附件1

**2022年中国登山队集训营选拔测试方法****及评分标准**

一、测试对象

参加2022年中国登山队集训营选拔测试的队员。

二、测试内容及方法

（一）体能测试（分值：100分）

1.标准田径场测试10000米，共25圈（分值：30分）；

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 评分 | 30 | 29 | 28 | 27 | 26 | 25 | 24 | 23 | 22 | 21 |
| 男(分钟) | ≤30 | ≤32 | ≤34 | ≤36 | ≤38 | ≤40 | ≤42 | ≤44 | ≤46 | ≤48 |
| 女(分钟) | ≤38 | ≤40 | ≤42 | ≤44 | ≤46 | ≤48 | ≤50 | ≤52 | ≤54 | ≤56 |
| 评分 | 20 | 19 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | 11 |
| 男(分钟) | ≤50 | ≤51 | ≤52 | ≤53 | ≤54 | ≤55 | ≤56 | ≤57 | ≤58 | ≤59 |
| 女(分钟) | ≤58 | ≤59 | ≤60 | ≤61 | ≤62 | ≤63 | ≤64 | ≤65 | ≤66 | ≤67 |
| 评分 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| 男(分钟) | ≤60 | ≤61 | ≤62 | ≤63 | ≤64 | ≤65 | ≤66 | ≤67 | ≤68 | ≤70 |
| 女(分钟) | ≤68 | ≤69 | ≤70 | ≤71 | ≤72 | ≤73 | ≤74 | ≤76 | ≤78 | ≤80 |

2.登山台阶往返跑，8趟（分值：20分）；

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 评分 | 20 | 19 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | 11 |
| 男(分钟) | ≤26 | ≤27 | ≤28 | ≤29 | ≤30 | ≤31 | ≤32 | ≤33 | ≤34 | ≤35 |
| 女(分钟) | ≤31 | ≤32 | ≤33 | ≤34 | ≤35 | ≤36 | ≤37 | ≤38 | ≤39 | ≤40 |
| 评分 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| 男(分钟) | ≤36 | ≤37 | ≤38 | ≤39 | ≤40 | ≤41 | ≤42 | ≤43 | ≤44 | ≤45 |
| 女(分钟) | ≤41 | ≤42 | ≤43 | ≤44 | ≤45 | ≤46 | ≤47 | ≤48 | ≤49 | ≤50 |

3.引体向上，双手正面抓握（分值：10分）；

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 评分 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| 男(次) | ≥20 | ≥18 | ≥16 | ≥14 | ≥12 | ≥10 | ≥8 | ≥6 | ≥4 | ≥2 |
| 女(次) | ≥12 | ≥10 | 9 | 8 | 7 | 6 | 5 | 4 | 2 | 1 |

4.腹肌耐力（分值：10分）；

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 评分 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| 单位：秒 | ≥120 | ≥115 | ≥110 | ≥105 | ≥100 | ≥90 | ≥80 | ≥70 | ≥60 | ≥30 |

5.背肌耐力（分值：10分）；

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 评分 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| 单位：秒 | ≥120 | ≥115 | ≥110 | ≥105 | ≥100 | ≥90 | ≥80 | ≥70 | ≥60 | ≥30 |

6．卧推相对力量（分值：10分）；

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 评分 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| 重量 | ≥1.2 | ≥1.1 | ≥1 | ≥0.9 | ≥0.8 | ≥0.7 | ≥0.6 | ≥0.5 | ≥0.4 | ≥0.3 |

7.深蹲相对力量（分值：10分）。

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 评分 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| 重量 | ≥1.2 | ≥1.1 | ≥1 | ≥0.9 | ≥0.8 | ≥0.7 | ≥0.6 | ≥0.5 | ≥0.4 | ≥0.3 |

（二）加分测试（分值：40分）

1.基础绳结（分值：10分）；

2.多功能岩壁下降（分值：10分）；

3.线路绳上升、下降（分值：20分）。