



National Student Physical Health Standard Test

Handbook

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DUKE KUNSHAN
ATHLETICS

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National Student Physical Health Standards

The *National Student Physical Health Standard Test* (NPHST) is an annual assessment of students' physical health and development, and part of the implementation of National Standards for Physical Exercise in schools. It is established to promote students' physical fitness and wellness, and to encourage active participation in physical exercise.

As a National Standard, it is also a mandatory component for Chinese students' graduation, and each student's score is recorded in the "Registration Card of the *National Student Physical Health Standards*". Hence to graduate, Chinese students must pass the NPHST. **Starting Fall 2022 Duke Kunshan University will implement changes to the National Health Standards that will reflect on general testing requirement and minimum graduation score requirements. Please carefully read each testing requirement below.**

To truly embrace our commitment to health and wellness as part of greater DKU mission, in addition to Chinese we also encourage our international students, faculty and staff, to join and participate together in building and promoting the culture of health and wellness in DKU community.

GENERAL REQUIREMENTS

- All Chinese students registered in DKU must take all 4 exams during their undergraduate study. Students who study away will be exempted for that specific year. For students who stay in DKU for 4 years, the graduation requirement score will be calculated with the higher score in their junior and senior year.
- *Students must have a score for each test, which means they cannot skip any individual test. Otherwise the final score cannot be recorded in the registration card and therefore the overall test will count as zero.
- *NPHST score will be considered as an important criteria when applying for National Scholarships funded by Ministry of Education and Jiangsu Education Department.
- *Students must score more than 80% to be qualified for registering for the summer and winter sport camps.
- *Students who score more than 90% can receive 1 PE credit for the next semester.

**New requirements and updates*

GRADUATION REQUIREMENT

Students who score less than 60.0 on their annual test will be considered to “fail” and must participate in the makeup opportunity. If they also fail in the makeup test, the higher of the two scores will be used to calculate **the graduation requirement score**.

To meet **the graduation requirement** students' **total score** is calculated as following:

$$\text{Total score} = (\text{Average score of year 1 and 2} \times 50\%) + (\text{last* year score} \times 50\%).$$

Students whose total score is less than 60%¹, do not meet the graduation requirement

Given that most students study away in their junior/senior year, the total score is calculated with 3 exam scores. For students that do not go abroad, their ***last* year*** score will be the higher one from their junior and senior year.

TESTS, SCORING AND NORMS

NPHST consists of 7 assessment tests worth different percentage of the total score. The final score for an academic year is calculated as the sum of the products of each individual score multiplied by the weight of the specific test.

NPHST tests

Assessment test	Weight (%)
Body mass index (BMI)	15
Vital (lung) capacity	15
50-meter run	20
Sit-and-Reach flexibility test	10
Standing long jump	10
1-minute Pull-up (male) / 1-minute sit-up (female)	10
1000-m run (male) / 800-m run (female)	20

NPHST score grading

Grade	Score
Excellent	≥ 90.0
Good	80.0 – 89.9
Pass	60.0 – 79.9
Fail	< 60.0

¹This score will be implemented from class of 2026. Graduation requirement for class of '23, '24' and '25 will still be 50%

Extra points

Students may receive extra points if they score above 100% in pull-ups and 1000-meter run for male students, and 1-minute sit-ups and 800-meter run for female students. Please refer to the individual criteria for the respective test below.

EXEMPTION

Students may apply for a temporary or permanent test exemption on medical grounds. To apply for an exemption, students must

1. Obtain the medical certificate from a specialist that explicitly indicates that student may not participate in any form of physical activity. Medical certificates that only state that students refrain from “vigorous physical activity” will be evaluated on a case-by-case basis and does no guarantee that students will be exempted. Medical certificates must be current and state clearly during which period students cannot participate in the physical activity. For example, medical certificates older than 90 days that indicate student must rest for 60 days, means that student has passed the recovery period and does not have restrictions for participation.
2. Complete the *Medical Exemption Form* (at end of the Handbook) and submit the relevant documentation **after the exemption period opens 10 days before the test.** Post-test exemptions will not be granted.

Physical education department will review all the documentation and notify students if their application is approved or not. Please note that students with “chronic” musculoskeletal conditions for which there is no explicit recommendations to refrain from physical activity will not be exempted.

CERTIFICATION AND ARCHIVE

Students who pass the graduation requirement of 60% will receive a certificate issued by Jiangsu Education Department upon graduation.

All NPHST scores will be permanently archived in Dang An.

Individual Test Standards

BODY MASS INDEX (BMI)



Instructions:

Stand up straight on the BMI machine **barefoot** with upper limb dropped on the sides of your body, heel closed, toes separated at a 60 degree angle. Your **heel, hip and scapula should touch the pole of the machine**. Keep your body in a natural vertical position with head forward and straight.

BMI grading scale – Male (Unit: kg/m²)

Grade	Normal	Under weight	Over weight	Obesity
Score	100	80		60
Test result	17.9~23.9	≤17.8	24.0~27.9	≥28.0

BMI grading scale – Female (Unit: kg/m²)

Grade	Normal	Under weight	Over weight	Obesity
Score	100	80		60
Test result	17.9~23.9	≤17.1	24.0~27.9	≥28.0

VITAL (LUNG) CAPACITY



Instructions:

Stand up straight, take a deep breath and put your mouth against the mouthpiece. Start exhaling when you hear the beep, **the exhale process must be continuous**. Gradually increase your effort until out of breath and test value stops changing, you will hear the beep again indicating the end of the test.

Vital (lung) capacity grading scale – Male (Unit: ml)

Grade	Excellent			Good		Pass										Fail				
Score	100	95	90	85	80	78	76	74	72	70	68	66	64	62	60	50	40	30	20	10
Test result (Freshmen & Sophomore)	5040	4920	4800	4550	4300	4180	4060	3940	3820	3700	3580	3460	3340	3220	3100	2940	2780	2620	2460	2300
Test result (Junior & Senior)	5140	5020	4900	4650	4400	4280	4160	4040	3920	3800	3680	3560	3440	3320	3200	3030	2860	2690	2520	2350

Vital (lung) capacity grading scale – Female (Unit: ml)

Grade	Excellent			Good		Pass										Fail				
Score	100	95	90	85	80	78	76	74	72	70	68	66	64	62	60	50	40	30	20	10
Test result (Freshmen & Sophomore)	3400	3350	3300	3150	3000	2900	2800	2700	2600	2500	2400	2300	2200	2100	2000	1960	1920	1880	1840	1800
Test result (Junior & Senior)	3450	3400	3350	3200	3050	2950	2850	2750	2650	2550	2450	2350	2250	2150	2050	2010	1970	1930	1890	1850

50-METER RUN



Instructions:

Get ready at the starting line, **start running after you hear the beep and follow the track**. The timing system will record your test result automatically after you **cross** the finish line.

50-meter run grading scale – Male (Unit: second)

Grade	Excellent			Good		Pass										Fail				
Score	100	95	90	85	80	78	76	74	72	70	68	66	64	62	60	50	40	30	20	10
Test result (Freshmen & Sophomore)	6.7	6.8	6.9	7.0	7.1	7.3	7.5	7.7	7.9	8.1	8.3	8.5	8.7	8.9	9.1	9.3	9.5	9.7	9.9	10.1
Test result (Junior & Senior)	6.6	6.7	6.8	6.9	7.0	7.2	7.4	7.6	7.8	8.0	8.2	8.4	8.6	8.8	9.0	9.2	9.4	9.6	9.8	10.0

50-meter run grading scale – Female (Unit: second)

Grade	Excellent			Good		Pass										Fail				
Score	100	95	90	85	80	78	76	74	72	70	68	66	64	62	60	50	40	30	20	10
Test result (Freshmen & Sophomore)	7.5	7.6	7.7	8.0	8.3	8.5	8.7	8.9	9.1	9.3	9.5	9.7	9.9	10.1	10.3	10.5	10.7	10.9	11.1	11.3
Test result (Junior & Senior)	7.4	7.5	7.6	7.9	8.2	8.4	8.6	8.8	9.0	9.2	9.4	9.6	9.8	10.0	10.2	10.4	10.6	10.8	11.0	11.2

SIT-AND-REACH FLEXIBILITY TEST



Instructions:

Sit on to the plank of the testing machine with your **legs stretched straight and feet against the vertical plate**, heel closed, toes slightly separated. Put your hands close to each other, extend your upper limbs straight forward and use the **fingertips of both hands to push the vernier forward gradually and continuously** until you reach your limit.

Sit-and-Reach flexibility test grading scale – Male (Unit: cm)

Grade	Excellent			Good		Pass										Fail				
Score	100	95	90	85	80	78	76	74	72	70	68	66	64	62	60	50	40	30	20	10
Test result (Freshmen & Sophomore)	24.9	23.1	21.3	19.5	17.7	16.3	14.9	13.5	12.1	10.7	9.3	7.9	6.5	5.1	3.7	2.7	1.7	0.7	-0.3	-1.3
Test result (Junior & Senior)	25.1	23.3	21.5	19.9	18.2	16.8	15.4	14.0	12.6	11.2	9.8	8.4	7.0	5.6	4.2	3.2	2.2	1.2	0.2	-0.8

Sit-and-Reach flexibility test grading scale – Female (Unit: cm)

Grade	Excellent			Good		Pass										Fail				
Score	100	95	90	85	80	78	76	74	72	70	68	66	64	62	60	50	40	30	20	10
Test result (Freshmen & Sophomore)	25.8	24.0	22.2	20.6	19.0	17.7	16.4	15.1	13.8	12.5	11.2	9.9	8.6	7.3	6.0	5.2	4.4	3.6	2.8	2.0
Test result (Junior & Senior)	26.3	24.4	22.4	21.0	19.5	18.2	16.9	15.6	14.3	13.0	11.7	10.4	9.1	7.8	6.5	5.7	4.9	4.1	3.3	2.5

STANDING LONG JUMP



Instructions:

Get ready at the starting line, pay attention not to cross the starting line, otherwise there will be warning beep from the system. Jump forward and land within the test area, your result will be calculated automatically, please don't move until you hear a beep indicating the end of the test.

Standing long jump grading scale – Male (Unit: cm)

Grade	Excellent			Good		Pass										Fail				
Score	100	95	90	85	80	78	76	74	72	70	68	66	64	62	60	50	40	30	20	10
Test result (Freshmen & Sophomore)	273	268	263	256	248	244	240	236	232	228	224	220	216	212	208	203	198	193	188	183
Test result (Junior & Senior)	275	270	265	258	250	246	242	238	234	230	226	222	218	214	210	205	200	195	190	185

Standing long jump grading scale – Female (Unit: cm)

Grade	Excellent			Good		Pass										Fail				
Score	100	95	90	85	80	78	76	74	72	70	68	66	64	62	60	50	40	30	20	10
Test result (Freshmen & Sophomore)	207	201	195	188	181	178	175	172	169	166	163	160	157	154	151	146	141	136	131	126
Test result (Junior & Senior)	208	202	196	189	182	179	176	173	170	167	164	161	158	155	152	147	142	137	132	127

1-MINUTE PULL-UP (MALE)



Instructions:

Stand on the side facing the detector, **hold on to the horizontal bar with a pronated grip**, distance between the grip point and the detector should not be over 20cm. When you hear the beep, start pulling up until your **chin cross the horizontal bar** to make a complete pull-up. Total count within 1 minute will be recorded automatically.

1-minute pull-up grading scale (by count)

Grade	Excellent			Good		Pass										Fail				
Score	100	95	90	85	80	78	76	74	72	70	68	66	64	62	60	50	40	30	20	10
Test result (Freshmen & Sophomore)	19	18	17	16	15	/	14	/	13	/	12	/	11	/	10	9	8	7	6	5
Test result (Junior & Senior)	20	19	18	17	16	/	15	/	14	/	13	/	12	/	11	10	9	8	7	6

*Students score above 100% may receive extra points corresponding to the number of counts exceeded, 1 count equals to 1 point.

1-MINUTE SIT-UP (FEMALE)



Instructions:

Lie down on the matt and bend your knees at 90 degree. Put your hands behind your ears. **Start testing when you hear the beep. To make a complete sit-up, raise your upper body until your elbows touch your knees then lie down till your scapula touch the matt.** Finish as many as you can in 1 minute until you hear a beep indicating the end of the test.

1-minute sit-up grading scale (by count)

Grade	Excellent			Good		Pass										Fail				
Score	100	95	90	85	80	78	76	74	72	70	68	66	64	62	60	50	40	30	20	10
Test result (Freshmen & Sophomore)	56	54	52	49	46	44	42	40	38	36	34	32	30	28	26	24	22	20	18	16
Test result (Junior & Senior)	57	55	53	50	47	45	43	41	39	37	35	33	31	29	27	25	23	21	19	17

*Students score above 100% may receive extra points corresponding to the number of counts exceeded, 1 count equals to 1 point.

1000-METER RUN (MALE)



Instructions:

Get ready at the starting line. **Start running after you hear the beep and follow the track.** The timing system will record your test result automatically after you finish all the laps and **cross** the finish line.

1000-m run grading scale (Unit: minute • second)

Grade	Excellent			Good		Pass										Fail				
Score	100	95	90	85	80	78	76	74	72	70	68	66	64	62	60	50	40	30	20	10
Test result (Freshmen & Sophomore)	3'17"	3'22"	3'27"	3'34"	3'42"	3'47"	3'52"	3'57"	4'02"	4'07"	4'12"	4'17"	4'22"	4'27"	4'32"	4'52"	5'12"	5'32"	5'52"	6'12"
Test result (Junior & Senior)	3'15"	3'20"	3'25"	3'32"	3'40"	3'45"	3'50"	3'55"	4'00"	4'05"	4'10"	4'15"	4'20"	4'25"	4'30"	4'50"	5'10"	5'30"	5'50"	6'10"

*Students score above 100% may receive extra points corresponding to the seconds shortened.
1 second equals to 1 point.

800-METER RUN (FEMALE)



Instructions:

Get ready at the starting line. **Start running after you hear the beep and follow the track.** The timing system will record your test result automatically after you finish all the laps and **cross** the finish line.

800-m run grading scale (Unit: minute • second)

Grade	Excellent			Good		Pass										Fail				
Score	100	95	90	85	80	78	76	74	72	70	68	66	64	62	60	50	40	30	20	10
Test result (Freshmen & Sophomore)	3'18"	3'24"	3'30"	3'37"	3'44"	3'49"	3'54"	3'59"	4'04"	4'09"	4'14"	4'19"	4'24"	4'29"	4'34"	4'44"	4'54"	5'04"	5'14"	5'24"
Test result (Junior & Senior)	3'16"	3'22"	3'28"	3'35"	3'42"	3'47"	3'52"	3'57"	4'02"	4'07"	4'12"	4'17"	4'22"	4'27"	4'32"	4'42"	4'52"	5'02"	5'12"	5'22"

*Students score above 100% may receive extra points corresponding to the seconds shortened.
1 second equals to 1 point.

附表:

Appendix:

免于执行《国家学生体质健康标准》申请表

Application form for exemption from the implementation of

National Student Physical Health Standards

姓 名 Name		性 别 Gender		邮 箱 Email	
出生日期 Date of birth		学 号 Net ID		手机号码 Phone NO.	
原因 Reasons	<div>申请人: Applicant: 年 月 日 Date:</div>				
体育教师签字 PE teacher's signature					
*家长 / 学生 签字 Parent / student signature					
学校体育部门意见 Comment of PE department	<div>学校签章 School's seal: Date: 年 月 日</div>				

*注: 中等职业学校及普通高等学校的学生, "家长签字"由学生本人签字。

Note: For students of secondary vocational school and regular institution of higher learning, the "parent's signature" column shall be signed by the student by himself / herself.