

## 體能鍛鍊（男）

(2025 年 8 月版)

| 技能（54%）            |    |                                                                                                  |           |                   |                     |                 | 平時分 | 筆試  |
|--------------------|----|--------------------------------------------------------------------------------------------------|-----------|-------------------|---------------------|-----------------|-----|-----|
| 考<br>試             | 分數 | *2400 米 跑                                                                                        | 分數        | <u>平板</u>         | <u>引體向上</u><br>(正握) | *** <u>坐體前伸</u> |     |     |
|                    |    | 15%                                                                                              |           | 13%               | 13%                 | 13%             | 26% | 20% |
|                    | 15 | 9’30”或以內                                                                                         | 13        | > 3’01            | 10                  | 44              |     |     |
|                    | 14 | 10’15”                                                                                           |           |                   |                     |                 |     |     |
|                    | 13 | 11’00”                                                                                           | 12        | 2’46” - 3’00”     | 9                   | 40              |     |     |
|                    | 12 | 11’45”                                                                                           |           |                   |                     |                 |     |     |
|                    | 11 | 12’15”                                                                                           | 11        | 2’31” - 2’45”     | 8                   | 37              |     |     |
|                    | 10 | 13’00”                                                                                           |           |                   |                     |                 |     |     |
|                    | 9  | 13’45”                                                                                           | 10        | 2’16” - 2’30”     | 7                   | 34              |     |     |
|                    | 8  | 14’30”                                                                                           |           |                   |                     |                 |     |     |
|                    | 7  | 15’15”                                                                                           | 9         | 2’01” - 2’15”     | 6                   | 31              |     |     |
|                    | 6  | 16’00”                                                                                           |           |                   |                     |                 |     |     |
|                    | 5  | 16’45”                                                                                           | 8         | 1’46” - 2’00”     | 5                   | 28              |     |     |
|                    | 4  | 17’30”                                                                                           |           |                   |                     |                 |     |     |
|                    | 3  | 18’15”                                                                                           | 7         | 1’31” - 1’45”     | 4                   | 25              |     |     |
|                    | 2  | 完成                                                                                               |           |                   |                     |                 |     |     |
|                    |    |                                                                                                  | 6         | 1’11” - 1’30”     | 3                   | 22              |     |     |
|                    |    |                                                                                                  |           |                   |                     |                 |     |     |
|                    |    |                                                                                                  | 5         | 51” - 1’10”       | 2                   | 19              |     |     |
|                    |    |                                                                                                  |           |                   |                     |                 |     |     |
|                    |    | 4                                                                                                | 31” - 50” | 1                 | 16                  |                 |     |     |
|                    |    |                                                                                                  |           |                   |                     |                 |     |     |
|                    |    | 3                                                                                                | 21” - 30” | **9 次<br>屈膝水平引體向上 | 13                  |                 |     |     |
|                    |    |                                                                                                  |           |                   |                     |                 |     |     |
|                    |    | 2                                                                                                | 11” - 20” | **6 次<br>屈膝水平引體向上 | 11                  |                 |     |     |
|                    |    |                                                                                                  |           |                   |                     |                 |     |     |
|                    |    | 1                                                                                                | 6” - 10”  | **3 次<br>屈膝水平引體向上 | <9                  |                 |     |     |
|                    |    |                                                                                                  |           |                   |                     |                 |     |     |
|                    |    |                                                                                                  |           |                   |                     |                 |     |     |
|                    |    |                                                                                                  |           |                   |                     |                 |     |     |
| 考試次數<br>(每項目取最高成績) |    | 1                                                                                                |           | 1                 | 1                   | 3               |     |     |
| 註                  |    | * 2400 米跑 - 不可穿著釘鞋<br>** 屈膝水平引體向上 - 橫杆高度為 0.8/0.9 米，每次向上時胸口需觸碰杆部<br>*** 坐體前伸 - 指尖前伸至腳掌垂直面時為 23cm |           |                   |                     |                 |     |     |

## 體能鍛鍊（女）

(2025 年 8 月版)

| 技能（54%）            |    |                                                                                                   |           |               |                             |                  | 平時分 | 筆試 |
|--------------------|----|---------------------------------------------------------------------------------------------------|-----------|---------------|-----------------------------|------------------|-----|----|
| 考試                 | 分數 | *1600 米跑                                                                                          | 分數        | <u>平板</u>     | ** <u>屈膝水平引體向上<br/>(正握)</u> | **** <u>坐體前伸</u> |     |    |
|                    |    | 15%                                                                                               |           | 13%           | 13%                         | 13%              |     |    |
|                    | 15 | 7'45"或以內                                                                                          | 13        | >2'31"        | 13                          | 45               |     |    |
|                    | 14 | 8'05"                                                                                             |           |               |                             |                  |     |    |
|                    | 13 | 8'25"                                                                                             | 12        | 2'16" – 2'30" | 12                          | 42               |     |    |
|                    | 12 | 8'45"                                                                                             |           |               |                             |                  |     |    |
|                    | 11 | 9'05"                                                                                             | 11        | 2'01" – 2'15" | 11                          | 39               |     |    |
|                    | 10 | 9'25"                                                                                             |           |               |                             |                  |     |    |
|                    | 9  | 9'45"                                                                                             | 10        | 1'46" - 2'00" | 10                          | 36               |     |    |
|                    | 8  | 10'05"                                                                                            |           |               |                             |                  |     |    |
|                    | 7  | 10'25"                                                                                            | 9         | 1'31" - 1'45" | 9                           | 33               |     |    |
|                    | 6  | 10'45"                                                                                            |           |               |                             |                  |     |    |
|                    | 5  | 11'05"                                                                                            | 8         | 1'16" - 1'30" | 8                           | 29               |     |    |
|                    | 4  | 11'25"                                                                                            |           |               |                             |                  |     |    |
|                    | 3  | 11'45"                                                                                            | 7         | 1'01" - 1'15" | 7                           | 26               |     |    |
|                    | 2  | 完成                                                                                                |           |               |                             |                  |     |    |
|                    |    |                                                                                                   | 6         | 46" - 1'00"   | 6                           | 23               |     |    |
|                    |    |                                                                                                   |           |               |                             |                  |     |    |
|                    |    |                                                                                                   | 5         | 36" - 45"     | 5                           | 20               |     |    |
|                    |    |                                                                                                   |           |               |                             |                  |     |    |
|                    |    |                                                                                                   | 4         | 26" - 35"     | 4                           | 17               |     |    |
|                    |    |                                                                                                   |           |               |                             |                  |     |    |
|                    |    |                                                                                                   | 3         | 16" - 25"     | 3                           | 14               |     |    |
|                    |    |                                                                                                   |           |               |                             |                  |     |    |
|                    |    | 2                                                                                                 | 11" - 15" | 2             | 11                          |                  |     |    |
|                    |    |                                                                                                   |           |               |                             |                  |     |    |
|                    |    | 1                                                                                                 | 6" - 10"  | 1             | <9                          |                  |     |    |
|                    |    |                                                                                                   |           |               |                             |                  |     |    |
|                    |    |                                                                                                   |           |               |                             |                  |     |    |
|                    |    |                                                                                                   |           |               |                             |                  |     |    |
| 考試次數<br>(每項目取最高成績) |    | 1                                                                                                 |           | 1             | 1                           | 3                |     |    |
| 註                  |    | * 1600 米跑 - 不可穿著釘鞋<br>** 屈膝水平引體向上 - 橫杆高度為 0.8/0.9 米，每次向上時胸口需觸碰杆部<br>**** 坐體前伸 - 指尖前伸至腳掌垂直面時為 23cm |           |               |                             |                  |     |    |