附件2

体能测试项目表

（一）考试内容

仰卧起坐、30米×2蛇形跑**（总分100分）**。

（二）评分细则

技能考试成绩从仰卧起坐、30米×2蛇形跑两个方面综合评分。具体详见如下考核表。（此表格考核内容参照部队女兵考核标准）

|  |  |  |  |
| --- | --- | --- | --- |
| 项目 | | 仰卧起坐（占50%）  （个） | |
|  | 年龄 | 24岁及以下 | 25岁及以上 |
| 分数 |  |
| 100 | | 71 | 69 |
| 95 | | 68 | 65 |
| 90 | | 65 | 61 |
| 85 | | 62 | 57 |
| 80 | | 59 | 54 |
| 75 | | 56 | 51 |
| 70 | | 53 | 48 |
| 65 | | 43 | 40 |
| 60 | | 42 | 39 |
| 备注 | | 考核时间2分钟 | |

|  |  |  |  |
| --- | --- | --- | --- |
| 项目 | | 30米×2蛇形跑（占50%）  （秒） | |
|  | 年龄 | 24岁及以下 | 25岁及以上 |
| 分数 |  |

|  |  |  |
| --- | --- | --- |
| 100 | 20'0" | 20'03" |
| 99 | 20'08" | 20'38" |
| 98 | 20'16" | 20'46" |
| 97 | 20'24" | 20'54" |
| 96 | 20'32" | 20'62" |
| 95 | 20'40" | 20'70" |
| 94 | 20'50" | 20'29" |
| 93 | 20'60" | 20'52" |
| 92 | 20'70" | 20'75" |
| 91 | 20'80" | 20'98" |
| 90 | 20'90" | 21'20" |
| 89 | 20'94" | 21'24" |
| 88 | 20'98" | 21'28" |
| 87 | 21'02" | 21'32" |
| 86 | 21'06" | 21'36" |
| 85 | 21'10" | 21'40" |
| 84 | 21'14" | 21'44" |
| 83 | 21'18" | 21'48" |
| 82 | 21'22" | 21'52" |
| 81 | 21'26" | 21'56" |
| 80 | 21'30" | 21'60" |
| 79 | 21'36" | 21'66" |
| 78 | 21'42" | 21'72" |
| 77 | 21'48" | 21'78" |
| 76 | 21'54" | 21'84" |
| 75 | 21'60" | 21'90" |
| 74 | 21'62" | 21'92" |
| 73 | 21'64" | 21'94" |
| 72 | 21'66" | 21'96" |
| 71 | 21'68" | 21'98" |
| 70 | 21'70" | 22'00" |
| 69 | 21'74" | 22'04" |
| 68 | 21'78" | 22'08" |
| 67 | 21'82" | 22'12" |
| 66 | 21'86" | 22'16" |
| 65 | 21'90" | 22'20" |
| 64 | 22'96" | 22'26" |
| 63 | 22'02" | 22'32" |
| 62 | 22'08" | 22'38" |
| 61 | 22'14" | 22'44" |
| 60 | 22'20" | 22'50" |