**男學生體適能測驗參考**

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| **10-12歲小學男學生仰臥起坐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** | 9 | 13 | 15 | 17 | 19 | 20 | 22 | 23 | 24 | 25 | 26 | 26 | 27 | 29 | 30 | 31 | 33 | 35 | 37 |
| **11** | 12 | 16 | 18 | 20 | 21 | 22 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 35 | 37 | 40 |
| **12** | 16 | 19 | 22 | 24 | 25 | 26 | 27 | 29 | 30 | 30 | 31 | 32 | 33 | 34 | 35 | 37 | 38 | 40 | 44 |

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| **10-12歲小學男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** | 11 | 15 | 16 | 18 | 19 | 20 | 21 | 23 | 24 | 25 | 25 | 27 | 27 | 29 | 30 | 31 | 32 | 34 | 36 |
| **11** | 10 | 13 | 15 | 17 | 18 | 19 | 20 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 32 | 34 | 36 |
| **12** | 9 | 12 | 15 | 16 | 17 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 29 | 30 | 31 | 33 | 36 |

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| **10-12歲小學男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** | 100 | 105 | 110 | 115 | 119 | 121 | 125 | 127 | 130 | 132 | 135 | 138 | 141 | 145 | 148 | 152 | 156 | 162 | 170 |
| **11** | 106 | 113 | 118 | 125 | 128 | 131 | 135 | 138 | 141 | 144 | 146 | 150 | 153 | 156 | 160 | 164 | 169 | 174 | 182 |
| **12** | 112 | 122 | 129 | 133 | 136 | 141 | 145 | 148 | 152 | 155 | 158 | 161 | 165 | 169 | 172 | 176 | 181 | 187 | 198 |

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| **10-12歲小學男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** | 6'50'' | 6'25'' | 6'12'' | 6'0'' | 5'47'' | 5'36'' | 5'28'' | 5'18'' | 5'10'' | 5'0'' | 4'51'' | 4'43'' | 4'36'' | 4'27'' | 4'20'' | 4'11'' | 4'1'' | 3'51'' | 3'40'' |
| **11** | 6'33'' | 6'02'' | 5'46'' | 5'32''' | 5'22'' | 5'14'' | 5'04'' | 4'54'' | 4'47'' | 4'40'' | 4'30'' | 4'23'' | 4'16'' | 4'09'' | 4'02'' | 3'55'' | 3'48'' | 3'39'' | 3'30'' |
| **12** | 6'01'' | 5'34'' | 5'19'' | 5'08'' | 4'57'' | 4'47'' | 4'39'' | 4'31'' | 4'24'' | '4'17'' | 4'10'' | 4'03'' | 3'57'' | 3'50'' | 3'43'' | 3'38'' | 3'32'' | 3'25'' | 3'14'' |