附表5

**《国家学生体质健康标准》登记卡(高中样表）**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | | | | | | | | | | | | | **学 校** | | | | |  | | | | | | | | |
| **姓 名** |  | | | **性 别** | | | |  | | | | | | | **学 号** | | | | |  | | | | | | | | |
| **班 级** |  | | | **民 族** | | | |  | | | | | | | **出生日期** | | | | |  | | | | | | | | |
| **单项指标** | | **高一** | | | | | **高二** | | | | | | | | **高三** | | | | | | | | | **毕业成绩** | | | | |
| **成绩** | **得分** | | | **等级** | **成绩** | | | **得分** | | | **等级** | | **成绩** | | **得分** | | | | | **等级** | | **得分** | | **等级** | | |
| 体重指数（BMI）（千克/米2） | |  |  | | |  |  | | |  | | |  | |  | |  | | | | |  | |  | |  | | |
| 肺活量（毫升） | |  |  | | |  |  | | |  | | |  | |  | |  | | | | |  | |
| 50米跑（秒） | |  |  | | |  |  | | |  | | |  | |  | |  | | | | |  | |
| 坐位体前屈(厘米） | |  |  | | |  |  | | |  | | |  | |  | |  | | | | |  | |
| 立定跳远（厘米） | |  |  | | |  |  | | |  | | |  | |  | |  | | | | |  | |
| 引体向上（男）/  1分钟仰卧起坐(女)（次） | |  |  | | |  |  | | |  | | |  | |  | |  | | | | |  | |
| 1000米跑（男）/  800米跑(女)（分·秒） | |  |  | | |  |  | | |  | | |  | |  | |  | | | | |  | |
| **标准分** | |  | | | | |  | | | | | | | |  | | | | | | | | |
| **加分指标** | | **成绩** | | | **附加分** | | **成绩** | | | | | **附加分** | | | **成绩** | | | | **附加分** | | | | |
| 引体向上（男）/  1分钟仰卧起坐(女)（次） | |  | | |  | |  | | | | |  | | |  | | | |  | | | | |
| 1000米跑（男）/  800米跑(女)（分·秒） | |  | | |  | |  | | | | |  | | |  | | | |  | | | | |
| **学年总分** | |  | | | | |  | | | | | | | |  | | | | | | | | |
| **等级评定** | |  | | | | |  | | | | | | | |  | | | | | | | | |
| **体育教师签字** | |  | | | | |  | | | | | | | |  | | | | | | | | |  | | | | |
| **班主任签字** | |  | | | | |  | | | | | | | |  | | | | | | | | |  | | | | |
| **家长签字** | |  | | | | |  | | | | | | | |  | | | | | | | | |  | | | | |
| 注：中等职业学校参照本样表执行。 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | |  | | 学校签章： | | |  | |  | |  | | | 年 | | 月 | | 日 | |  |