附件3

体能测试考核标准

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| 等级 | 得分 | 18至24周岁（含） | | | | |
| 3000米跑 | 1分钟  俯卧撑 | 3分钟仰卧起坐 | 100米跑 | 立定跳远 |
| 五级 | 20 | 14′30″ | 50 | 50 | 13″ | 2.5m |
| 四级 | 16 | 15′ | 45 | 45 | 13″40 | 2.4m |
| 三级 | 12 | 15′30″ | 40 | 40 | 13″80 | 2.3m |
| 二级 | 8 | 16′ | 35 | 35 | 14″20 | 2.2m |
| 一级 | 4 | 16′30″ | 30 | 30 | 14″60 | 2.1m |

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| 等级 | 得分 | 25至29周岁（含） | | | | |
| 3000米跑 | 1分钟  俯卧撑 | 3分钟仰卧起坐 | 100米跑 | 立定跳远 |
| 五级 | 20 | 15′ | 45 | 45 | 13″40 | 2.45m |
| 四级 | 16 | 15′30″ | 40 | 40 | 13″80 | 2.35m |
| 三级 | 12 | 16′ | 35 | 35 | 14″20 | 2.25m |
| 二级 | 8 | 16′30″ | 30 | 30 | 14″60 | 2.15m |
| 一级 | 4 | 17′ | 25 | 25 | 15″60 | 2.05m |

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| 等级 | 得分 | 30至34周岁（含） | | | | |
| 3000米跑 | 1分钟  俯卧撑 | 3分钟仰卧起坐 | 100米跑 | 立定跳远 |
| 五级 | 20 | 15′ | 40 | 40 | 13″80 | 2.4m |
| 四级 | 16 | 15′45″ | 35 | 35 | 14″20 | 2.3m |
| 三级 | 12 | 16′30″ | 30 | 30 | 14″60 | 2.2m |
| 二级 | 8 | 17′15″ | 25 | 25 | 15″ | 2.1m |
| 一级 | 4 | 18′ | 20 | 20 | 15″40 | 2m |

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| 等级 | 得分 | 35周岁（含）以上 | | | | |
| 3000米跑 | 1分钟  俯卧撑 | 3分钟仰卧起坐 | 100米跑 | 立定跳远 |
| 五级 | 20 | 15′30″ | 35 | 40 | 14″ | 2.3m |
| 四级 | 16 | 16′ | 30 | 35 | 14″30 | 2.2m |
| 三级 | 12 | 16′45″ | 25 | 30 | 15″ | 2.1m |
| 二级 | 8 | 17′30″ | 22 | 25 | 15″40 | 2.05m |
| 一级 | 4 | 18′15″ | 20 | 20 | 16″30 | 2m |