附件1：

会昌县人民武装部专武干部选调报名表

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 姓名 |  | | 性别 |  | | 出生年月 | |  | | 照片 |
| 民族 |  | | 籍贯 |  | | 出生地 | |  | |
| 政治面貌 |  | | 入党团时间 |  | | 参加工作时间 | |  | |
| 本人身份 |  | | 学历 |  | | 健康状况 | |  | | |
| 工作单位及职务 | |  | | | | 任现职时间 | | |  | |
| 身份证号码 | |  | | | | 电话号码 | | |  | |
| 简历 | |  | | | | | | | | |
|  | |  | | | | | | | | |
| 近三年年度考核情况 | |  | | | | | | | | |
| 家庭主要成员及重要社会关系 | | 称谓 | 姓名 | | 出身年月 | | 政治面貌 | | 工作单位及职务 | |
|  |  | |  | |  | |  | |
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|  |  | |  | |  | |  | |
| 其他重要信息 | |  | | | | | | | | |

本人签字：                          单位(公章)：

注： “其他重要信息情况”栏，重点是填写：婚姻变化情况，本人及配偶、子女办理护照（出境、移居国境外）情况。

附件2：

体能考核实施方案

一、考核项目

男性共2项考核课目：仰卧起坐； 1500米跑。

女性共2项考核课目：仰卧起坐； 800米跑。

考核标准详见附件3。

二、时间安排

|  |  |  |
| --- | --- | --- |
| 时间 | | 考核科目 |
| 1月30日 | 9：30 | 仰卧起坐 |
| 9：45 | 男1500米跑、女800米跑 |

三、评分标准

体能考核总分100分，其中800米、1500米考核占比50%，，仰卧起坐占比50%，各科目评分标准见附件3，总分≥60分为合格。

四、考生年龄计算

考生年龄=2021减去（身份证上出生年份）

附件3：

体能考核各科目评分标准细则

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  | | --- | | 1.男·1500米跑（分、秒） | | | | | | | | | | | | | | | | | | | | |  | | | | |  | | |  | | | | | |  | | | |  | | |
| ****分数    年龄**** | | ****24岁以下**** | | | ****25-30**** | | | ****31-35**** | | | | ****36-40**** | | | | ****41-45**** | | | | | | ****46-50**** | | | | | | | |  | | | | | | | | | | |
| 100 | | 7′40″ | | | 8′00″ | | | 8′20″ | | | | 8′40″ | | | | 9′00″ | | | | | | 9′20″ | | | | | | | |  | | | | | | | | | | |
| 95 | | 7′55″ | | | 8′15″ | | | 8′35″ | | | | 8′55″ | | | | 9′15″ | | | | | | 9′35″ | | | | | | | |  | | | | | | | | | | |
| 90 | | 8′10″ | | | 8′30″ | | | 8′50″ | | | | 9′10″ | | | | 9′30″ | | | | | | 9′50″ | | | | | | | |  | | | | | | | | | | |
| 85 | | 8′25″ | | | 8′45″ | | | 9′05″ | | | | 9′25″ | | | | 9′45″ | | | | | | 10′05″ | | | | | | | |  | | | | | | | | | | |
| 80 | | 8′40″ | | | 9′00″ | | | 9′20″ | | | | 9′40″ | | | | 10′00″ | | | | | | 10′20″ | | | | | | | |  | | | | | | | | | | |
| 75 | | 8′55″ | | | 9′15″ | | | 9′35″ | | | | 9′55″ | | | | 10′15″ | | | | | | 10′35″ | | | | | | | |  | | | | | | | | | | |
| 70 | | 9′10″ | | | 9′30″ | | | 9′50″ | | | | 10′10″ | | | | 10′30″ | | | | | | 10′50″ | | | | | | | |  | | | | | | | | | | |
| 65 | | 9′25″ | | | 9′45″ | | | 10′05″ | | | | 10′25″ | | | | 10′45″ | | | | | | 11′05″ | | | | | | | |  | | | | | | | | | | |
| 60 | | 9′40″ | | | 10′00″ | | | 10′20″ | | | | 10′40″ | | | | 11′00″ | | | | | | 11′20″ | | | | | | | |  | | | | | | | | | | |
| 55 | | 9′55″ | | | 10′15″ | | | 10′35″ | | | | 10′55″ | | | | 11′15″ | | | | | | 11′35″ | | | | | | | |  | | | | | | | | | | |
| 备注 | | 超出100分后每递减5秒增加1分，低于55分后每增加5秒减少1分。 | | | | | | | | | | | | | | | | | | | | | | | | | | | |  | | | | | | | | | | |
| |  | | --- | | 2.女·800米跑（分、秒） | | | | | | | | | | | | | | | | | | | |  | | | | |  | | |  | | | | | |  | | | |  | | | |
| ****分数    年龄**** | | | ****24岁以下**** | | | | ****25-30**** | | | | ****31-35**** | | | | ****36-40**** | | | | | | | | ****41-45**** | | | | | | | |  | | | | | | | | | |
| 100 | | | 3′40″ | | | | 3′50″ | | | | 4′00″ | | | | 4′10″ | | | | | | | | 4′20″ | | | | | | | |  | | | | | | | | | |
| 95 | | | 3′50″ | | | | 4′00″ | | | | 4′10″ | | | | 4′20″ | | | | | | | | 4′30″ | | | | | | | |  | | | | | | | | | |
| 90 | | | 4′00″ | | | | 4′10″ | | | | 4′20″ | | | | 4′30″ | | | | | | | | 4′40″ | | | | | | | |  | | | | | | | | | |
| 85 | | | 4′10″ | | | | 4′20″ | | | | 4′30″ | | | | 4′40″ | | | | | | | | 4′50″ | | | | | | | |  | | | | | | | | | |
| 80 | | | 4′20″ | | | | 4′30″ | | | | 4′40″ | | | | 4′50″ | | | | | | | | 5′00″ | | | | | | | |  | | | | | | | | | |
| 75 | | | 4′30″ | | | | 4′40″ | | | | 4′50″ | | | | 5′00″ | | | | | | | | 5′10″ | | | | | | | |  | | | | | | | | | |
| 70 | | | 4′40″ | | | | 4′50″ | | | | 5′00″ | | | | 5′10″ | | | | | | | | 5′20″ | | | | | | | |  | | | | | | | | | |
| 65 | | | 4′50″ | | | | 5′00″ | | | | 5′10″ | | | | 5′20″ | | | | | | | | 5′30″ | | | | | | | |  | | | | | | | | | |
| 60 | | | 5′00″ | | | | 5′10″ | | | | 5′20″ | | | | 5′30″ | | | | | | | | 5′40″ | | | | | | | |  | | | | | | | | | |
| 55 | | | 5′10″ | | | | 5′20″ | | | | 5′30″ | | | | 5′40″ | | | | | | | | 5′50″ | | | | | | | |  | | | | | | | | | |
| 备注 | | | 超出100分后每递减3秒增加1分，低于55分每增加3秒扣1分。 | | | | | | | | | | | | | | | | | | | | | | | | | | | |  | | | | | | | | | |
| |  | | --- | | 3.男·仰卧起坐（次） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  | | | |  | | |  |  |
| ****分数    年龄**** | ****24岁以下**** | | | ****25-30**** | | | | | ****31-35**** | | | | ****36-40**** | | | | | ****41-45**** | | | | | | ****46-50**** | | | | | | | |  | | | | | | | | |
| 100 | 59 | | | 54 | | | | | 49 | | | | 44 | | | | | 39 | | | | | | 34 | | | | | | | |  | | | | | | | | |
| 95 | 56 | | | 51 | | | | | 46 | | | | 41 | | | | | 36 | | | | | | 31 | | | | | | | |  | | | | | | | | |
| 90 | 53 | | | 48 | | | | | 43 | | | | 38 | | | | | 33 | | | | | | 28 | | | | | | | |  | | | | | | | | |
| 85 | 50 | | | 45 | | | | | 40 | | | | 35 | | | | | 30 | | | | | | 25 | | | | | | | |  | | | | | | | | |
| 80 | 47 | | | 42 | | | | | 37 | | | | 32 | | | | | 27 | | | | | | 22 | | | | | | | |  | | | | | | | | |
| 75 | 44 | | | 39 | | | | | 34 | | | | 29 | | | | | 24 | | | | | | 19 | | | | | | | |  | | | | | | | | |
| 70 | 41 | | | 36 | | | | | 31 | | | | 26 | | | | | 21 | | | | | | 16 | | | | | | | |  | | | | | | | | |
| 65 | 38 | | | 33 | | | | | 28 | | | | 23 | | | | | 18 | | | | | | 13 | | | | | | | |  | | | | | | | | |
| 60 | 35 | | | 30 | | | | | 25 | | | | 20 | | | | | 15 | | | | | | 10 | | | | | | | |  | | | | | | | | |
| 55 | 32 | | | 27 | | | | | 22 | | | | 17 | | | | | 12 | | | | | | 7 | | | | | | | |  | | | | | | | | |
| 备注 | 超出100分后每递增2次增加1分，低于55分每减少2次扣1分，考核时间为2分钟。 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  | | | | | | | | |
| |  | | --- | | 4.女·仰卧起坐（次） | | | | | | | | | | | | | | | | | |  | | | |  | | | | |  | | |  | | | | | |  | | | | | |
| ****分数    年龄**** | | ****24岁以下**** | | | | ****25-30**** | | | | ****31-35**** | | | | ****36-40**** | | | | | | | ****41-45**** | | | | | | | | | |  | | | | | | | | | |
| 100 | | 54 | | | | 49 | | | | 44 | | | | 39 | | | | | | | 34 | | | | | | | | | |  | | | | | | | | | |
| 95 | | 51 | | | | 46 | | | | 41 | | | | 36 | | | | | | | 31 | | | | | | | | | |  | | | | | | | | | |
| 90 | | 48 | | | | 43 | | | | 38 | | | | 33 | | | | | | | 28 | | | | | | | | | |  | | | | | | | | | |
| 85 | | 45 | | | | 40 | | | | 35 | | | | 30 | | | | | | | 25 | | | | | | | | | |  | | | | | | | | | |
| 80 | | 42 | | | | 37 | | | | 32 | | | | 27 | | | | | | | 22 | | | | | | | | | |  | | | | | | | | | |
| 75 | | 39 | | | | 34 | | | | 29 | | | | 24 | | | | | | | 19 | | | | | | | | | |  | | | | | | | | | |
| 70 | | 36 | | | | 31 | | | | 26 | | | | 21 | | | | | | | 16 | | | | | | | | | |  | | | | | | | | | |
| 65 | | 33 | | | | 28 | | | | 23 | | | | 18 | | | | | | | 13 | | | | | | | | | |  | | | | | | | | | |
| 60 | | 30 | | | | 25 | | | | 20 | | | | 15 | | | | | | | 10 | | | | | | | | | |  | | | | | | | | | |
| 55 | | 27 | | | | 22 | | | | 17 | | | | 12 | | | | | | | 7 | | | | | | | | | |  | | | | | | | | | |
| 备注 | | 超出100分后每递增2次增加1分，低于55分每减少2次扣1分，考核时间为2分钟。 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  | | | | | | | | | |