体能考核标准

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|  项 目成 绩 | 100分 | 90分 | 80分 | 70分 | 60分 | 50分 | 0分 |
| 3000米 | ≤13min | 13-14min | 14-15min | 15-16min | 16-17min | 17-19min | ≥19min |
| 100米 | ≤12s | 12-13s | 13-14s | 14-15S | 15-16S | 16-18s | ≥18s |
| 单杠 | 15个 | 12个 | 10个 | 6个 | 5个 | 3个 | ≤2 |
| 备注：体能总分等于=50%（3000米成绩）+30%（100米成绩）+20%（单杠成绩） |