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| **高中男生體適能各項成績量表** |
| 仰臥起坐 | <<待加強>> | <<中等>> | 銅牌 | 銀牌 | 金牌 |
| **16歲** | 24 | 28 | 30 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 40 | 40 | 41 | 43 | 44 | 45 | 47 | 49 | 52 |
| **17歲** | 25 | 28 | 30 | 31 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 45 | 47 | 49 | 52 |
| **18歲** | 25 | 27 | 30 | 31 | 33 | 34 | 35 | 36 | 36 | 37 | 39 | 40 | 40 | 42 | 43 | 44 | 46 | 48 | 51 |
| 坐姿體前彎 | <<待加強>> | <<中等>> | 銅牌 | 銀牌 | 金牌 |
| **16歲** | 8 | 12 | 14 | 17 | 18 | 20 | 21 | 23 | 25 | 26 | 27 | 29 | 30 | 31 | 33 | 34 | 36 | 38 | 42 |
| **17歲** | 8 | 11 | 14 | 15 | 17 | 19 | 21 | 22 | 24 | 25 | 26 | 28 | 30 | 31 | 32 | 34 | 36 | 38 | 42 |
| **18歲** | 7 | 11 | 14 | 16 | 18 | 20 | 21 | 22 | 24 | 25 | 27 | 28 | 29 | 31 | 32 | 34 | 36 | 38 | 41 |
| 立定跳遠 | <<待加強>> | <<中等>> | 銅牌 | 銀牌 | 金牌 |
| **16歲** | 148 | 159 | 168 | 174 | 180 | 185 | 189 | 192 | 196 | 200 | 204 | 207 | 210 | 215 | 220 | 224 | 230 | 235 | 245 |
| **17歲** | 152 | 162 | 170 | 178 | 184 | 189 | 192 | 196 | 200 | 203 | 205 | 209 | 213 | 216 | 220 | 225 | 230 | 238 | 248 |
| **18歲** | 151 | 165 | 175 | 180 | 185 | 190 | 195 | 200 | 203 | 206 | 210 | 213 | 216 | 220 | 224 | 230 | 235 | 244 | 254 |
| 1600m | <<待加強>> | <<中等>> | 銅牌 | 銀牌 | 金牌 |
| **16歲** | 11'55'' | 11'4'' | 10'27'' | 9'59'' | 9'38'' | 9'20'' | 9'4'' | 8'52'' | 8'40'' | 8'27'' | 8'13'' | 8'4'' | 7'54'' | 7'42'' | 7'32'' | 7'20'' | 7'9'' | 6'53'' | 6'36'' |
| **17歲** | 12'18''' | 11'7'' | 10'28'' | 10'6'' | 9'47' | 9'25'' | 9'8'' | 8'55'' | 8'43'' | 8'31'' | 8'17'' | 8'5'' | 7'56'' | 7'47'' | 7'35'' | 7'20'' | 7'9'' | 6'57'' | 6'40'' |
| **18歲** | 12'16'' | 11'15'' | 10'42'' | 10'17'' | 9'58'' | 9'38'' | 9'21'' | 9'6'' | 8'51'' | 8'39'' | 8'28'' | 8'18'' | 8'5'' | 7'52' | 7'40'' | 7'30' | 7'15'' | 6'59'' | 6'36'' |