**女學生體適能測驗參考**

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| **10-12歲小學女學生仰臥起坐60秒百分等級常模**(單位:次) |
| 百分等級年齡 | 5th | 10th | 15th | 20th | 25th | 30th | 35th | 40th | 45th | 50th | 55th | 60th | 65th | 70th | 75th | 80th | 85th | 90th | 95th |
| << 待加強>> | <<中等>> | https://www.fitness.org.tw/img/award_3rd.gif | https://www.fitness.org.tw/img/award_silver.gif | https://www.fitness.org.tw/img/award_gold.gif |
| **10** | 8 | 12 | 15 | 17 | 19 | 20 | 21 | 22 | 23 | 24 | 24 | 25 | 26 | 27 | 28 | 30 | 31 | 33 | 36 |
| **11** | 10 | 13 | 17 | 19 | 20 | 22 | 23 | 24 | 25 | 26 | 27 | 27 | 28 | 29 | 30 | 31 | 32 | 34 | 37 |
| **12** | 13 | 17 | 19 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 30 | 31 | 32 | 34 | 36 | 39 |

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| **10-12歲小學女學生坐姿體前彎百分等級常模(單位公分)** |
| 百分等級年齡 | 5th | 10th | 15th | 20th | 25th | 30th | 35th | 40th | 45th | >50th | >55th | 60th | 65th | 70th | 75th | 80th | 85th | 90th | 95th |
| << 待加強>> | <<中等>> | https://www.fitness.org.tw/img/award_3rd.gif | https://www.fitness.org.tw/img/award_silver.gif | https://www.fitness.org.tw/img/award_gold.gif |
| **10** | 16 | 19 | 21 | 23 | 24 | 25 | 27 | 28 | 29 | 30 | 30 | 31 | 32 | 33 | 35 | 36 | 37 | 40 | 42 |
| **11** | 14 | 18 | 20 | 22 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 37 | 39 | 43 |
| **12** | 13 | 16 | 19 | 21 | 23 | 24 | 25 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 35 | 36 | 38 | 40 | 44 |

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| **10-12歲小學女學生立定跳遠百分等級常模(單位:公分)** |
| 年齡 | 5th | 10th | 15th | 20th | 25th | 30th | 35th | 40th | 45th | 50th | 55th | 60th | 65th | 70th | 75th | 80th | 85th | 90th | 95th |
| << 待加強>> | <<中等>> | https://www.fitness.org.tw/img/award_3rd.gif | https://www.fitness.org.tw/img/award_silver.gif | https://www.fitness.org.tw/img/award_gold.gif |
| **10** | 95 | 100 | 104 | 107 | 110 | 112 | 115 | 118 | 120 | 123 | 125 | 128 | 130 | 133 | 136 | 140 | 145 | 152 | 160 |
| **11** | 100 | 105 | 110 | 114 | 117 | 120 | 123 | 125 | 128 | 131 | 134 | 137 | 140 | 142 | 146 | 150 | 155 | 160 | 170 |
| **12** | 102 | 108 | 113 | 116 | 120 | 123 | 126 | 129 | 131 | 135 | 139 | 142 | 144 | 147 | 150 | 156 | 162 | 167 | 176 |

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| **10-12歲小學女學生八百公尺跑走百分等級常模(單位:分'秒")** |
| 年齡 | 5th | 10th | 15th | 20th | 25th | 30th | 35th | 40th | 45th | 50th | 55th | 60th | 65th | 70th | 75th | 80th | 85th | 90th | 95th |
| << 待加強>> | <<中等>> | https://www.fitness.org.tw/img/award_3rd.gif | https://www.fitness.org.tw/img/award_silver.gif | https://www.fitness.org.tw/img/award_gold.gif |
| **10** | 6'53'' | 6'29'' | 6'14'' | '6'03'' | 5'53'' | 5'46'' | 5'38'' | 5'28'' | 5'22'' | 5'14'' | 5'07'' | 5'03'' | 4'55'' | 4'47'' | 4'41'' | 4'33'' | 4'25'' | 4'11'' | 4'00'' |
| **11** | 6'27'' | 6'03'' | 5'48'' | 5'38" | 5'29'' | 5'22'' | 5'16' | 5'09'' | 5'03'' | 4'56'' | 4'49'' | 4'43'' | 4'36'' | 4'29'' | 4'22'' | 4'15'' | 4'09'' | 3'56'' | 3'46'' |
| **12** | 6'08'' | 5'46'' | 5'32'' | 5'22'' | 5'15'' | 5'09'' | 5'03'' | 4'56'' | 4'49'' | 4'44'' | 4'40'' | 4'33'' | 4'27'' | 4'21'' | 4'15'' | 4'09'' | 4'03'' | 3'54'' | 3'43'' |