**国家学生体质健康标准（大学版）**

一、说明

1.组别：大学一、二年级为一组，三、四年级为一组。

2．本标准的学年总分由标准分与附加分之和构成，满分为120分。标准分由各单项指标得分与权重乘积之和组成，满分为100分。附加分根据实测成绩确定，即对成绩超过100分的加分指标进行加分，大学的加分指标为男生引体向上和1000米跑，女生1分钟仰卧起坐和800米跑，各指标加分幅度均为10分。

3．根据学生学年总分评定等级：90.0分及以上为优秀，80.0～89.9分为良好，60.0～79.9分为及格，59.9分及以下为不及格。

4．每个学生每学年评定一次，记入《〈国家学生体质健康标准〉登记卡》（附表4）。学生毕业时的成绩和等级，按毕业当年学年总分的50%与其他学年总分平均得分的50%之和进行评定。

5．学生测试成绩评定达到良好及以上者，方可参加评优与评奖；成绩达到优秀者，方可获体育奖学分。测试成绩评定不及格者，在本学年度准予补测一次，补测仍不及格，则学年成绩评定为不及格。普通高校学生毕业时，《标准》测试的成绩达不到50分者按结业或肄业处理。

6．学生因病或残疾可向学校提交暂缓或免予执行《标准》的申请，经医疗单位证明，体育教学部门核准，可暂缓或免予执行《标准》，并填写《免予执行<国家学生体质健康标准>申请表》（附表5），存入学生档案。确实丧失运动能力、被免予执行《标准》的残疾学生，仍可参加评优与评奖，毕业时《标准》成绩需注明免测。

二、学生体质健康测试指标和权重

|  |  |  |
| --- | --- | --- |
| 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 |

**三、各项测试评分**

**1．指标体重指数（BMI）=体重（千克）/身高**2**（米**2**）**

|  |  |  |  |
| --- | --- | --- | --- |
| **等级** | **单项得分** | **男** | **女** |
| **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 |

**2．加分指标评分表**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **加分** | **引体向上（次）** | | **仰卧起坐（次）** | | **1000米（分·秒）** | | **800米（分·秒）** | |
| **一二** | **三四** | **一二** | **三四** | **一二** | **三四** | **一二** | **三四** |
| **10** | 10 | 10 | 13 | 13 | -35" | -35" | -50" | -50" |
| **9** | 9 | 9 | 12 | 12 | -32" | -32" | -45" | -45" |
| **8** | 8 | 8 | 11 | 11 | -29" | -29" | -40" | -40" |
| **7** | 7 | 7 | 10 | 10 | -26" | -26" | -35" | -35" |
| **6** | 6 | 6 | 9 | 9 | -23" | -23" | -30" | -30" |
| **5** | 5 | 5 | 8 | 8 | -20" | -20" | -25" | -25" |
| **4** | 4 | 4 | 7 | 7 | -16" | -16" | -20" | -20" |
| **3** | 3 | 3 | 6 | 6 | -12" | -12" | -15" | -15" |
| **2** | 2 | 2 | 4 | 4 | -8" | -8" | -10" | -10" |
| **1** | 1 | 1 | 2 | 2 | -4" | -4" | -5" | -5" |

**3．大学生各项体质测试评分表（男女）**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **等级** | **单项**  **得分** | **肺活量**  **（毫升）** | | | | **50米跑**  **（秒）** | | | | **坐位体前屈**  **（厘米）** | | | | **立定跳远**  **（厘米）** | | | | **引体向上（次）** | | **仰卧起坐（次）** | | **1000米**  **（分·秒）** | | **800米**  **（分·秒）** | |
| **男** | | **女** | | **男** | | **女** | | **男** | | **女** | | **男** | | **女** | | **男** | | **女** | | **男** | | **女** | |
| **一二** | **三四** | **一二** | **三四** | **一二** | **三四** | **一二** | **三四** | **一二** | **三四** | **一二** | **三四** | **一二** | **三四** | **一二** | **三四** | **一二** | **三四** | **一二** | **三四** | **一二** | **三四** | **一二** | **三四** |
| **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 | 19 | 20 | 56 | 57 | 3'17" | 3'15" | 3'18" | 3'16" |
| **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 | 18 | 19 | 54 | 55 | 3'22" | 3'20" | 3'24" | 3'22" |
| **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 | 17 | 18 | 52 | 53 | 3'27" | 3'25" | 3'30" | 3'28" |
| **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 | 16 | 17 | 49 | 50 | 3'34" | 3'32" | 3'37" | 3'35" |
| **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 | 15 | 16 | 46 | 47 | 3'42" | 3'40" | 3'44" | 3'42" |
| **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 |  |  | 44 | 45 | 3'47" | 3'45" | 3'49" | 3'47" |
| **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 | 14 | 15 | 42 | 43 | 3'52" | 3'50" | 3'54" | 3'52" |
| **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 |  |  | 40 | 41 | 3'57" | 3'55" | 3'59" | 3'57" |
| **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 | 13 | 14 | 38 | 39 | 4'02" | 4'00" | 4'04" | 4'02" |
| **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 |  |  | 36 | 37 | 4'07" | 4'05" | 4'09" | 4'07" |
| **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 | 12 | 13 | 34 | 35 | 4'12" | 4'10" | 4'14" | 4'12" |
| **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 |  |  | 32 | 33 | 4'17" | 4'15" | 4'19" | 4'17" |
| **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 | 11 | 12 | 30 | 31 | 4'22" | 4'20" | 4'24" | 4'22" |
| **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 |  |  | 28 | 29 | 4'27" | 4'25" | 4'29" | 4'27" |
| **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 | 10 | 11 | 26 | 27 | 4'32" | 4'30" | 4'34" | 4'32" |
| **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 | 9 | 10 | 24 | 25 | 4'52" | 4'50" | 4'44" | 4'42" |
| **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 | 8 | 9 | 22 | 23 | 5'12" | 5'10" | 4'54" | 4'52" |
| **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 | 7 | 8 | 20 | 21 | 5'32" | 5'30" | 5'04" | 5'02" |
| **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 | 6 | 7 | 18 | 19 | 5'52" | 5'50" | 5'14" | 5'12" |
| **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 | 5 | 6 | 16 | 17 | 6'12" | 6'10" | 5'24" | 5'22" |

**4．大学生各项体质测试评分表（男生）**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **等级** | **单项得分** | **肺活量**  **（毫升）** | | **50米跑**  **（秒）** | | **坐位体前屈**  **（厘米）** | | **立定跳远**  **（厘米）** | | **引体向上**  **（次）** | | **1000米**  **（分·秒）** | | **体重指数BMI**  **体重（千克）/身高**2**（米）** | |
| **一二**  **年级** | **三四**  **年级** | **一二**  **年级** | **三四**  **年级** | **一二**  **年级** | **三四**  **年级** | **一二**  **年级** | **三四**  **年级** | **一二**  **年级** | **三四**  **年级** | **一二**  **年级** | **三四**  **年级** | **等级** | **BMI** |
| **优秀** | **100** | 5040 | 5140 | 6.7 | 6.6 | 24.9 | 25.1 | 273 | 275 | 19 | 20 | 3'17" | 3'15" | **正常** | 17.9~23.9 |
| **95** | 4920 | 5020 | 6.8 | 6.7 | 23.1 | 23.3 | 268 | 270 | 18 | 19 | 3'22" | 3'20" |  |  |
| **90** | 4800 | 4900 | 6.9 | 6.8 | 21.3 | 21.5 | 263 | 265 | 17 | 18 | 3'27" | 3'25" |  |  |
| **良好** | **85** | 4550 | 4650 | 7.0 | 6.9 | 19.5 | 19.9 | 256 | 258 | 16 | 17 | 3'34" | 3'32" |  |  |
| **80** | 4300 | 4400 | 7.1 | 7.0 | 17.7 | 18.2 | 248 | 250 | 15 | 16 | 3'42" | 3'40" | **低体重** | ≤17.8 |
| **超重** | 24.0~27.9 |
| **及格** | **78** | 4180 | 4280 | 7.3 | 7.2 | 16.3 | 16.8 | 244 | 246 |  |  | 3'47" | 3'45" |  |  |
| **76** | 4060 | 4160 | 7.5 | 7.4 | 14.9 | 15.4 | 240 | 242 | 14 | 15 | 3'52" | 3'50" |  |  |
| **74** | 3940 | 4040 | 7.7 | 7.6 | 13.5 | 14.0 | 236 | 238 |  |  | 3'57" | 3'55" |  |  |
| **72** | 3820 | 3920 | 7.9 | 7.8 | 12.1 | 12.6 | 232 | 234 | 13 | 14 | 4'02" | 4'00" |  |  |
| **70** | 3700 | 3800 | 8.1 | 8.0 | 10.7 | 11.2 | 228 | 230 |  |  | 4'07" | 4'05" |  |  |
| **68** | 3580 | 3680 | 8.3 | 8.2 | 9.3 | 9.8 | 224 | 226 | 12 | 13 | 4'12" | 4'10" |  |  |
| **66** | 3460 | 3560 | 8.5 | 8.4 | 7.9 | 8.4 | 220 | 222 |  |  | 4'17" | 4'15" |  |  |
| **64** | 3340 | 3440 | 8.7 | 8.6 | 6.5 | 7.0 | 216 | 218 | 11 | 12 | 4'22" | 4'20" |  |  |
| **62** | 3220 | 3320 | 8.9 | 8.8 | 5.1 | 5.6 | 212 | 214 |  |  | 4'27" | 4'25" |  |  |
| **60** | 3100 | 3200 | 9.1 | 9.0 | 3.7 | 4.2 | 208 | 210 | 10 | 11 | 4'32" | 4'30" | **肥胖** | ≥28.0 |
| **不及格** | **50** | 2940 | 3030 | 9.3 | 9.2 | 2.7 | 3.2 | 203 | 205 | 9 | 10 | 4'52" | 4'50" |  |  |
| **40** | 2780 | 2860 | 9.5 | 9.4 | 1.7 | 2.2 | 198 | 200 | 8 | 9 | 5'12" | 5'10" |  |  |
| **30** | 2620 | 2690 | 9.7 | 9.6 | 0.7 | 1.2 | 193 | 195 | 7 | 8 | 5'32" | 5'30" |  |  |
| **20** | 2460 | 2520 | 9.9 | 9.8 | -0.3 | 0.2 | 188 | 190 | 6 | 7 | 5'52" | 5'50" |  |  |
| **10** | 2300 | 2350 | 10.1 | 10.0 | -1.3 | -0.8 | 183 | 185 | 5 | 6 | 6'12" | 6'10" |  |  |

**5．大学生各项体质测试评分表（女生）**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **等级** | **单项得分** | **肺活量**  **（毫升）** | | **50米跑**  **（秒）** | | **坐位体前屈**  **（厘米）** | | **立定跳远**  **（厘米）** | | **仰卧起坐**  **（次）** | | **800米**  **（分·秒）** | | **体重指数BMI**  **体重（千克）/身高**2**（米）** | |
| **一二**  **年级** | **三四**  **年级** | **一二**  **年级** | **三四**  **年级** | **一二**  **年级** | **三四**  **年级** | **一二**  **年级** | **三四**  **年级** | **一二**  **年级** | **三四**  **年级** | **一二**  **年级** | **三四**  **年级** | **等级** | **BMI** |
| **优秀** | **100** | 3400 | 3450 | 7.5 | 7.4 | 25.8 | 26.3 | 207 | 208 | 56 | 57 | 3'18" | 3'16" | **正常** | 17.2~23.9 |
| **95** | 3350 | 3400 | 7.6 | 7.5 | 24.0 | 24.4 | 201 | 202 | 54 | 55 | 3'24" | 3'22" |  |  |
| **90** | 3300 | 3350 | 7.7 | 7.6 | 22.2 | 22.4 | 195 | 196 | 52 | 53 | 3'30" | 3'28" |  |  |
| **良好** | **85** | 3150 | 3200 | 8.0 | 7.9 | 20.6 | 21.0 | 188 | 189 | 49 | 50 | 3'37" | 3'35" |  |  |
| **80** | 3000 | 3050 | 8.3 | 8.2 | 19.0 | 19.5 | 181 | 182 | 46 | 47 | 3'44" | 3'42" | **低体重** | ≤17.1 |
| **超重** | 24.0~27.9 |
| **及格** | **78** | 2900 | 2950 | 8.5 | 8.4 | 17.7 | 18.2 | 178 | 179 | 44 | 45 | 3'49" | 3'47" |  |  |
| **76** | 2800 | 2850 | 8.7 | 8.6 | 16.4 | 16.9 | 175 | 176 | 42 | 43 | 3'54" | 3'52" |  |  |
| **74** | 2700 | 2750 | 8.9 | 8.8 | 15.1 | 15.6 | 172 | 173 | 40 | 41 | 3'59" | 3'57" |  |  |
| **72** | 2600 | 2650 | 9.1 | 9.0 | 13.8 | 14.3 | 169 | 170 | 38 | 39 | 4'04" | 4'02" |  |  |
| **70** | 2500 | 2550 | 9.3 | 9.2 | 12.5 | 13.0 | 166 | 167 | 36 | 37 | 4'09" | 4'07" |  |  |
| **68** | 2400 | 2450 | 9.5 | 9.4 | 11.2 | 11.7 | 163 | 164 | 34 | 35 | 4'14" | 4'12" |  |  |
| **66** | 2300 | 2350 | 9.7 | 9.6 | 9.9 | 10.4 | 160 | 161 | 32 | 33 | 4'19" | 4'17" |  |  |
| **64** | 2200 | 2250 | 9.9 | 9.8 | 8.6 | 9.1 | 157 | 158 | 30 | 31 | 4'24" | 4'22" |  |  |
| **62** | 2100 | 2150 | 10.1 | 10.0 | 7.3 | 7.8 | 154 | 155 | 28 | 29 | 4'29" | 4'27" |  |  |
| **60** | 2000 | 2050 | 10.3 | 10.2 | 6.0 | 6.5 | 151 | 152 | 26 | 27 | 4'34" | 4'32" | **肥胖** | ≥28.0 |
| **不及格** | **50** | 1960 | 2010 | 10.5 | 10.4 | 5.2 | 5.7 | 146 | 147 | 24 | 25 | 4'44" | 4'42" |  |  |
| **40** | 1920 | 1970 | 10.7 | 10.6 | 4.4 | 4.9 | 141 | 142 | 22 | 23 | 4'54" | 4'52" |  |  |
| **30** | 1880 | 1930 | 10.9 | 10.8 | 3.6 | 4.1 | 136 | 137 | 20 | 21 | 5'04" | 5'02" |  |  |
| **20** | 1840 | 1890 | 11.1 | 11.0 | 2.8 | 3.3 | 131 | 132 | 18 | 19 | 5'14" | 5'12" |  |  |
| **10** | 1800 | 1850 | 11.3 | 11.2 | 2.0 | 2.5 | 126 | 127 | 16 | 17 | 5'24" | 5'22" |  |  |