附件2

镇原县招录专职消防员体能测试项目及标准

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| 体能测试项目及标准 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 项目 | | 测试成绩对应分值、测试办法 | | | | | | | | | | | | | | | | | | | | | | | | |
| 1分 | 2分 | | | 3分 | | | 4分 | | | 5分 | | 6分 | | | | 7分 | 8分 | | | | 9分 | | 10分 | |
| 单杠引体向上（次/3分钟） | | 3 | 4 | | | 5 | | | 6 | | | 7 | | 8 | | | | 9 | 10 | | | | 11 | | 12 | |
| 1.单个或分组考核。  2.考核以完成次数计算成绩。 | | | | | | | | | | | | | | | | | | | | | | | | |
| 双杠臂屈伸（次/3分钟） | | 3 | | 4 | | | 5 | | | 6 | | | 7 | | | 8 | 9 | | | | 10 | | | 11 | | 12 |
| 1.单个或分组考核。  2.考核以完成次数计算成绩。 | | | | | | | | | | | | | | | | | | | | | | | | |
| 100米跑（秒） | | 15″20 | 15″00 | | | 14″80 | | | 14″60 | | | 14″40 | | 14″20 | | | | 14″00 | 13″80 | | | | 13″60 | | 13″40 | |
| 1.分组考核。  2.考核以完成时间计算成绩。 | | | | | | | | | | | | | | | | | | | | | | | | |
| 1500米跑（分、秒） | | 8′40″ | 8′20″ | | | 8′00″ | | | 7′40″ | | | 7′20″ | | 7′00″ | | | | 6′40″ | 6′20″ | | | | 6′00″ | | 5′50″ | |
| 1.分组考核。  2.考核以完成时间计算成绩。 | | | | | | | | | | | | | | | | | | | | | | | | |
| 俯卧撑（次/3分钟） | | 15 | 20 | | | 25 | | | 30 | | | 35 | | 40 | | | | 45 | 50 | | | | 55 | | 60 | |
| 1.单个或分组考核。  3.考核以完成个数计算成绩。 | | | | | | | | | | | | | | | | | | | | | | | | |
| 仰卧起坐（次/3分钟） | | 15 | | | 20 | | 25 | 30 | | | 35 | | | | 40 | | 45 | | | 50 | | 55 | | | | 60 |
| 1.单个或分组考核。  3.考核以完成个数计算成绩。 | | | | | | | | | | | | | | | | | | | | | | | | |
| 备  注 | 1.总成绩最高60分。  2.测试项目及标准中“以上”“以下”均含本级、本数。 | | | | | | | | | | | | | | | | | | | | | | | | | |