# 附件一：

# 项目评分表

**表一** **50米跑单项评分表（单位：秒）**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **等级** | **单项**  **得分** | **男子** | | **女子** | |
| **大一、大二** | **大三** | **大一、大二** | **大三** |
| **优秀** | **100** | 6.7 | 6.6 | 7.5 | 7.4 |
| **95** | 6.8 | 6.7 | 7.6 | 7.5 |
| **90** | 6.9 | 6.8 | 7.7 | 7.6 |
| **良好** | **85** | 7.0 | 6.9 | 8.0 | 7.9 |
| **80** | 7.1 | 7.0 | 8.3 | 8.2 |
| **及格** | **78** | 7.3 | 7.2 | 8.5 | 8.4 |
| **76** | 7.5 | 7.4 | 8.7 | 8.6 |
| **74** | 7.7 | 7.6 | 8.9 | 8.8 |
| **72** | 7.9 | 7.8 | 9.1 | 9.0 |
| **70** | 8.1 | 8.0 | 9.3 | 9.2 |
| **68** | 8.3 | 8.2 | 9.5 | 9.4 |
| **66** | 8.5 | 8.4 | 9.7 | 9.6 |
| **64** | 8.7 | 8.6 | 9.9 | 9.8 |
| **62** | 8.9 | 8.8 | 10.1 | 10.0 |
| **60** | 9.1 | 9.0 | 10.3 | 10.2 |
| **不及格** | **50** | 9.3 | 9.2 | 10.5 | 10.4 |
| **40** | 9.5 | 9.4 | 10.7 | 10.6 |
| **30** | 9.7 | 9.6 | 10.9 | 10.8 |
| **20** | 9.9 | 9.8 | 11.1 | 11.0 |
| **10** | 10.1 | 10.0 | 11.3 | 11.2 |

**表2 立定跳远单项评分表（单位：厘米）**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **等级** | **单项**  **得分** | **男子** | | **女子** | |
| **大一、大二** | **大三** | **大一、大二** | **大三** |
| **优秀** | **100** | 275 | 275 | 207 | 208 |
| **95** | 270 | 270 | 201 | 202 |
| **90** | 265 | 265 | 195 | 196 |
| **良好** | **85** | 258 | 258 | 188 | 189 |
| **80** | 250 | 250 | 181 | 182 |
| **及格** | **78** | 246 | 246 | 178 | 179 |
| **76** | 242 | 242 | 175 | 176 |
| **74** | 238 | 238 | 172 | 173 |
| **72** | 234 | 234 | 169 | 170 |
| **70** | 230 | 230 | 166 | 167 |
| **68** | 226 | 226 | 163 | 164 |
| **66** | 222 | 222 | 160 | 161 |
| **64** | 218 | 218 | 157 | 158 |
| **62** | 214 | 214 | 154 | 155 |
| **60** | 210 | 210 | 151 | 152 |
| **不及格** | **50** | 205 | 205 | 146 | 147 |
| **40** | 200 | 200 | 141 | 142 |
| **30** | 195 | 195 | 136 | 137 |
| **20** | 190 | 190 | 131 | 132 |
| **10** | 185 | 185 | 126 | 127 |

**表3 男子引体向上、女子仰卧起坐单项评分表（单位：次）**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **等级** | **单项**  **得分** | **男子（引体向上）** | | **女子（仰卧起坐）** | |
| **大一、大二** | **大三** | **大一、大二** | **大三** |
| **优秀** | **100** | 19 | 20 | 56 | 57 |
| **95** | 18 | 19 | 54 | 55 |
| **90** | 17 | 18 | 52 | 53 |
| **良好** | **85** | 16 | 17 | 49 | 50 |
| **80** | 15 | 16 | 46 | 47 |
| **及格** | **78** |  |  | 44 | 45 |
| **76** | 14 | 15 | 42 | 43 |
| **74** |  |  | 40 | 41 |
| **72** | 13 | 14 | 38 | 39 |
| **70** |  |  | 36 | 37 |
| **68** | 12 | 13 | 34 | 35 |
| **66** |  |  | 32 | 33 |
| **64** | 11 | 12 | 30 | 31 |
| **62** |  |  | 28 | 29 |
| **60** | 10 | 11 | 26 | 27 |
| **不及格** | **50** | 9 | 10 | 24 | 25 |
| **40** | 8 | 9 | 22 | 23 |
| **30** | 7 | 8 | 20 | 21 |
| **20** | 6 | 7 | 18 | 19 |
| **10** | 5 | 6 | 16 | 17 |

**表4 男生1000米、女生800米跑单项评分表（单位：分·秒）**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **等级** | **单项**  **得分** | **男子（1000米）** | | **女子（800米）** | |
| **大一、大二** | **大三** | **大一、大二** | **大三** |
| **优秀** | **100** | 3&apos;17" | 3&apos;15" | 3&apos;18" | 3&apos;16" |
| **95** | 3&apos;22" | 3&apos;20" | 3&apos;24" | 3&apos;22" |
| **90** | 3&apos;27" | 3&apos;25" | 3&apos;30" | 3&apos;28" |
| **良好** | **85** | 3&apos;34" | 3&apos;32" | 3&apos;37" | 3&apos;35" |
| **80** | 3&apos;42" | 3&apos;40" | 3&apos;44" | 3&apos;42" |
| **及格** | **78** | 3&apos;47" | 3&apos;45" | 3&apos;49" | 3&apos;47" |
| **76** | 3&apos;52" | 3&apos;50" | 3&apos;54" | 3&apos;52" |
| **74** | 3&apos;57" | 3&apos;55" | 3&apos;59" | 3&apos;57" |
| **72** | 4&apos;02" | 4&apos;00" | 4&apos;04" | 4&apos;02" |
| **70** | 4&apos;07" | 4&apos;05" | 4&apos;09" | 4&apos;07" |
| **68** | 4&apos;12" | 4&apos;10" | 4&apos;14" | 4&apos;12" |
| **66** | 4&apos;17" | 4&apos;15" | 4&apos;19" | 4&apos;17" |
| **64** | 4&apos;22" | 4&apos;20" | 4&apos;24" | 4&apos;22" |
| **62** | 4&apos;27" | 4&apos;25" | 4&apos;29" | 4&apos;27" |
| **60** | 4&apos;32" | 4&apos;30" | 4&apos;34" | 4&apos;32" |
| **不及格** | **50** | 4&apos;52" | 4&apos;50" | 4&apos;44" | 4&apos;42" |
| **40** | 5&apos;12" | 5&apos;10" | 4&apos;54" | 4&apos;52" |
| **30** | 5&apos;32" | 5&apos;30" | 5&apos;04" | 5&apos;02" |
| **20** | 5&apos;52" | 5&apos;50" | 5&apos;14" | 5&apos;12" |
| **10** | 6&apos;12" | 6&apos;10" | 5&apos;24" | 5&apos;22" |