**附件7**

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| 大学生体质健康测试评分标准（2014年版） |
| 项目 | 50M | 座位体前屈 | 立定跳远 | 1000M | 800M | 仰卧起坐 | 引体向上 |  |
| 年级 | 大一大二 | 大一大二 | 大一大二 | 大一大二 | 大一大二 | 大一大二 | 大一大二 |  |
| **分值** | **男** | **女** | **男** | **女** | **男** | **女** | **男** | **女** | **女** | **男** |  |
| **100** | 6.7 | 7.5 | 24.9 | 25.8 | 273 | 207 | 3'17" | 3'18" | 56 | 19 |  |
| **95** | 6.8 | 7.6 | 23.1 | 24 | 268 | 201 | 3'22" | 3'24" | 54 | 18 |  |
| **90** | 6.9 | 7.7 | 21.3 | 22.2 | 263 | 195 | 3'27" | 3'30" | 52 | 17 |  |
| **85** | 7 | 8 | 19.5 | 20.6 | 256 | 188 | 3'34" | 3'37" | 49 | 16 |  |
| **80** | 7.1 | 8.3 | 17.7 | 19 | 248 | 181 | 3'42" | 3'44" | 46 | 15 |  |
| **78** | 7.3 | 8.5 | 16.3 | 17.7 | 244 | 178 | 3'47" | 3'49" | 44 |  |  |
| **76** | 7.5 | 8.7 | 14.9 | 16.4 | 240 | 175 | 3'52" | 3'54" | 42 | 14 |  |
| **74** | 7.7 | 8.9 | 13.5 | 15.1 | 236 | 172 | 3'57" | 3'59" | 40 |  |  |
| **72** | 7.9 | 9.1 | 12.1 | 13.8 | 232 | 169 | 4'02" | 4'04" | 38 | 13 |  |
| **70** | 8.1 | 9.3 | 10.7 | 12.5 | 228 | 166 | 4'07" | 4'09" | 36 |  |  |
| **68** | 8.3 | 9.5 | 9.3 | 11.2 | 224 | 163 | 4'12" | 4'14" | 34 | 12 |  |
| **66** | 8.5 | 9.7 | 7.9 | 9.9 | 220 | 160 | 4'17" | 4'19" | 32 |  |  |
| **64** | 8.7 | 9.9 | 6.5 | 8.6 | 216 | 157 | 4'22" | 4'24" | 30 | 11 |  |
| **62** | 8.9 | 10.1 | 5.1 | 7.3 | 212 | 154 | 4'27" | 4'29" | 28 |  |  |
| **60** | **9.1** | **10.3** | **3.7** | **6** | **208** | **151** | **4'32"** | **4'34"** | **26** | **10** |  |
| **50** | 9.3 | 10.5 | 2.7 | 5.2 | 203 | 146 | 4'52" | 4'44" | 24 | 9 |  |
| **40** | 9.5 | 10.7 | 1.7 | 4.4 | 198 | 141 | 5'12" | 4'54" | 22 | 8 |  |
| **30** | 9.7 | 10.9 | 0.7 | 3.6 | 193 | 136 | 5'32" | 5'04" | 20 | 7 |  |
| **20** | 9.9 | 11.1 | -0.3 | 2.8 | 188 | 131 | 5'52" | 5'14" | 18 | 6 |  |
| **10** | 10.1 | 11.3 | -1.3 | 2 | 183 | 126 | 6'12" | 5'24" | 16 | 5 |  |