附件1

体能测试项目及评分标准

男子，25岁以下:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 得分 | 1000米（秒） | 引体向上（次） | 立定跳远（米） | 10米×4往返跑（秒） |
| 25 | 3'15" | 17 | 2.65 | 9"6 |
| 24 | 3'19" | 16 | 2.61 | 9"8 |
| 23 | 3'23" | 15 | 2.57 | 10" |
| 22 | 3'27" | 14 | 2.53 | 10"2 |
| 21 | 3'31" | 13 | 2.49 | 10"4 |
| 20 | 3'35" |  | 2.45 | 10"6 |
| 19 | 3'39" | 12 | 2.41 | 10"8 |
| 18 | 3'43" |  | 2.37 | 11" |
| 17 | 3'47" | 11 | 2.33 | 11"2 |
| 16 | 3'51" |  | 2.30 | 11"4 |
| 15 | 3'55" | 10 | 2.27 | 11"6 |
| 14 | 3'59" |  | 2.24 | 11"8 |
| 13 | 4'03" | 9 | 2.21 | 12" |
| 12 | 4'07" |  | 2.18 | 12"2 |
| 11 | 4'11" | 8 | 2.15 | 12"4 |
| 10 | 4'15" |  | 2.12 | 12"6 |
| 9 | 4'19" | 7 | 2.09 | 12"8 |
| 8 | 4'23" |  | 2.06 | 13" |
| 7 | 4'27" | 6 | 2.03 | 13"2 |
| 6 | 4'31" |  | 2.00 | 13"5 |
| 5 | 4'35" | 5 | 1.98 | 13"8 |
| 4 | 4'39" |  | 1.96 | 14"1 |
| 3 | 4'43" | 4 | 1.94 | 14"4 |
| 2 | 4'47" |  | 1.92 | 14"7 |
| 1 | 4'51" | 3 | 1.90 | 15" |

男子，25岁以上:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 得分 | 1000米（秒） | 引体向上（次） | 立定跳远（米） | 10米×4往返跑（秒） |
| 25 | 3'35" | 15 | 2.49 | 10"4 |
| 24 | 3'39" | 14 | 2.46 | 10"6 |
| 23 | 3'43" | 13 | 2.43 | 10"8 |
| 22 | 3'47" | 12 | 2.40 | 11" |
| 21 | 3'51" | 11 | 2.36 | 11"2 |
| 20 | 3'55" |  | 2.32 | 11"4 |
| 19 | 3'59" | 10 | 2.28 | 11"6 |
| 18 | 4'03" |  | 2.24 | 11"8 |
| 17 | 4'07" | 9 | 2.20 | 12" |
| 16 | 4'11" |  | 2.16 | 12"2 |
| 15 | 4'15" | 8 | 2.12 | 12"4 |
| 14 | 4'19" |  | 2.08 | 12"6 |
| 13 | 4'23" | 7 | 2.04 | 12"9 |
| 12 | 4'27" |  | 2.00 | 13"2 |
| 11 | 4'31" | 6 | 1.97 | 13"5 |
| 10 | 4'35" |  | 1.94 | 13"8 |
| 9 | 4'39" | 5 | 1.91 | 14"1 |
| 8 | 4'43" |  | 1.88 | 14"4 |
| 7 | 4'47" | 4 | 1.85 | 14"7 |
| 6 | 4'51" |  | 1.82 | 15" |
| 5 | 4'55" | 3 | 1.79 | 15"2 |
| 4 | 4'59" |  | 1.77 | 15"4 |
| 3 | 5'03" | 2 | 1.75 | 15"6 |
| 2 | 5'07" |  | 1.73 | 15"8 |
| 1 | 5'11" | 1 | 1.71 | 16" |