



**Physical Education Program  
and  
National Student Physical Health Standards  
(NSPHS)  
HANDBOOK**

Website: <https://athletics.dukekunshan.edu.cn/physical-education/>

E-mail: [sports@dukekunshan.edu.cn](mailto:sports@dukekunshan.edu.cn)



昆山杜克大学  
DUKE KUNSHAN  
UNIVERSITY

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# PHYSICAL EDUCATION PROGRAM

## Program Overview

The primary aim of our physical education (PE) program is to provide students with an opportunity to explore and learn about various activities they can adopt as part of their lifelong journey to achieving personal and professional success. The DKU PE curriculum is structured around **Core** and **Elective** courses. The purpose of this structure is to ensure that students first develop foundational physical competencies, health and training knowledge, and skills that support lifelong physical activity before progressing to more specialized and exploratory PE experiences.

Although physical education and the National Students Physical Health Standards test (NPHST) are two mandatory graduation requirements for students from the Chinese mainland and Hong Kong, Macao, and Taiwan (HMT), all DKU students are eligible to register and take PE classes and earn graduation credits.

## Key curriculum points and graduation requirements:

1. All PE courses are CR/NCR.
2. 7-week session = 0.5 PE CR.
3. Graduation requirement of 4 PE credits should be completed during freshman and sophomore year.
4. \*Students must complete **2 credits of Core PE before becoming eligible to register for Elective PE courses**, except where an approved exemption applies.
5. Students may not take more than 1 PE class at a time until the graduation requirement is met. After acquiring 4 PE credits, students may take as many courses as they would like.
6. Students should not postpone PE requirements until their final years. Failure to make appropriate progress may significantly limit available course choices and may jeopardize timely completion of graduation requirements.
7. PE classes for which students already received credit, cannot be taken gain.
8. Where a course has both L1 and L2 versions, students must successfully complete **L1 before registering for L2**, regardless of whether the courses are classified as Core or Elective.
9. Students who achieve an **NSPHST score of 90 or above** are eligible to receive 1 PE credit, AND may apply to register for an Elective PE course in the following Spring semester if Core requirement has not been completed.
10. International undergraduate students for whom PE is **not a graduation requirement** are not required to complete the Core and Elective sequence, and may register for any available class.
11. Students who take PE while attending Duke can transfer credits to DKU.
12. The same medical absence policy applies to all PE classes (see below).
13. Students selected for one of the Varsity teams may be eligible to receive up to 2 PE credits.
14. Students who receive less than 60 on NSPHS will be administratively enrolled in PHYSEDU 121 in Spring semester, which will serve as a NSPHS preparation class for Fall of the following year. This class will count as Core credit.

\*This policy is implemented starting with class of 2030. All other students are eligible to take any class.

## Student Responsibility

Students are responsible for monitoring their progress toward the PE graduation requirement and registering for appropriate PE courses. Before registering, students should confirm:

1. Whether they are subject to the Core and Elective PE curriculum;
2. How many Core and Elective PE credits they have successfully completed;
3. Whether they have completed the prerequisites for the course they wish to take;
4. Whether an NHT-related requirement or exception applies to them; and
5. Whether the selected course is classified as Core or Elective for their curriculum.

Students are strongly encouraged to complete their PE graduation requirements during their first two years rather than postponing PE coursework until later in their undergraduate studies. Questions regarding PE course classification, NPHST requirements, or PE program policies should be directed to DKU Athletics. Questions regarding degree progress and graduation requirements should be directed to Academic Advising or the Registrar.

## PE curriculum

All PE classes have Level 1 and Level 2 courses. Level 1 course is a prerequisite to taking Level 2. However, the class instructor may waive the prerequisite requirement for students with previous experience. Students are encouraged to contact class instructors before registering for the level 2 class. Not all classes are offered every semester. Classes like skiing, snowboarding, scuba, and surfing are offered during summer and winter breaks during a week-long excursion.

C = Core    E = Elective

|                                  |                                            |                                                      |
|----------------------------------|--------------------------------------------|------------------------------------------------------|
| °PHYSEDU 101 Basketball          | °PHYSEDU 119 TRX                           | °PHYSEDU 135 Dragon boat                             |
| °PHYSEDU 102 Softball            | °PHYSEDU 120 Functional training           | °PHYSEDU 136 Golf                                    |
| °PHYSEDU 103 Volleyball          | °PHYSEDU 121 Integrated fitness & wellness | °PHYSEDU 137 Pickleball                              |
| °PHYSEDU 104 Fencing             | °PHYSEDU 122 Rowing                        | °PHYSEDU 138 Contemporary dance                      |
| °PHYSEDU 105 Soccer              | °PHYSEDU 123 Kendo                         | °PHYSEDU 139 Ballet                                  |
| °PHYSEDU 106 Badminton           | °PHYSEDU 124 Spinning                      | °PHYSEDU 141 Tai Chi Sword                           |
| °PHYSEDU 107 Table tennis        | °PHYSEDU 125 Kunqu                         | °PHYSEDU 143 Tai Chi                                 |
| °PHYSEDU 108 Tennis              | °PHYSEDU 126 Ultimate Frisbee              | °PHYSEDU 144 Chinese martial arts                    |
| °PHYSEDU 110 Pilates             | °PHYSEDU 127 Flag football                 | °PHYSEDU 145 Boxing                                  |
| °PHYSEDU 111 Yoga                | °PHYSEDU 128 Sport dance                   | °PHYSEDU 146 Free combat                             |
| °PHYSEDU 112 Body combat fitness | °PHYSEDU 129 Sailing                       | °PHYSEDU 148 Judo                                    |
| °PHYSEDU 113 Body step aerobics  | °PHYSEDU 130 Scuba                         | °PHYSEDU 150 Mixed Martial Arts (MMA)                |
| °PHYSEDU 114 Jogging             | °PHYSEDU 131 Skiing/snowboarding           | °PHYSEDU 151 Strength and Conditioning               |
| °PHYSEDU 116 Stick yoga          | °PHYSEDU 132 Surfing                       | °PHYSEDU 152 Calisthenics                            |
| °PHYSEDU 117 Swimming            | °PHYSEDU 133 Baguazhang                    | °PHYSEDU 156 Weight training for health and wellness |
| °PHYSEDU 118 Taekwondo           | °PHYSEDU 134 Climbing wall                 |                                                      |



## Medical exemption and absence policy

To ensure that students receive the full benefits of skill-based PE classes, attendance is crucial given the short duration of the courses. This policy aims to establish clear guidelines for attendance, absences, and the implications for non-compliance.

1. Students are expected to attend all scheduled PE classes. Due to the condensed nature of DKU courses, a maximum of two (2) excused and one (1) unexcused absence will be allowed for any reason over the 7-week period.
2. Habitual lateness to classes may be converted to absence at the discretion of the instructor.
3. Absences due to medical reasons must be substantiated with a valid medical notice from a certified healthcare provider. Medical notices must be provided in a timely manner and as soon as students return to class.
4. Given the practical nature of PE courses and safety briefing which occurs during first class, students absent for more than two classes, should withdraw from class as these sessions cannot be “made up”. It is the student's responsibility to initiate the withdrawal process before the withdrawal deadline.
5. Students with two or more unexcused absences will receive an NCR grade for the class and will not be able to withdraw. An unexcused absence is any absence not justified by a legitimate reason as per the instructor's judgment or without previous approval from the instructor.
6. To prevent any misunderstandings due to absences students are highly advised to communicate with their instructor as soon as possible prior to an anticipated absence, or immediately following an unforeseen one. This communication must be made in a timely manner via official communication channels to allow for proper documentation and consideration of the circumstances.
7. Students with permanent physical disability who cannot participate in any form of PE classes, should apply for permanent graduation exemption through the Office of Undergraduate Studies.
8. For permanent exemption from PE requirements, students should contact Department of Athletics and Office of UG Studies directly.



## NATIONAL STUDENT PHYSICAL HEALTH STANDARDS

The National Student Physical Health Standards (NSPHS) is an annual assessment of students' physical health 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, passing the NSPHS is a mandatory graduation requirement for Chinese students, and each student's score is recorded in the "Registration Card of the *National Student Physical Health Standards*".

To truly embrace our commitment to health and wellness as part of the 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 the DKU community.

### General requirements

- All registered Chinese students must take NSPHST every year of their undergraduate study.
- Study abroad exemption:
  - Students who study away at Duke will be exempted for that specific year automatically regardless if they go to Duke in Fall or Spring semester.
  - Students who do not study abroad at any time have 2 options:
    - apply for an exemption for Junior year as "*Duke Exemption*".
    - participate in the test, and higher score between junior and senior year will be used for the final score calculation.
- Students who do not attend the test, and do not apply for an exemption will receive "0" for the test, and it will count as an official score for that year. They also not eligible for a make-up opportunity.
- Students whose score is less than 60.0, will be recorded as "fail" and must participate in the makeup opportunity. If they fail in the makeup test, the higher of the two failed scores will be recorded.
- Students who receive less than 60 on NSPHS will be administratively enrolled in PHYSEDU 121 in Spring semester, which will serve as a NSPHS preparation class for Fall of the following year. This class will count as Core credit.
- Per Jiangsu Education Department regulations, students who fail the test in their senior year, will not receive the National Student Physical Healthy Standard Level Certificate(国家学生体质健康标准等级证书).
- Students must score more than 70% to be eligible to apply for National Scholarships funded by the Ministry of Education and Jiangsu Education Department.
- Students who score more than 90% on the NSPHST are eligible to receive 1 PE credit.
- Chinese Ministry of Education sets NSPHS testing criteria differently for male and female students, and students of different age. We recognize that this structure may be a challenge to students for several reasons. For any further inquiries, please feel free to contact the Director of Athletics directly.
- Students' NSPHS scores will be included in the DKU's SIS system, with students and advisors having timely insights into students' graduation eligibility.

- There are no spring make-up opportunities for Senior students who are not eligible to graduate. The last make up opportunity is in Fall of the given academic year, generally 6 weeks after the main test.

### Graduation score calculation

National guidelines for calculating graduation eligibility are as following:

$$\text{Total score} = ((\text{average score of year 1, 2, 3}) \times 50\%) + (\text{last year score} \times 50\%).$$

Students whose total score is less than 60.0% do not meet the graduation requirement.

DKU students attending Duke are eligible for an exemption for that academic year, in which case the calculation for graduation eligibility is based on 3 tests as follows:

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

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

Please note that students who score low on their freshman and sophomore year are highly encouraged to apply to go to Duke in Spring, and attend NSPHS in Fall to improve their score for graduation.

### Exemption or postponement criteria

Students whose physical or mental health concerns may prevent them from taking the NSPHST may be eligible for a *postponement* or one of the *exemption* options. Please note that the criteria for an exemption or postponement are strictly enforced, and not all medical or mental health concerns meet eligibility criteria. For example, students with “chronic” musculoskeletal conditions for which there are no explicit recommendations to refrain from physical activity will not be exempted.

1. **Exemption** – To receive an exemption students must obtain a medical certificate from a specialist that explicitly indicates that the 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 do not guarantee that students will be exempted. Medical certificate date must be relevant to the medical condition duration, and state clearly during which period students cannot participate in physical activity.
  - a. Permanent exemption from NSPHST (all 4 years) is for students with a permanent physical disability that also prevents them from participating in physical education classes. Therefore, students who are not exempt from physical education classes are not eligible for *permanent exemption*. Therefore, to apply for a permanent exemption students must also be eligible to apply for an exemption from physical education classes. This waiver must be requested by the UG and Registrar Office immediately upon arrival at DKU in their first year. The exemption will be recorded in the student's recording file (学生档案), and will not affect graduation.
  - b. Individual test exemption (current year only) is for medical cases where recovery is not expected in time for the second opportunity, generally scheduled 6-weeks after the first test. Exemption is solely based on the medical diagnosis and the expected recovery time under reasonable normal circumstances. (For example, an ankle sprain at the time of the first test,



does not exempt student from NSPHST if the recovery time indicated on the medical notice is 2-3 weeks. In this case, students must participate in 2<sup>nd</sup> opportunity. However, in case of a broken bone, or major medical surgery where the expected healing time and recovery to normal function are beyond 6 weeks, clearly puts the student beyond reasonable recovery time and therefore, the exemption is granted.)

- c. Exemption based on mental health concerns - Students whose mental health concerns allow them to participate in regular physical education classes and student activities, may not claim exemption from NSPHS on mental health grounds. However, Counselling and Wellness Services (CAWS) may issue a certificate for an exemption on case-by-case basis.
2. **Postponement** is given to students who are unable to participate in the NSPHS test due to minor medical conditions recovery is reasonably expected within the make-up opportunity period. Some of the health conditions include but are not limited to dysmenorrhea, fever, diarrhea, joint sprains, menstruation, etc. Students eligible for postponement must participate in the make-up opportunity, tentatively scheduled approximately after 6 weeks. Students granted postponement are not eligible for additional exemptions of postponements unless they meet conditions for exemption per 1a and 1b.

### Application for Exemption or Postponement

To apply for an *exemption* or *postponement*, students must submit the following:

1. Completed Medical Exemption/postponement Form “申请表” (Appendix). Please print and handwrite your application form. All basic information and reason descriptions must be clear and accurate, otherwise the application form will be invalid.
2. Medical certificate issued by a Grade II A or above hospital (“疾病证明”). A qualified medical certificate must contain 1) a description of the medical condition/diagnosis, 2) doctor's clear exercise recommendation, and 3) specific duration of the rest period. Certificates that do not contain all 3 elements may not be granted automatic exemption/postponement and will be reviewed on case-by-case basis.



 昆山市第一人民医院

姓名: \_\_\_\_\_ 性别: \_\_\_\_\_ 年龄: \_\_\_\_\_ 科室: 心血管内科 病案号: \_\_\_\_\_

### 诊断证明书

病情简介: 患者无明显诱因出现发热、头晕、头痛、乏力、胸闷、胸痛、房颤、心悸等症状。

相关检查: 我院门诊2021-08-10心脏彩超提示: 心影普遍增大, 主动脉结不宽 肺动脉段平直, 右房室增大;

生化报告单提示: 肌酸激酶同工酶高26.0 U/L, 乳酸脱氢酶256.0 U/L, a-羟丁酸190. U/L。

**临床诊断:** 1、病毒性心肌炎; 2、心律失常。

**建议事项:** 1. 按医嘱服用抗病毒药物治疗;

2. 卧床休息;

3. 避免过度疲劳, 剧烈运动和情绪激动;

4. 门诊随诊, 定期复查。



医生: 许海军 065886  
2021年08月10日

附注: 加盖疾病诊断证明专用章后方可有效

2 上海市公共卫生临床中心  
复旦大学附属中山医院(s)  
病假单

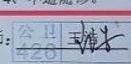
病历号: \_\_\_\_\_

姓名: \_\_\_\_\_ 性别: 男 年龄: \_\_\_\_\_

因患 **左膝半月板损伤  
左膝关节积液  
左膝骨囊肿** 病

**需休息** : 自 2021年10月06 至 2022年01月05

**医生建议:** 注意休息; 2、建议避免剧烈体育运动; 3、定期复查; 4、不适随诊。

诊治医师:   
2021 年 10 月 6 日



(加盖病假章处)

注: 本证明必须加盖本院公章有效;  
本证明只限病假使用, 涂改无效, 不作他

3. Treatment history ("病例") is highly recommended to ensure each case is reviewed with consideration to all relevant information. Both printed and handwritten versions are accepted. The originals will be returned after review and the copies will be kept in your application materials archive.
4. Examination reports" 检查报告" for acute medical conditions must be current - the date of report must be relevant to the medical condition and will be examined on a case-by-case basis. To ensure reports are accepted, please ensure they are as recent as possible and to consider the time any additional tests may be required. The originals will be returned after review and the copies will be kept in your application materials archive.



## NATIONAL STUDENT PHYSICAL HEALTH STANDARDS

### Overall NSPHS scoring and norms

NSPHST 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.

#### NSPHST 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         |
| Pull-up (male) / 1-minute sit-up (female) | 10         |
| 1000-m run (male) / 800-m run (female)    | 20         |

#### NSPHST score grading

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

### Extra points

Students may receive extra points if they score above 100% in pull-ups/sit-ups and 1000/800 meter run. Please see the criteria for the respective tests below.

## INDIVIDUAL TEST DESCRIPTION

### Body mass index (BMI)



#### Instructions:

Stand up straight on the BMI machine **barefoot**. Your **heel, hip, and scapula should touch the machine's pole**. Keep your body in a natural vertical position with your head forward and straight.

#### BMI grading scale – Male (Unit: kg/m<sup>2</sup>)

| Grade       | Normal    | Underweight | Overweight | 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/m<sup>2</sup>)

| Grade       | Normal    | Underweight | Overweight | 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 exhaling process must be continuous**. Gradually increase your effort until out of breath and the test value stops changing, you will listen to 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<br>(Freshmen&<br>Sophomore) | 5040      | 4920 | 4800 | 4550 | 4300 | 4180 | 4060 | 3940 | 3820 | 3700 | 3580 | 3460 | 3340 | 3220 | 3100 | 2940 | 2780 | 2620 | 2460 | 2300 |
| Test result<br>(Junior&Senior<br>)      | 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<br>(Freshmen&<br>Sophomore) | 3400      | 3350 | 3300 | 3150 | 3000 | 2900 | 2800 | 2700 | 2600 | 2500 | 2400 | 2300 | 2200 | 2100 | 2000 | 1960 | 1920 | 1880 | 1840 | 1800 |
| Test result<br>(Junior&Senior<br>)      | 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<br>(Freshmen&<br>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<br>(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 | 9.3  | 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<br>(Freshmen&<br>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<br>(Junior&Senior)          | 7.4       | 7.5 | 7.6 | 7.9  | 8.2 | 8.4  | 8.6 | 8.8 | 9.0 | 9.3 | 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 the soles of your 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.

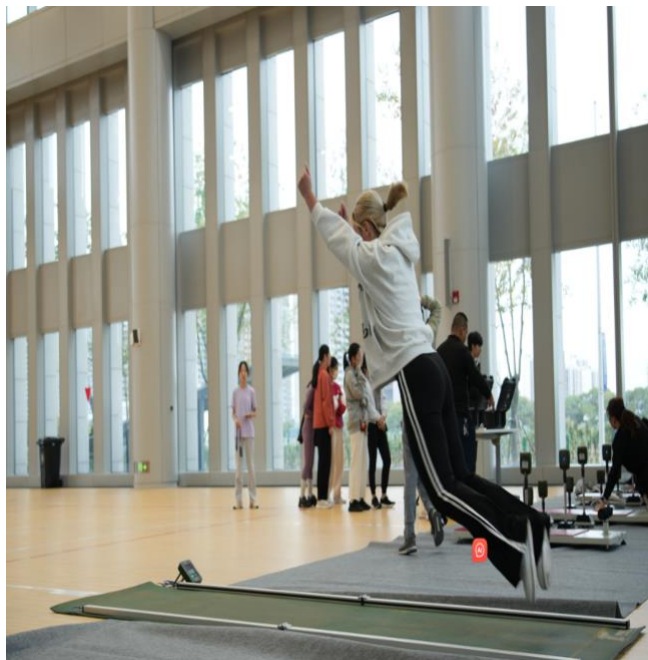
### Sit-and-Reach flexibility test grading scale – Male (Unit: cm)

| 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<br>(Freshmen&<br>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<br>(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<br>(Freshmen&<br>Sophomore) | 25.8      | 25.0 | 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<br>(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, and pay attention not to cross the starting line, otherwise, there will be a 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<br>(Freshmen&<br>Sophomore) | 273       | 268 | 263 | 256  | 248 | 244  | 240 | 236 | 232 | 228 | 224 | 220 | 216 | 212 | 208 | 203  | 198 | 193 | 188 | 183 |
| Test result<br>(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<br>(Freshmen&<br>Sophomore) | 207       | 201 | 195 | 188  | 181 | 178  | 175 | 172 | 169 | 166 | 163 | 160 | 157 | 154 | 151 | 146  | 141 | 136 | 131 | 126 |
| Test result<br>(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 only)



### Instructions:

Stand on the side facing the detector, **hold on to the horizontal bar with a pronated grip**, the distance between the grip point and the detector should not be over 20cm. When you hear the beep, start pulling up until your **chin crosses the horizontal bar** to make a complete pull-up. The 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<br>(Freshmen&<br>Sophomore) | 19        | 18 | 17 | 16   | 15 | /    | 14 | /  | 13 | /  | 12 | /  | 11 | /  | 10 | 9    | 8  | 7  | 6  | 5  |
| Test result<br>(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 1 point.

## 1-minute sit-up (female only)



### Instructions:

Lie down on the mat and bend your knees at 90 degrees. 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 touches the mat.** 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<br>(Freshmen&<br>Sophomore) | 56        | 54 | 52 | 49   | 46 | 44   | 42 | 40 | 38 | 36 | 34 | 32 | 30 | 28 | 26 | 24   | 22 | 20 | 18 | 16 |
| Test result<br>(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.

## 1000/800 – m run (male/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.

### 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<br>(Freshmen&<br>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<br>(Junior&Senior<br>)      | 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" |

### 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<br>(Freshmen&<br>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<br>(Junior&Senior<br>)      | 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.



# 免于/推迟执行《国家学生体质健康标准》申请表

## Application Form for Exemption/Postponement of Implementation of the National Student Physical Health Standards Test

|                                                             |                                                                                                  |                                       |  |              |                                               |
|-------------------------------------------------------------|--------------------------------------------------------------------------------------------------|---------------------------------------|--|--------------|-----------------------------------------------|
| 姓 名<br>Name                                                 |                                                                                                  | 性 别<br>Gender                         |  | 学 号<br>Netid |                                               |
| 手机号码<br>Phone NO.                                           |                                                                                                  | 出生日期<br>Date of birth                 |  | 类别<br>Type   | 推迟 Postponement(     )<br>免测 Exemption(     ) |
| 原因<br>Reasons                                               | <div style="text-align: right;">           申请人 Applicant:<br/>           日期 Date:         </div> |                                       |  |              |                                               |
| 体育教师签字<br>PE teacher's signature                            |                                                                                                  | 家长/学生签字<br>Parent/student's signature |  |              |                                               |
| 学校体<br>育部门<br>意见<br><br>Comme<br>nt of PE<br>departm<br>ent | <div style="text-align: right;">           签章 Seal:<br/>           日期 Date:         </div>       |                                       |  |              |                                               |

注：请打印并填写申请表，基本信息和原因描述请务必准确、清晰，否则将导致申请无效。Please print and handwrite your application form. All basic information and reason descriptions must be clear and accurate, otherwise the application form will be invalid.