

## 学生体质健康标准

### 学生体质健康标准（试行方案）的评价指标和得分

#### 大学男生评分标准

| 项目与<br>分值         | 优秀           |    |                   |    | 良好                |    |                   |    | 及格                |    |                     |    | 不及格          |    |
|-------------------|--------------|----|-------------------|----|-------------------|----|-------------------|----|-------------------|----|---------------------|----|--------------|----|
|                   | 成绩           | 分值 | 成绩                | 分值 | 成绩                | 分值 | 成绩                | 分值 | 成绩                | 分值 | 成绩                  | 分值 | 成绩           | 分值 |
| 台阶<br>试验          | 59<br>以上     | 20 | 58~54             | 17 | 53~50             | 16 | 49~46             | 15 | 45~43             | 13 | 42~40               | 12 | 39 以下        | 10 |
| 1000<br>米跑        | 3' 39"<br>以下 | 20 | 3' 40"~<br>3' 46" | 17 | 3' 37"~<br>4' 00" | 16 | 4' 01"~<br>4' 18" | 15 | 4' 19"~<br>4' 29" | 13 | 4' 30' '~<br>5' 04" | 12 | 5' 50"<br>以上 | 10 |
| 肺活量<br>体重<br>指数   | 75<br>以上     | 15 | 74~70             | 13 | 69~64             | 12 | 63~57             | 11 | 56~54             | 10 | 53~44               | 9  | 43 以下        | 8  |
| 50 米<br>跑(秒)      | 6.8<br>以下    | 30 | 6.9~7.0           | 26 | 7.1~7.3           | 25 | 7.4~7.7           | 23 | 7.8~8.0           | 20 | 8.1~8.4             | 18 | 8.5 以上       | 15 |
| 立定<br>跳远<br>(厘米)  | 255<br>以上    | 30 | 254~250           | 26 | 249~239           | 25 | 238~227           | 23 | 226~220           | 20 | 219~195             | 18 | 194 以下       | 15 |
| 坐位体<br>前屈<br>(厘米) | 18.1<br>以上   | 20 | 18.0~16.0         | 17 | 15.9~12.3         | 16 | 12.2~8.9          | 15 | 8.8~6.7           | 13 | 6.6~0.1             | 12 | 0.0 以下       | 10 |
| 握力体<br>重指数        | 75<br>以上     | 20 | 74~70             | 17 | 69~63             | 16 | 62~56             | 15 | 55~51             | 13 | 50~41               | 12 | 40 以下        | 10 |

注：肺活量指数 = 肺活量 / 体重； 握力体重指数 = 握力 / 体重 × 100

## 大学女生评分标准

| 项目与<br>分值             | 优秀          |    |                 |    | 良好              |    |                 |    | 及格              |    |                  |    | 不及格         |    |
|-----------------------|-------------|----|-----------------|----|-----------------|----|-----------------|----|-----------------|----|------------------|----|-------------|----|
|                       | 成绩          | 分值 | 成绩              | 分值 | 成绩              | 分值 | 成绩              | 分值 | 成绩              | 分值 | 成绩               | 分值 | 成绩          | 分值 |
| 台阶<br>试验              | 56<br>以上    | 20 | 55~52           | 17 | 51~48           | 16 | 47~44           | 15 | 43~42           | 13 | 41~25            | 12 | 24<br>以下    | 10 |
| 800米<br>跑             | 3'37"<br>以下 | 20 | 3'38"~<br>3'45" | 17 | 3'46"~<br>4'00" | 16 | 4'01"~<br>4'19" | 15 | 4'20"~<br>4'30" | 13 | 4'31''~<br>5'03" | 12 | 5'04"<br>以上 | 10 |
| 肺活量<br>体重<br>指数       | 61<br>以上    | 15 | 60~57           | 13 | 56~51           | 12 | 50~46           | 11 | 45~42           | 10 | 41~32            | 9  | 31<br>以下    | 8  |
| 50米<br>跑(秒)           | 8.3<br>以下   | 30 | 8.4~8.7         | 26 | 8.8~9.1         | 25 | 9.2~9.6         | 23 | 9.7~9.8         | 20 | 9.9~11.0         | 18 | 11.1<br>以上  | 15 |
| 立定跳<br>远(厘<br>米)      | 196<br>以上   | 30 | 195~187         | 26 | 186~178         | 25 | 177~166         | 23 | 165~161         | 20 | 160~139          | 18 | 138<br>以下   | 15 |
| 坐位体<br>前屈<br>(厘<br>米) | 18.1<br>以上  | 20 | 18.0~<br>16.2   | 17 | 16.1~<br>13.0   | 16 | 12.9~<br>9.0    | 15 | 8.9~7.8         | 13 | 7.7~3.0          | 12 | 2.9<br>以下   | 10 |
| 握力体<br>重指数            | 57以<br>上    | 20 | 56~52           | 17 | 51~46           | 16 | 45~40           | 15 | 39~36           | 13 | 35~29            | 12 | 28<br>以下    | 10 |
| 仰卧起<br>坐(次/<br>分)     | 44以<br>上    | 20 | 43~41           | 17 | 40~35           | 16 | 34~28           | 15 | 27~24           | 13 | 23~20            | 12 | 19<br>以下    | 10 |

## 大学生身高标准体重

大学男生身高标准体重（体重单位：公斤）

（身高在 165~190 之间）

| 身高段<br>(厘米) | 营养不良  | 较低体重      | 正常体重      | 超 重       | 肥胖          |
|-------------|-------|-----------|-----------|-----------|-------------|
|             | 7 分   | 9 分       | 15 分      | 9 分       | 7 分         |
| 165~165.9   | <46.5 | 46.5~56.3 | 56.4~64.0 | 64.1~66.5 | $\geq 66.6$ |
| 166~166.9   | <47.1 | 47.1~57.0 | 57.1~64.7 | 64.8~67.2 | $\geq 67.3$ |
| 167~167.9   | <48.0 | 48.0~57.8 | 57.9~65.6 | 65.7~68.2 | $\geq 68.3$ |
| 168~168.9   | <48.7 | 48.7~58.5 | 58.6~66.3 | 66.4~68.9 | $\geq 69.0$ |
| 169~169.9   | <49.3 | 49.3~59.2 | 59.3~67.0 | 67.1~69.6 | $\geq 69.7$ |
| 170~170.9   | <50.1 | 50.1~60.0 | 60.1~67.8 | 67.9~70.4 | $\geq 70.5$ |
| 171~171.9   | <50.7 | 50.7~60.6 | 60.7~68.8 | 68.9~71.2 | $\geq 71.3$ |
| 172~172.9   | <51.4 | 51.4~61.5 | 61.6~69.5 | 69.6~72.1 | $\geq 72.2$ |
| 173~173.9   | <52.1 | 52.1~62.2 | 62.3~70.3 | 70.4~73.0 | $\geq 73.1$ |
| 174~174.9   | <52.9 | 52.9~63.0 | 63.1~71.3 | 71.4~74.0 | $\geq 74.1$ |
| 175~175.9   | <53.7 | 53.7~63.8 | 63.9~72.2 | 72.3~75.0 | $\geq 75.1$ |
| 176~176.9   | <54.4 | 54.4~64.5 | 64.6~73.1 | 73.2~75.9 | $\geq 76.0$ |
| 177~177.9   | <55.2 | 55.2~65.2 | 65.3~73.9 | 74.0~76.8 | $\geq 76.9$ |
| 178~178.9   | <55.7 | 55.7~66.0 | 66.1~74.9 | 75.0~77.8 | $\geq 77.9$ |
| 179~179.9   | <56.4 | 56.4~66.7 | 66.8~75.7 | 75.8~78.7 | $\geq 78.8$ |
| 180~180.9   | <57.1 | 57.1~67.4 | 67.5~76.4 | 76.5~79.4 | $\geq 79.5$ |

|           |       |           |           |           |       |
|-----------|-------|-----------|-----------|-----------|-------|
| 182~182.9 | <58.5 | 58.5~68.9 | 69.0~78.5 | 78.6~81.7 | ≥81.8 |
| 183~183.9 | <59.2 | 59.2~69.6 | 69.7~79.4 | 79.5~82.6 | ≥82.7 |
| 184~184.9 | <60.0 | 60.0~70.4 | 70.5~80.3 | 80.4~83.6 | ≥83.7 |
| 185~185.9 | <60.8 | 60.8~71.2 | 71.3~81.3 | 81.4~84.6 | ≥84.7 |
| 186~186.9 | <61.5 | 61.5~72.0 | 72.1~82.2 | 82.3~85.6 | ≥85.7 |
| 187~187.9 | <62.3 | 62.3~72.9 | 73.0~83.3 | 83.4~86.7 | ≥86.8 |
| 188~188.9 | <63.0 | 63.0~73.7 | 73.8~84.2 | 84.3~87.7 | ≥87.8 |
| 189~189.9 | <63.9 | 63.9~74.5 | 73.6~85.0 | 85.1~88.5 | ≥88.6 |
| 190~190.9 | <64.4 | 64.6~75.4 | 75.5~86.2 | 86.3~89.8 | ≥89.9 |

### 大学女生身高标准体重（体重单位：公斤）

（身高在 150~178 之间）

| 身高段<br>(厘米) | 营养不良  | 较低体重      | 正常体重      | 超 重       | 肥胖    |
|-------------|-------|-----------|-----------|-----------|-------|
|             | 7 分   | 9 分       | 15 分      | 9 分       | 7 分   |
| 150~150.9   | <39.9 | 39.9~46.6 | 46.7~56.2 | 56.3~59.3 | ≥59.4 |
| 151~151.9   | <40.3 | 40.3~47.1 | 47.2~56.7 | 56.8~59.8 | ≥59.9 |
| 152~152.9   | <40.8 | 40.8~47.6 | 47.7~57.4 | 57.5~60.5 | ≥60.6 |
| 153~153.9   | <41.4 | 41.4~48.2 | 48.3~57.9 | 58.0~61.1 | ≥61.2 |
| 154~154.9   | <41.9 | 41.9~48.8 | 48.9~58.6 | 58.7~61.9 | ≥62.0 |
| 155~155.9   | <42.3 | 42.3~49.1 | 49.2~59.1 | 59.2~62.4 | ≥62.5 |
| 156~156.9   | <42.9 | 42.9~49.7 | 49.8~59.7 | 59.8~63.0 | ≥63.1 |

|           |       |           |           |           |       |
|-----------|-------|-----------|-----------|-----------|-------|
| 158~158.9 | <44.0 | 44.0~50.8 | 50.9~61.2 | 61.3~64.5 | ≥64.6 |
| 159~159.9 | <44.5 | 44.5~51.4 | 51.5~61.7 | 61.8~65.1 | ≥65.2 |
| 160~160.9 | <45.0 | 45.0~52.1 | 52.2~62.3 | 62.4~65.6 | ≥65.7 |
| 161~161.9 | <45.4 | 45.4~52.5 | 52.6~62.8 | 62.9~66.2 | ≥66.3 |
| 162~162.9 | <45.9 | 45.9~53.1 | 53.2~63.4 | 63.5~66.8 | ≥66.9 |
| 163~163.9 | <46.4 | 46.4~53.6 | 53.7~63.9 | 64.0~67.3 | ≥67.4 |
| 164~164.9 | <46.8 | 46.8~54.2 | 54.3~64.5 | 64.6~67.9 | ≥68.0 |
| 165~165.9 | <47.4 | 47.4~54.8 | 54.9~65.0 | 65.1~68.3 | ≥68.4 |
| 166~166.9 | <48.0 | 48.0~55.4 | 55.5~65.5 | 65.6~68.9 | ≥69.0 |
| 167~167.9 | <48.5 | 48.5~56.0 | 56.1~66.2 | 66.3~69.5 | ≥69.6 |
| 168~168.9 | <49.0 | 49.0~56.4 | 56.5~66.7 | 66.8~70.1 | ≥70.2 |
| 169~169.9 | <49.4 | 49.4~56.8 | 56.9~67.3 | 67.4~70.7 | ≥70.8 |
| 170~170.9 | <49.9 | 49.9~57.3 | 57.4~67.9 | 68.0~71.4 | ≥71.5 |
| 171~171.9 | <50.2 | 50.2~57.8 | 57.9~68.5 | 68.6~72.1 | ≥72.2 |
| 172~172.9 | <50.7 | 50.7~58.4 | 58.8~69.1 | 69.2~72.7 | ≥72.8 |
| 173~173.9 | <51.0 | 51.0~58.8 | 58.9~69.6 | 69.7~73.1 | ≥73.2 |
| 174~174.9 | <51.3 | 51.3~59.3 | 59.4~70.2 | 70.3~73.6 | ≥73.7 |
| 175~175.9 | <51.9 | 51.9~59.9 | 60.0~70.8 | 70.9~74.4 | ≥74.5 |
| 176~176.9 | <52.4 | 52.4~60.4 | 60.5~71.5 | 71.6~75.1 | ≥75.2 |
| 177~177.9 | <52.8 | 52.8~61.0 | 61.1~72.1 | 72.2~75.7 | ≥75.8 |