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" |