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| 附件3体能测试评分标准 |
|  |  |  |  |  |  |  |  |  |  |
| 项目1 |  | 项目2 |  | 项目3 |
| 男子引体向上评分标准 |  | 30秒俯卧撑评分标准 |  | 男子1000米成绩评分表（秒） |
| 成绩 (次) | 得分 |  | 成绩(次) | 得分 | 成绩(次) | 得分 |  | 成绩 | 得分 |
| 22 | 100 |  | 50 | 100 | 25 | 50 |  | 3'15" | 100 |
| 21 | 99 |  | 49 | 98 | 24 | 48 |  | 3'20" | 95 |
| 20 | 95 |  | 48 | 96 | 23 | 46 |  | 3'25" | 90 |
| 19 | 91 |  | 47 | 94 | 22 | 44 |  | 3'32" | 85 |
| 18 | 87 |  | 46 | 92 | 21 | 42 |  | 3'40" | 80 |
| 17 | 83 |  | 45 | 90 | 20 | 40 |  | 3'45" | 78 |
| 16 | 79 |  | 44 | 88 | 19 | 38 |  | 3'50" | 76 |
| 15 | 75 |  | 43 | 86 | 18 | 36 |  | 3'55" | 74 |
| 14 | 71 |  | 42 | 84 | 17 | 34 |  | 4'00" | 72 |
| 13 | 67 |  | 41 | 82 | 16 | 32 |  | 4'05" | 70 |
| 12 | 63 |  | 40 | 80 | 15 | 30 |  | 4'10" | 68 |
| 11 | 59 |  | 39 | 78 | 14 | 28 |  | 4'15" | 66 |
| 10 | 55 |  | 38 | 76 | 13 | 26 |  | 4'20" | 64 |
| 9 | 51 |  | 37 | 74 | 12 | 24 |  | 4'25" | 62 |
| 8 | 47 |  | 36 | 72 | 11 | 22 |  | 4'30" | 60 |
| 7 | 43 |  | 35 | 70 | 10 | 20 |  | 4'50" | 50 |
| 6 | 39 |  | 34 | 68 | 9 | 18 |  | 5'10" | 40 |
| 5 | 35 |  | 33 | 66 | 8 | 16 |  | 5'30" | 30 |
| 4 | 31 |  | 32 | 64 | 7 | 14 |  | 5'50" | 20 |
| 3 | 27 |  | 31 | 62 | 6 | 12 |  | 6'10" | 10 |
| 2 | 23 |  | 30 | 60 | 5 | 10 |  |  |  |
| 1 | 19 |  | 29 | 58 | 4 | 8 |  |  |  |
| 0 | 15 |  | 28 | 56 | 3 | 6 |  |  |  |
|  |  |  | 27 | 54 | 2 | 4 |  |  |  |
|  |  |  | 26 | 52 | 1 | 2 |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| 说明：体能测试成绩=（男子引体向上成绩得分+30秒俯卧撑成绩得分+男子1000米成绩得分）÷3 |