附件：

**体能测试成绩标准**

|  |  |  |  |
| --- | --- | --- | --- |
| **分值** | **立定跳远（厘米）** | **俯卧撑（次）** | **1500m(分秒）** |
| **男** | **男** | **男** |
| **100** | 245 | 36 | 6'09" |
| **95** | 240 | 33 | 6'16" |
| **90** | 235 | 31 | 6'23" |
| **85** | 228 | 29 | 6'30" |
| **80** | 220 | 27 | 6'37" |
| **75** | 211 | 25 | 6'44" |
| **70** | 200 | 23 | 6'51" |
| **65** | 189 |  | 6'58" |
| **60** | 180 | 20 | 7'05" |
| **55** |  |  | 7'12" |
| **50** | 175 | 16 | 7'19" |
| **45** |  |  | 7'26" |
| **40** | 170 | 10 | 7'33" |
| **35** |  |  | 7'40" |
| **30** | 165 | 5 | 7'47" |
| **25** |  |  | 7'54" |
| **20** | 160 | 3 | 8'01" |
| **15** |  |  | 8'08" |
| **10** | 155 | 1 | 8'15" |
| **5** |  |  | 8'22" |
| **0** | 达不到上述成绩者 | 达不到上述成绩者 | 达不到上述成绩者 |