



資料上傳 | 資料下載 | 體適能常模 | 體適能指導 | 體適能測驗

身高 | 體重 | 仰臥起坐60秒 | 坐姿體前彎 | 立定跳遠 | 心肺耐力 | 身體質量

此常模之PR值以「5進位」呈現，對照結果僅供參考，如需發送獎章或做為辦理競賽成績之依據敬請以「上傳管理系統(PR值為1-99)」或「線上評估(PR值為1-99)」之評等為準。

體適能常模 心肺耐力

男生

10-23歲中小學男學生八百及一千六百公尺跑走百分等級常模 (單位:分'秒")

百分等級	5th	10th	15th	20th	25th	30th	35th	40th	45th	50th	55th	60th	65th	70th	75th	80th	85th	90th	95th
年齡	<< 待加強 >>				<< 中等 >>														
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"
13	13'16"	12'25"	12'02"	11'35"	11'16"	10'56"	10'44"	10'22"	10'03"	9'50"	9'33"	9'15"	8'57"	8'41"	8'20"	8'8"	7'54"	7'30"	7'04"
14	13'26"	12'22"	11'55"	11'23"	10'59"	10'28"	10'04"	9'45"	9'27"	9'14"	8'57"	8'43'	8'29"	8'14"	7'57"	7'44"	7'28"	7'11"	6'47"
15	12'57"	11'58"	11'10"	10'42"	10'19"	10'00"	9'42"	9'19"	9'05"	8'53"	8'38"	8'22"	8'10"	8'00"	7'46"	7'33"	7'18"	7'03"	6'42"
16	11'55"	11'04"	10'27"	9'59"	9'38"	9'20"	9'04"	8'52"	8'40"	8'27"	8'13"	8'04"	7'54"	7'42"	7'32"	7'20"	7'09"	6'53"	6'36"
17	12'18"	11'07"	10'28"	10'06"	9'47"	9'25"	9'08"	8'55"	8'43"	8'31"	8'17"	8'05"	7'56"	7'47"	7'35"	7'20"	7'09"	6'57"	6'40"
18	12'16"	11'15"	10'42"	10'17"	9'58"	9'38"	9'21"	9'06"	8'51"	8'39"	8'28"	8'18"	8'05"	7'52"	7'40"	7'30"	7'15"	6'59"	6'36"
19	10'28"	10'01"	9'43"	9'29"	9'17"	9'05"	8'55"	8'46"	8'36"	8'27"	8'18"	8'09"	7'59"	7'49"	7'38"	7'25"	7'11"	6'53"	6'27"
20	10'31"	10'04"	9'45"	9'31"	9'18"	9'07"	8'57"	8'47"	8'37"	8'28"	8'18"	8'09"	7'59"	7'49"	7'37"	7'25"	7'10"	6'52"	6'25"
21	10'30"	10'04"	9'46"	9'31"	9'19"	9'08"	8'58"	8'48"	8'39"	8'30"	8'20"	8'11"	8'01"	7'51"	7'40"	7'28"	7'13"	6'55"	6'29"
22	10'23"	9'58"	9'40"	9'27"	9'15"	9'04"	8'55"	8'45"	8'36"	8'28"	8'19"	8'10"	8'00"	7'51"	7'40"	7'28"	7'15"	6'57"	6'32"
23	10'32"	10'06"	9'48"	9'34"	9'22"	9'10"	9'01"	8'51"	8'42"	8'33"	8'23"	8'14"	8'04"	7'55"	7'43"	7'31"	7'17"	6'59"	6'33"

20-64歲臺閩地區男性三分鐘登階心肺耐力指數百分等級常模

五分等級	不好	稍差	普通	尚好	很好
年齡 (歲)					
20-24	~48.1	48.2~52.9	53.0~57.0	57.1~62.5	62.6~
25-29	~47.1	47.2~51.1	51.2~55.2	55.3~60.8	60.9~
30-34	~47.4	47.5~51.4	51.5~55.6	55.7~60.8	60.9~
35-39	~47.6	47.7~52.0	52.1~55.9	56.0~61.2	61.3~

40-44	~47.9	48.0~52.3	52.4~56.3	56.4~61.6	61.7~
45-49	~48.1	48.2~52.9	53.0~57.0	57.1~62.5	62.6~
50-54	~48.9	49.0~53.3	53.4~57.7	57.8~63.4	63.5~
55-59	~48.9	49.0~53.9	54.0~58.8	58.9~64.3	64.4~
60-64	~48.4	48.5~54.2	54.3~58.8	58.9~64.3	64.4~

女生

10-23歲中小學女學生八百公尺跑走百分等級常模(單位:分'秒")

百分等級 5th 10th 15th 20th 25th 30th 35th 40th 45th 50th 55th 60th 65th 70th 75th 80th 85th 90th 95th

年齡	<< 請加強>>					<<中等>>					 銅牌	 銀牌	 金牌						
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"
13	6'08"	5'54"	5'31"	5'22"	5'16"	5'07"	5'00"	4'54"	4'49"	4'43"	4'37"	4'32"	4'26"	4'20"	4'16"	4'10"	4'03"	3'54"	3'44"
14	6'25"	5'56"	5'39"	5'30"	5'23"	5'14"	5'09"	5'02"	4'55"	4'49"	4'44"	4'39"	4'33"	4'28"	4'23"	4'17"	4'10"	4'02"	3'53"
15	6'16"	5'53"	5'35"	5'28"	5'20"	5'11"	5'05"	4'59"	4'53"	4'47"	4'41"	4'35"	4'30"	4'24"	4'19"	4'12"	4'06"	3'57"	3'47"
16	6'16"	5'50"	5'32"	5'20"	5'11"	5'03"	4'55"	4'49"	4'44"	4'38"	4'33"	4'28"	4'24"	4'19"	4'14"	4'09"	4'03"	3'55"	3'44"
17	6'5"	5'45"	5'30"	5'15"	5'06"	5'01"	4'54"	4'48"	4'42"	4'38"	4'33"	4'30"	4'25"	4'19"	4'15"	4'09"	4'02"	3'56"	3'46"
18	6'22"	5'52"	5'36"	5'26"	5'17"	5'8"	5'1"	4'56"	4'50"	4'46"	4'40"	4'36"	4'32"	4'27"	4'21"	4'16"	4'11"	4'3"	3'51"
19	5'45"	5'32"	5'24"	5'17"	5'11"	5'05"	5'00"	4'55"	4'51"	4'46"	4'42"	4'37"	4'33"	4'28"	4'22"	4'16"	4'09"	4'00"	3'47"
20	5'52"	5'38"	5'29"	5'21"	5'15"	5'09"	5'04"	4'59"	4'54"	4'49"	4'45"	4'40"	4'35"	4'30"	4'24"	4'18"	4'10"	4'01"	3'47"
21	5'46"	5'32"	5'23"	5'16"	5'10"	5'05"	5'00"	4'55"	4'50"	4'46"	4'41"	4'36"	4'32"	4'27"	4'21"	4'15"	4'08"	3'59"	3'46"
22	5'42"	5'21"	5'21"	5'14"	5'08"	5'03"	4'58"	4'54"	4'49"	4'45"	4'40"	4'36"	4'32"	4'27"	4'22"	4'16"	4'09"	4'01"	3'48"
23	5'43"	5'23"	5'23"	5'17"	5'11"	5'06"	5'01"	4'57"	4'53"	4'48"	4'44"	4'40"	4'36"	4'31"	4'26"	4'20"	4'14"	4'6"	3'53"

20-64歲臺閩地區女性三分鐘登階心肺耐力指數百分等級常模

五分等級	不好	稍差	普通	尚好	很好
20-24	~46.6	46.7~50.6	50.7~54.2	54.3~59.6	59.7~
25-29	~46.4	46.5~50.3	50.4~53.9	54.0~59.2	59.3~
30-34	~46.9	47.0~51.1	51.2~54.9	55.0~60.4	60.5~
35-39	~47.4	47.5~51.4	51.5~55.2	55.3~60.4	60.5~
40-44	~47.1	47.2~52.0	52.1~55.6	55.7~60.8	60.9~
45-49	~47.4	47.5~52.6	52.7~57.0	57.1~62.1	62.2~
50-54	~47.1	47.2~53.3	53.4~57.7	57.8~63.4	63.5~
55-59	~45.7	45.8~53.4	53.5~58.1	58.2~63.8	63.9~
60-64	~41.4	41.5~50.8	50.9~57.0	57.1~63.4	63.5~

資料來源：

10-18歲數據來自教育部「101年臺灣中小學學生體適能常模」
 19-23歲數據來自教育部「88年臺灣地區大專校院學生體適能常模研究」
 20-64歲數據來自行政院體育委員會「100年度國民體能檢測專案」

