體適能國、高中女生常模(中等成績)一覽表

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 年 齡 |  仰 臥 |  坐 姿 |  立 定 |  心 肺 |
| 12 | 22-26 | 23-28 | 120-131 | 5”15--4”49 |
| 13 | 23-28 | 24-29 | 120-135 | 5”16--4”49 |
| 14 | 22-26 | 23-29 | 122-134 | 5”23--4”55 |
| 15 | 22-26 | 25-30 | 125-138 | 5”20--4”53 |
| 16 | 23-28 | 24-30 | 127-141 | 5”11--4”44 |
| 17 | 23-27 | 25-31 | 128-143 | 5”06--4”42 |
| 18 | 23-28 | 25-30 | 130-142 | 5”17--4”50 |
| 19 | 24-28 | 28-33 | 148-159 | 5”11--4”51 |

體適能國、高中男生常模(中等成績)一覽表

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 年 齡 |  仰 臥 |  坐 姿 |  立 定 |  心 肺 |
| 12 | 25-30 | 17-22 | 136-152 | 4”57—4”24 |
| 13 | 29-32 | 18-23 | 148-165 | 11”16—10”03 |
| 14 | 30-34 | 18-23 | 165-180 | 10”59—9”27 |
| 15 | 32-36 | 18-23 | 175-191 | 10”19—9”05 |
| 16 | 33-37 | 18-25 | 180-196 | 9”38—8”40 |
| 17 | 33-37 | 17-27 | 184-200 | 9”47—8”43 |
| 18 | 33-36 | 18-24 | 185-203 | 9”58—8”51 |
| 19 | 33-37 | 26-31 | 212-225 | 9”17—8”36 |