附件3

体能测试考核项目及标准

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| 体能测试考核项目及标准（男） | | | | | | |
| 项目 | 成绩（分） | | | | | |
| 50 | 60 | 70 | 80 | 90 | 100 |
| 1000m | 4′05″ | 4′00″ | 3′55″ | 3′50″ | 3′45″ | 3′40″ |
| 2分钟俯卧撑 | 30 | 32 | 36 | 42 | 50 | 62 |
| 2分钟深蹲 | 68 | 72 | 76 | 80 | 84 | 92 |