 | 4'54" | 4'52" | 22 | 23 | 141 | 142 | **5** | -25" | -25" |
| **3.0** | **9** | **30** | 10.9 | 10.8 | 5'04" | 5'02" | 20 | 21 | 136 | 137 | **4** | -20" | -20" |
| **2.0** | **6** | **20** | 11.1 | 11.0 | 5'14" | 5'12" | 18 | 19 | 131 | 132 | **3** | -15" | -15" |
| **1.0** | **3** | **10** | 11.3 | 11.2 | 5'24" | 5'22" | 16 | 17 | 126 | 127 | **2** | -10" | -10" |
|  |  |  |  |  |  |  |  |  |  |  |  | **1** | -5" | -5" |

**女生单项指标评分表**