附件三：

**苏州大学2021年台湾地区免试生入学运动训练专业身体素质考试**

**评分标准**

一、身体素质考试内容

（一）考试项目

100米跑、立定三级跳远、800米跑和原地双手头后向前掷实心球，共四项，每项分值均为25分。

（二）考试评分标准

1．男子100米跑成绩单位：秒

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 11.74 | 25.00 | 12.25 | 20.19 | 12.75 | 15.47 | 13.25 | 11.95 |
| 11.80 | 24.43 | 12.30 | 19.72 | 12.80 | 15.00 | 13.30 | 11.61 |
| 11.85 | 23.96 | 12.35 | 19.25 | 12.85 | 14.66 | 13.35 | 11.28 |
| 11.90 | 23.49 | 12.40 | 18.77 | 12.90 | 14.32 | 13.40 | 10.94 |
| 11.95 | 23.02 | 12.45 | 18.30 | 12.95 | 13.98 | 13.45 | 10.60 |
| 12.00 | 22.55 | 12.50 | 17.83 | 13.00 | 13.65 | 13.50 | 10.26 |
| 12.05 | 22.08 | 12.55 | 17.36 | 13.05 | 13.31 | 13.55 | 9.92 |
| 12.10 | 21.60 | 12.60 | 16.89 | 13.10 | 12.97 | 13.60 | 9.58 |
| 12.15 | 21.13 | 12.65 | 16.42 | 13.15 | 12.63 | 13.65 | 9.24 |
| 12.20 | 20.66 | 12.70 | 15.94 | 13.20 | 12.29 | 13.70 | 8.90 |

2．女子100米跑成绩单位：秒

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 13.04 | 25.00 | 13.55 | 23.28 | 14.05 | 21.59 | 14.55 | 19.90 |
| 13.10 | 24.80 | 13.60 | 23.11 | 14.10 | 21.42 | 14.60 | 19.73 |
| 13.15 | 24.63 | 13.65 | 22.94 | 14.15 | 21.25 | 14.65 | 19.56 |
| 13.20 | 24.46 | 13.70 | 22.77 | 14.20 | 21.08 | 14.70 | 19.39 |
| 13.25 | 24.29 | 13.75 | 22.60 | 14.25 | 20.91 | 14.75 | 19.22 |
| 13.30 | 24.12 | 13.80 | 22.43 | 14.30 | 20.74 | 14.80 | 19.05 |
| 13.35 | 23.95 | 13.85 | 22.26 | 14.35 | 20.57 | 14.85 | 18.89 |
| 13.40 | 23.78 | 13.90 | 22.09 | 14.40 | 20.41 | 14.90 | 18.72 |
| 13.45 | 23.61 | 13.95 | 21.93 | 14.45 | 20.24 | 14.95 | 18.55 |
| 13.50 | 23.45 | 14.00 | 21.76 | 14.50 | 20.07 | 15.00 | 18.38 |

3．男子立定三级跳远成绩单位：米

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 9.20 | 25.00 | 8.70 | 21.43 | 8.20 | 17.86 | 7.70 | 14.29 |
| 9.15 | 24.64 | 8.65 | 21.07 | 8.15 | 17.50 | 7.65 | 13.94 |
| 9.10 | 24.29 | 8.60 | 20.71 | 8.10 | 17.14 | 7.60 | 13.58 |
| 9.05 | 23.93 | 8.55 | 20.36 | 8.05 | 16.79 | 7.55 | 13.23 |
| 9.00 | 23.57 | 8.50 | 20.00 | 8.00 | 16.43 | 7.50 | 12.87 |
| 8.95 | 23.21 | 8.45 | 19.64 | 7.95 | 16.07 | 7.45 | 12.52 |
| 8.90 | 22.86 | 8.40 | 19.29 | 7.90 | 15.71 | 7.40 | 12.16 |
| 8.85 | 22.50 | 8.35 | 18.93 | 7.85 | 15.36 | 7.35 | 11.81 |
| 8.80 | 22.14 | 8.30 | 18.57 | 7.80 | 15.00 | 7.30 | 11.45 |
| 8.75 | 21.79 | 8.25 | 18.21 | 7.75 | 14.65 | 7.25 | 11.10 |

4．女子立定三级跳远成绩单位：米

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 7.80 | 25.00 | 7.30 | 21.55 | 6.80 | 18.10 | 6.30 | 14.65 |
| 7.75 | 24.66 | 7.25 | 21.21 | 6.75 | 17.76 | 6.25 | 14.31 |
| 7.70 | 24.31 | 7.20 | 20.86 | 6.70 | 17.41 | 6.20 | 13.96 |
| 7.65 | 23.97 | 7.15 | 20.52 | 6.65 | 17.07 | 6.15 | 13.61 |
| 7.60 | 23.62 | 7.10 | 20.17 | 6.60 | 16.72 | 6.10 | 13.27 |
| 7.55 | 23.28 | 7.05 | 19.83 | 6.55 | 16.38 | 6.05 | 12.92 |
| 7.50 | 22.93 | 7.00 | 19.48 | 6.50 | 16.03 | 6.00 | 12.57 |
| 7.45 | 22.59 | 6.95 | 19.14 | 6.45 | 15.69 | 5.95 | 12.23 |
| 7.40 | 22.24 | 6.90 | 18.79 | 6.40 | 15.34 | 5.90 | 11.88 |
| 7.35 | 21.90 | 6.85 | 18.45 | 6.35 | 15.00 | 5.85 | 11.53 |

5．男子800米跑成绩单位：分:秒

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 2:03.00 | 25.00 | 2:10.50 | 22.32 | 2:18.00 | 19.64 | 2:25.50 | 16.96 |
| 2:03.50 | 24.82 | 2:11.00 | 22.14 | 2:18.50 | 19.46 | 2:26.00 | 16.79 |
| 2:04.00 | 24.64 | 2:11.50 | 21.96 | 2:19.00 | 19.29 | 2:26.50 | 16.61 |
| 2:04.50 | 24.46 | 2:12.00 | 21.79 | 2:19.50 | 19.11 | 2:27.00 | 16.43 |
| 2:05.00 | 24.29 | 2:12.50 | 21.61 | 2:20.00 | 18.93 | 2:27.50 | 16.25 |
| 2:05.50 | 24.11 | 2:13.00 | 21.43 | 2:20.50 | 18.75 | 2:28.00 | 16.07 |
| 2:06.00 | 23.93 | 2:13.50 | 21.25 | 2:21.00 | 18.57 | 2:28.50 | 15.89 |
| 2:06.50 | 23.75 | 2:14.00 | 21.07 | 2:21.50 | 18.39 | 2:29.00 | 15.71 |
| 2:07.00 | 23.57 | 2:14.50 | 20.89 | 2:22.00 | 18.21 | 2:29.50 | 15.54 |
| 2:07.50 | 23.39 | 2:15.00 | 20.71 | 2:22.50 | 18.04 | 2:30.00 | 15.36 |
| 2:08.00 | 23.21 | 2:15.50 | 20.54 | 2:23.00 | 17.86 | 2:30.50 | 15.18 |
| 2:08.50 | 23.04 | 2:16.00 | 20.36 | 2:23.50 | 17.68 | 2:31.00 | 15.00 |
| 2:09.00 | 22.86 | 2:16.50 | 20.18 | 2:24.00 | 17.50 | 2:31.50 | 14.82 |
| 2:09.50 | 22.68 | 2:17.00 | 20.00 | 2:24.50 | 17.32 | 2:32.00 | 14.64 |
| 2:10.00 | 22.50 | 2:17.50 | 19.82 | 2:25.00 | 17.14 | 2:32.50 | 14.46 |

6．女子800米跑成绩单位：分:秒

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 2:26.00 | 25.00 | 2:33.50 | 22.97 | 2:41.00 | 20.95 | 2:48.50 | 18.92 |
| 2:26.50 | 24.86 | 2:34.00 | 22.84 | 2:41.50 | 20.81 | 2:49.00 | 18.78 |
| 2:27.00 | 24.73 | 2:34.50 | 22.70 | 2:42.00 | 20.68 | 2:49.50 | 18.65 |
| 2:27.50 | 24.59 | 2:35.00 | 22.57 | 2:42.50 | 20.54 | 2:50.00 | 18.51 |
| 2:28.00 | 24.46 | 2:35.50 | 22.43 | 2:43.00 | 20.41 | 2:50.50 | 18.38 |
| 2:28.50 | 24.32 | 2:36.00 | 22.30 | 2:43.50 | 20.27 | 2:51.00 | 18.24 |
| 2:29.00 | 24.19 | 2:36.50 | 22.16 | 2:44.00 | 20.14 | 2:51.50 | 18.11 |
| 2:29.50 | 24.05 | 2:37.00 | 22.03 | 2:44.50 | 20.00 | 2:52.00 | 17.97 |
| 2:30.00 | 23.92 | 2:37.50 | 21.89 | 2:45.00 | 19.86 | 2:52.50 | 17.84 |
| 2:30.50 | 23.78 | 2:38.00 | 21.76 | 2:45.50 | 19.73 | 2:53.00 | 17.70 |
| 2:31.00 | 23.65 | 2:38.50 | 21.62 | 2:46.00 | 19.59 | 2:53.50 | 17.57 |
| 2:31.50 | 23.51 | 2:39.00 | 21.49 | 2:46.50 | 19.46 | 2:54.00 | 17.43 |
| 2:32.00 | 23.38 | 2:39.50 | 21.35 | 2:47.00 | 19.32 | 2:54.50 | 17.30 |
| 2:32.50 | 23.24 | 2:40.00 | 21.22 | 2:47.50 | 19.19 | 2:55.00 | 17.16 |
| 2:33.00 | 23.11 | 2:40.50 | 21.08 | 2:48.00 | 19.05 | 2:55.50 | 17.03 |

7．男子原地双手头后向前掷实心球（2千克）成绩单位：米

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 15.95 | 25.00 | 14.70 | 19.70 | 13.45 | 14.59 | 12.20 | 10.93 |
| 15.90 | 24.79 | 14.65 | 19.49 | 13.40 | 14.44 | 12.15 | 10.78 |
| 15.85 | 24.58 | 14.60 | 19.28 | 13.35 | 14.30 | 12.10 | 10.64 |
| 15.80 | 24.36 | 14.55 | 19.07 | 13.30 | 14.15 | 12.05 | 10.49 |
| 15.75 | 24.15 | 14.50 | 18.86 | 13.25 | 14.00 | 12.00 | 10.35 |
| 15.70 | 23.94 | 14.45 | 18.64 | 13.20 | 13.86 | 11.95 | 10.20 |
| 15.65 | 23.73 | 14.40 | 18.43 | 13.15 | 13.71 | 11.90 | 10.05 |
| 15.60 | 23.52 | 14.35 | 18.22 | 13.10 | 13.57 | 11.85 | 9.91 |
| 15.55 | 23.31 | 14.30 | 18.01 | 13.05 | 13.42 | 11.80 | 9.76 |
| 15.50 | 23.09 | 14.25 | 17.80 | 13.00 | 13.27 | 11.75 | 9.61 |
| 15.45 | 22.88 | 14.20 | 17.58 | 12.95 | 13.13 | 11.70 | 9.47 |
| 15.40 | 22.67 | 14.15 | 17.37 | 12.90 | 12.98 | 11.65 | 9.32 |
| 15.35 | 22.46 | 14.10 | 17.16 | 12.85 | 12.83 | 11.60 | 9.17 |
| 15.30 | 22.25 | 14.05 | 16.95 | 12.80 | 12.69 | 11.55 | 9.03 |
| 15.25 | 22.03 | 14.00 | 16.74 | 12.75 | 12.54 | 11.50 | 8.88 |
| 15.20 | 21.82 | 13.95 | 16.53 | 12.70 | 12.39 | 11.45 | 8.74 |
| 15.15 | 21.61 | 13.90 | 16.31 | 12.65 | 12.25 | 11.40 | 8.59 |
| 15.10 | 21.40 | 13.85 | 16.10 | 12.60 | 12.10 | 11.35 | 8.44 |
| 15.05 | 21.19 | 13.80 | 15.89 | 12.55 | 11.96 | 11.30 | 8.30 |
| 15.00 | 20.97 | 13.75 | 15.68 | 12.50 | 11.81 | 11.25 | 8.15 |
| 14.95 | 20.76 | 13.70 | 15.47 | 12.45 | 11.66 | 11.20 | 8.00 |
| 14.90 | 20.55 | 13.65 | 15.25 | 12.40 | 11.52 | 11.15 | 7.86 |
| 14.85 | 20.34 | 13.60 | 15.04 | 12.35 | 11.37 | 11.10 | 7.71 |
| 14.80 | 20.13 | 13.55 | 14.88 | 12.30 | 11.22 | 11.05 | 7.56 |
| 14.75 | 19.92 | 13.50 | 14.74 | 12.25 | 11.08 | 11.00 | 7.42 |

8．女子原地双手头后向前掷实心球（2千克）成绩单位：米

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 11.60 | 25.00 | 10.45 | 16.79 | 9.30 | 10.53 | 8.15 | 4.82 |
| 11.55 | 24.64 | 10.40 | 16.43 | 9.25 | 10.28 | 8.10 | 4.57 |
| 11.50 | 24.29 | 10.35 | 16.07 | 9.20 | 10.03 | 8.05 | 4.32 |
| 11.45 | 23.93 | 10.30 | 15.71 | 9.15 | 9.79 | 8.00 | 4.07 |
| 11.40 | 23.57 | 10.25 | 15.36 | 9.10 | 9.54 | 7.95 | 3.83 |
| 11.35 | 23.21 | 10.20 | 15.00 | 9.05 | 9.29 | 7.90 | 3.58 |
| 11.30 | 22.86 | 10.15 | 14.75 | 9.00 | 9.04 | 7.85 | 3.33 |
| 11.25 | 22.50 | 10.10 | 14.50 | 8.95 | 8.79 | 7.80 | 3.08 |
| 11.20 | 22.14 | 10.05 | 14.26 | 8.90 | 8.54 | 7.75 | 2.83 |
| 11.15 | 21.79 | 10.00 | 14.01 | 8.85 | 8.30 | 7.70 | 2.58 |
| 11.10 | 21.43 | 9.95 | 13.76 | 8.80 | 8.05 | 7.65 | 2.34 |
| 11.05 | 21.07 | 9.90 | 13.51 | 8.75 | 7.80 | 7.60 | 2.09 |
| 11.00 | 20.71 | 9.85 | 13.26 | 8.70 | 7.55 | 7.55 | 1.84 |
| 10.95 | 20.36 | 9.80 | 13.01 | 8.65 | 7.30 | 7.50 | 1.59 |
| 10.90 | 20.00 | 9.75 | 12.77 | 8.60 | 7.05 | 7.45 | 1.34 |
| 10.85 | 19.64 | 9.70 | 12.52 | 8.55 | 6.81 | 7.40 | 1.09 |
| 10.80 | 19.29 | 9.65 | 12.27 | 8.50 | 6.56 | 7.35 | 0.84 |
| 10.75 | 18.93 | 9.60 | 12.02 | 8.45 | 6.31 | 7.30 | 0.60 |
| 10.70 | 18.57 | 9.55 | 11.77 | 8.40 | 6.06 | 7.25 | 0.35 |
| 10.65 | 18.21 | 9.50 | 11.52 | 8.35 | 5.81 | 7.20 | 0.10 |
| 10.60 | 17.86 | 9.45 | 11.28 | 8.30 | 5.56 | 7.19 | 0.00 |
| 10.55 | 17.50 | 9.40 | 11.03 | 8.25 | 5.32 |    |    |
| 10.50 | 17.14 | 9.35 | 10.78 | 8.20 | 5.07 |    |    |