

# 教 育 部 文 件

---

教育部关于印发《国家学生体质健康标准  
(2014年修订)》的通知

2014 7 7

# 国家学生体质健康标准（2014年修订）







|  |            |           |           |           |           |           |           |           |           |           |           |           |           |           |
|--|------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
|  |            |           |           |           |           |           |           |           |           |           |           |           |           |           |
|  | <b>100</b> | 13.5~18.1 | 13.7~18.4 | 13.9~19.4 | 14.2~20.1 | 14.4~21.4 | 14.7~21.8 | 15.5~22.1 | 15.7~22.5 | 15.8~22.8 | 16.5~23.2 | 16.8~23.7 | 17.3~23.8 | 17.9~23.9 |
|  | <b>80</b>  | ≤13.4     | ≤13.6     | ≤13.8     | ≤14.1     | ≤14.3     | ≤14.6     | ≤15.4     | ≤15.6     | ≤15.7     | ≤16.4     | ≤16.7     | ≤17.2     | ≤17.8     |
|  |            | 18.2~20.3 | 18.5~20.4 | 19.5~22.1 | 20.2~22.6 | 21.5~24.1 | 21.9~24.5 | 22.2~24.9 | 22.6~25.2 | 22.9~26.0 | 23.3~26.3 | 23.8~26.5 | 23.9~27.3 | 24.0~27.9 |
|  | <b>60</b>  | ≥20.4     | ≥20.5     | ≥22.2     | ≥22.7     | ≥24.2     | ≥24.6     | ≥25.0     | ≥25.3     | ≥26.1     | ≥26.4     | ≥26.6     | ≥27.4     | ≥28.0     |

**1-2**

**BMI**

/ <sup>2</sup>

|  |            |           |           |           |           |           |           |           |           |           |           |           |           |           |
|--|------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
|  |            |           |           |           |           |           |           |           |           |           |           |           |           |           |
|  | <b>100</b> | 13.3~17.3 | 13.5~17.8 | 13.6~18.6 | 13.7~19.4 | 13.8~20.5 | 14.2~20.8 | 14.8~21.7 | 15.3~22.2 | 16.0~22.6 | 16.5~22.7 | 16.9~23.2 | 17.1~23.3 | 17.2~23.9 |
|  | <b>80</b>  | ≤13.2     | ≤13.4     | ≤13.5     | ≤13.6     | ≤13.7     | ≤14.1     | ≤14.7     | ≤15.2     | ≤15.9     | ≤16.4     | ≤16.8     | ≤17.0     | ≤17.1     |
|  |            | 17.4~19.2 | 17.9~20.2 | 18.7~21.1 | 19.5~22.0 | 20.6~22.9 | 20.9~23.6 | 21.8~24.4 | 22.3~24.8 | 22.7~25.1 | 22.8~25.2 | 23.3~25.4 | 23.4~25.7 | 24.0~27.9 |
|  | <b>60</b>  | ≥19.3     | ≥20.3     | ≥21.2     | ≥22.1     | ≥23.0     | ≥23.7     | ≥24.5     | ≥24.9     | ≥25.2     | ≥25.3     | ≥25.5     | ≥25.8     | ≥28.0     |









|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |







|  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |





|  |  |  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|--|--|
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |









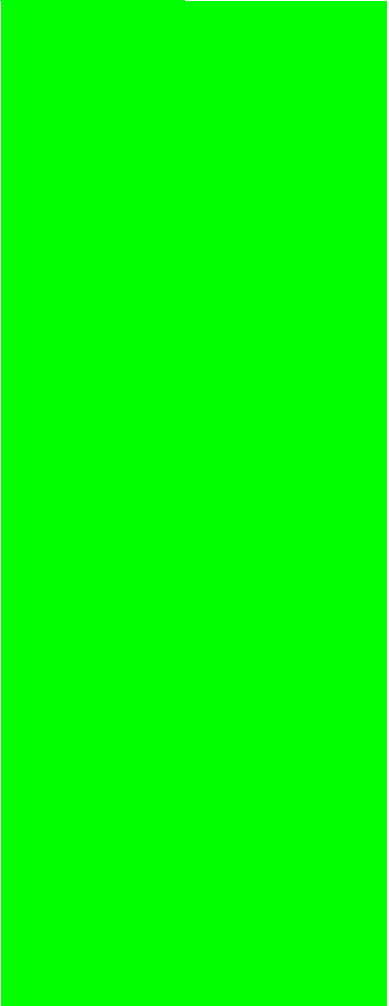




|  |  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|--|
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|--|
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |













4

|  |  |  |  |  |  |
|--|--|--|--|--|--|
|  |  |  |  |  |  |
|  |  |  |  |  |  |







|  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

7

|  |  |  |  |  |  |
|--|--|--|--|--|--|
|  |  |  |  |  |  |
|  |  |  |  |  |  |

---

---

2014 7 8

---