

## 附件 15：评分标准

60—69 岁老年人身高标准体重评分表（男）

身高段（厘米）	体重（千克）				
	1 分	3 分	5 分	3 分	1 分
140.0~140.9	<33.9	33.9~35.6	35.7~53.2	53.3~56.9	>56.9
141.0~141.9	<34.5	34.5~36.3	36.4~53.9	54.0~57.4	>57.4
142.0~142.9	<35.1	35.1~37.1	37.2~54.5	54.6~58.0	>58.0
143.0~143.9	<35.7	35.7~37.9	38.0~55.1	55.2~58.6	>58.6
144.0~144.9	<36.3	36.3~38.7	38.8~55.8	55.9~59.3	>59.3
145.0~145.9	<36.9	36.9~39.5	39.6~56.4	56.5~60.0	>60.0
146.0~146.9	<37.5	37.5~40.3	40.4~57.0	57.1~60.6	>60.6
147.0~147.9	<38.1	38.1~41.1	41.2~57.6	57.7~61.2	>61.2
148.0~148.9	<38.8	38.8~41.9	42.0~58.2	58.3~61.9	>61.9
149.0~149.9	<39.5	39.5~42.7	42.8~58.8	58.9~62.5	>62.5
150.0~150.9	<40.1	40.1~43.5	43.6~59.4	59.5~63.4	>63.4
151.0~151.9	<40.7	40.7~44.2	44.3~60.1	60.2~64.0	>64.0
152.0~152.9	<41.3	41.3~44.9	45.0~60.6	60.7~64.8	>64.8
153.0~153.9	<41.9	41.9~45.6	45.7~61.2	61.3~65.7	>65.7
154.0~154.9	<42.5	42.5~46.4	46.5~61.8	61.9~66.7	>66.7
155.0~155.9	<43.1	43.1~47.2	47.3~62.5	62.6~67.6	>67.6
156.0~156.9	<43.7	43.7~48.1	48.2~63.3	63.4~68.6	>68.6
157.0~157.9	<44.3	44.3~49.0	49.1~64.1	64.2~69.6	>69.6
158.0~158.9	<44.9	44.9~49.9	50.0~64.9	65.0~70.4	>70.4
159.0~159.9	<45.5	45.5~50.7	50.8~65.7	65.8~71.3	>71.3
160.0~160.9	<46.2	46.2~51.6	51.7~66.6	66.7~72.0	>72.0
161.0~161.9	<46.9	46.9~52.7	52.8~67.4	67.5~72.9	>72.9
162.0~162.9	<47.6	47.6~53.7	53.8~68.3	68.4~73.7	>73.7
163.0~163.9	<48.4	48.4~54.8	54.9~69.2	69.3~74.6	>74.6
164.0~164.9	<49.5	49.5~55.7	55.8~70.0	70.1~75.6	>75.6
165.0~165.9	<50.4	50.4~56.7	56.8~71.0	71.1~76.6	>76.6
166.0~166.9	<51.2	51.2~57.6	57.7~72.2	72.3~77.6	>77.6
167.0~167.9	<52.0	52.0~58.4	58.5~73.3	73.4~78.6	>78.6
168.0~168.9	<52.8	52.8~59.2	59.3~73.9	74.0~79.7	>79.7
169.0~169.9	<53.6	53.6~60.1	60.2~75.5	75.6~80.7	>80.7
170.0~170.9	<54.4	54.4~60.9	61.0~76.5	76.6~81.8	>81.8

171.0~171.9	<55.1	55.1~61.7	61.8~77.5	77.6~82.8	>82.8
172.0~172.9	<55.7	55.7~62.4	62.5~78.5	78.6~83.8	>83.8
173.0~173.9	<56.4	56.4~63.1	63.2~79.5	79.6~84.7	>84.7
174.0~174.9	<57.1	57.1~63.8	63.9~80.4	80.5~85.7	>85.7
175.0~175.9	<57.9	57.9~64.6	64.7~81.5	81.6~86.7	>86.7
176.0~176.9	<58.7	58.7~65.4	65.5~82.4	82.5~87.6	>87.6
177.0~177.9	<59.4	59.4~66.2	66.3~83.3	83.4~88.6	>88.6
178.0~178.9	<60.1	60.1~67.1	67.2~84.3	84.4~89.5	>89.5
179.0~179.9	<60.7	60.7~68.0	68.1~85.2	85.3~90.5	>90.5
180.0~180.9	<61.4	61.4~68.7	68.8~86.1	86.2~91.3	>91.3
181.0~181.9	<62.1	62.1~69.5	69.6~87.0	87.1~92.1	>92.1
182.0~182.9	<62.8	62.8~70.3	70.4~88.0	88.1~92.9	>92.9
183.0~183.9	<63.5	63.5~71.2	71.3~88.9	89.0~93.6	>93.6
184.0~184.9	<64.1	64.1~72.1	72.2~89.9	90.0~94.4	>94.4
185.0~185.9	<64.7	64.7~72.9	73.0~90.8	90.9~95.3	>95.3
186.0~186.9	<65.3	65.3~73.6	73.7~91.8	91.9~96.1	>96.1
187.0~187.9	<66.0	66.0~74.4	74.5~92.7	92.8~96.8	>96.8

【来源：国家体制测定标准手册（老年人部分）.2003】

60—69岁老年人身高标准体重评分表（女）

身高段（厘米）	体重（千克）				
	1分	3分	5分	3分	1分
135.0~135.9	<32.4	32.4~34.6	34.7~52.4	52.5~55.3	>55.3
136.0~136.9	<33.0	33.0~35.2	35.3~52.9	53.0~55.9	>55.9
137.0~137.9	<33.6	33.6~35.8	35.9~53.5	53.6~56.6	>56.6
138.0~138.9	<34.3	34.3~36.4	36.5~54.1	54.2~57.2	>57.2
139.0~139.9	<34.9	34.9~37.1	37.2~54.7	54.8~58.0	>58.0
140.0~140.9	<35.4	35.4~38.1	38.2~55.4	55.5~58.8	>58.8
141.0~141.9	<36.0	36.0~38.6	38.7~56.1	56.2~59.5	>59.5
142.0~142.9	<36.6	36.6~39.7	39.8~56.7	56.8~60.1	>60.1
143.0~143.9	<37.2	37.2~40.4	40.5~57.3	57.4~60.7	>60.7
144.0~144.9	<37.8	37.8~41.2	41.3~58.0	58.1~61.3	>61.3
145.0~145.9	<38.4	38.4~42.0	42.1~58.6	58.7~61.9	>61.9
146.0~146.9	<39.0	39.0~42.8	42.9~59.1	59.2~62.5	>62.5

147.0~147.9	<39.6	39.6~43.6	43.7~59.8	59.9~63.2	>63.2
148.0~148.9	<40.3	40.3~44.4	44.5~60.4	60.5~63.9	>63.9
149.0~149.9	<41.0	41.0~45.2	45.3~61.0	61.1~64.5	>64.5
150.0~150.9	<41.6	41.6~46.0	46.1~61.6	61.7~65.2	>65.2
151.0~151.9	<42.2	42.2~46.7	46.8~62.3	62.4~65.9	>65.9
152.0~152.9	<42.8	42.8~47.4	47.5~62.8	62.9~66.8	>66.8
153.0~153.9	<43.4	43.4~48.1	48.2~63.4	63.5~67.7	>67.7
154.0~154.9	<44.0	44.0~48.9	49.0~64.0	64.1~68.7	>68.7
155.0~155.9	<44.6	44.6~49.7	49.8~64.7	64.8~69.7	>69.7
156.0~156.9	<45.2	45.2~50.6	50.7~65.5	65.6~70.6	>70.6
157.0~157.9	<45.8	45.8~51.5	51.6~66.3	66.4~71.5	>71.5
158.0~158.9	<46.4	46.4~52.4	52.5~67.1	67.2~72.3	>72.3
159.0~159.9	<47.0	47.0~53.3	53.4~67.9	68.0~73.3	>73.3
160.0~160.9	<47.6	47.6~54.2	54.3~68.8	68.9~74.1	>74.1
161.0~161.9	<48.3	48.3~55.1	55.2~69.6	69.7~74.9	>74.9
162.0~162.9	<49.1	49.1~56.1	56.2~70.5	70.6~75.8	>75.8
163.0~163.9	<49.9	49.9~57.0	57.1~71.4	71.5~76.7	>76.7
164.0~164.9	<50.9	50.9~57.9	58.0~72.2	72.3~77.6	>77.6
165.0~165.9	<51.7	51.7~58.8	58.9~73.2	73.3~78.6	>78.6
166.0~166.9	<52.6	52.6~59.9	60.0~74.4	74.5~79.6	>79.6
167.0~167.9	<53.4	53.4~60.8	60.9~75.5	75.6~80.6	>80.6
168.0~168.9	<54.2	54.2~61.6	61.7~76.6	76.7~81.7	>81.7
169.0~169.9	<55.0	55.0~62.5	62.6~77.7	77.8~82.7	>82.7
170.0~170.9	<55.8	55.8~63.3	63.4~78.7	78.8~83.8	>83.8
171.0~171.9	<56.5	56.5~64.1	64.2~79.7	79.8~84.8	>84.8
172.0~172.9	<57.2	57.2~64.8	64.9~80.7	80.8~85.8	>85.8
173.0~173.9	<57.9	57.9~65.6	65.7~81.7	81.8~86.7	>86.7
174.0~174.9	<58.6	58.6~66.2	66.3~82.7	82.8~87.7	>87.7
175.0~175.9	<59.4	59.4~67.0	67.3~83.7	83.8~88.6	>88.6
176.0~176.9	<60.2	60.2~67.8	67.9~84.6	84.7~89.6	>89.6
177.0~177.9	<61.0	61.0~68.6	68.7~85.5	85.6~90.7	>90.7
178.0~178.9	<61.7	61.7~69.5	69.6~86.5	86.6~91.6	>91.6
179.0~179.9	<62.4	62.4~70.3	70.4~87.5	87.6~92.5	>92.5
180.0~180.9	<63.1	63.1~71.0	71.1~88.3	88.4~93.4	>93.4

【来源：国家体质测定标准手册（老年人部分）.2003】

60~64 岁老年人其他单项指标评分表

测试指标	1 分	2 分	3 分	4 分	5 分
	男				
肺活量（毫升）	1400~1827	1828~2425	2426~2939	2940~3499	>3499
握力（千克）	21.5~26.9	27.0~34.4	34.5~40.4	40.5~47.5	>47.5
坐位体前屈（厘米）	-12.6~-7.8	-7.7~0.9	1.0~6.7	6.8~13.1	>13.1
选择反应时（秒）	1.40~1.01	1.00~0.77	0.76~0.63	0.62~0.51	<0.51
闭眼单脚站立（秒）	1~3	4~6	7~14	15~48	>48
女					
肺活量（毫升）	955~1219	1220~1684	1685~2069	2070~2552	>2552
握力（千克）	14.9~17.1	17.2~21.4	21.5~25.5	25.6~30.4	>30.4
坐位体前屈（厘米）	-7.5~-2.0	-1.9~5.2	5.3~11.3	11.4~17.7	>17.7
选择反应时（秒）	1.46~1.14	1.13~0.84	0.83~0.67	0.66~0.55	<0.55
闭眼单脚站立（秒）	1~2	3~5	6~12	13~40	>40

【来源：国家体质测定标准手册（老年人部分）. 2003】

65~69 岁老年人其他单项指标评分表

测试指标	1 分	2 分	3 分	4 分	5 分
	男				
肺活量（毫升）	1255~1660	1661~2229	2230~2749	2750~3334	>3334
握力（千克）	21.0~24.9	25.0~32.0	32.1~38.1	38.2~44.8	>44.8
坐位体前屈（厘米）	-13.6~-9.4	-9.3~-1.6	-1.5~4.6	4.7~11.7	>11.7
选择反应时（秒）	1.45~1.11	1.10~0.81	0.80~0.66	0.65~0.54	<0.54
闭眼单脚站立（秒）	1~2	3~5	6~12	13~40	>40
女					
肺活量（毫升）	895~1104	1105~1559	1560~1964	1965~2454	>2454
握力（千克）	13.8~16.2	16.3~20.3	20.4~24.3	24.4~29.7	>29.7
坐位体前屈（厘米）	-8.2~-3.1	-3.0~4.0	4.1~10.0	10.1~16.4	>16.4
选择反应时（秒）	1.63~1.22	1.21~0.89	0.88~0.69	0.68~0.57	<0.57
闭眼单脚站立（秒）	1~2	3~4	5~10	11~35	>35

【来源：国家体质测定标准手册（老年人部分）. 2003】