

湖南省2025年普通高等学校专升本专业科目考试要求

《田径-100米测试》课程专升本考试大纲

I. 考试内容与要求

一、考试内容

本科目属于专业综合科目三，考试内容是100米测试。

二、要求

1. 100米测试采用人工计时；
2. 起跑采用蹲踞式起跑；
3. 发令采用三个口令：各就位、预备、鸣枪；
4. 计时看发令枪烟开表；
5. 起跑采用零抢跑规则；
6. 每道采用2名计时裁判计时，按成绩较差的为最终成绩；
7. 最小计量单位是 1/100秒，参照评分标准换算成得分。

II. 考试形式

100米测试，满分200分，考试时间为统考科目考试结束之后进行。

III. 评分标准

根据考生100米测试成绩进行评分，评分标准详见表1（男子）、表2（女子），根据评分标准得分乘以系数2，为考生的最终分数。



表1 男子100米

| 分值 | 成绩(秒) | | 分值 | 成绩(秒) | | 分值 | 成绩(秒) | |
|--------|-------|-------|-------|-------|-------|-------|-------|-------|
| | 手 | 电 | | 手 | 电 | | 手 | 电 |
| 100.00 | 11.30 | 11.54 | 66.65 | 12.55 | 12.79 | 33.50 | 13.80 | 14.04 |
| 98.66 | 11.35 | 11.59 | 65.32 | 12.60 | 12.84 | 32.18 | 13.85 | 14.09 |
| 97.32 | 11.40 | 11.64 | 63.99 | 12.65 | 12.89 | 30.86 | 13.90 | 14.14 |
| 95.99 | 11.45 | 11.69 | 62.66 | 12.70 | 12.94 | 29.53 | 13.95 | 14.19 |
| 94.65 | 11.50 | 11.74 | 61.33 | 12.75 | 12.99 | 28.21 | 14.00 | 14.24 |
| 93.31 | 11.55 | 11.79 | 60.00 | 12.80 | 13.04 | 26.89 | 14.05 | 14.29 |
| 91.98 | 11.60 | 11.84 | 58.67 | 12.85 | 13.09 | 25.57 | 14.10 | 14.34 |
| 90.64 | 11.65 | 11.89 | 57.34 | 12.90 | 13.14 | 24.25 | 14.15 | 14.39 |
| 89.30 | 11.70 | 11.94 | 56.02 | 12.95 | 13.19 | 22.93 | 14.20 | 14.44 |
| 87.97 | 11.75 | 11.99 | 54.69 | 13.00 | 13.24 | 21.61 | 14.25 | 14.49 |
| 86.63 | 11.80 | 12.04 | 53.36 | 13.05 | 13.29 | 20.30 | 14.30 | 14.54 |
| 85.30 | 11.85 | 12.09 | 52.04 | 13.10 | 13.34 | 18.98 | 14.35 | 14.59 |
| 83.96 | 11.90 | 12.14 | 50.71 | 13.15 | 13.39 | 17.66 | 14.40 | 14.64 |
| 82.63 | 11.95 | 12.19 | 49.38 | 13.20 | 13.44 | 16.34 | 14.45 | 14.69 |
| 81.30 | 12.00 | 12.24 | 48.06 | 13.25 | 13.49 | 15.02 | 14.50 | 14.74 |
| 79.96 | 12.05 | 12.29 | 46.73 | 13.30 | 13.54 | 13.71 | 14.55 | 14.79 |
| 78.63 | 12.10 | 12.34 | 45.41 | 13.35 | 13.59 | 12.39 | 14.60 | 14.84 |
| 77.30 | 12.15 | 12.39 | 44.08 | 13.40 | 13.64 | 11.07 | 14.65 | 14.89 |
| 75.96 | 12.20 | 12.44 | 42.76 | 13.45 | 13.69 | 9.76 | 14.70 | 14.94 |
| 74.63 | 12.25 | 12.49 | 41.43 | 13.50 | 13.74 | 8.44 | 14.75 | 14.99 |
| 73.30 | 12.30 | 12.54 | 40.11 | 13.55 | 13.79 | 7.13 | 14.80 | 15.04 |
| 71.97 | 12.35 | 12.59 | 38.79 | 13.60 | 13.84 | 5.81 | 14.85 | 15.09 |
| 70.64 | 12.40 | 12.64 | 37.47 | 13.65 | 13.89 | 4.50 | 14.90 | 15.14 |
| 69.31 | 12.45 | 12.69 | 36.14 | 13.70 | 13.94 | 3.18 | 14.95 | 15.19 |
| 67.98 | 12.50 | 12.74 | 34.82 | 13.75 | 13.99 | 1.87 | 15.00 | 15.24 |



表2 女子100米

| 分值 | 成绩(秒) | | 分值 | 成绩(秒) | | 分值 | 成绩(秒) | |
|--------|-------|-------|-------|-------|-------|-------|-------|-------|
| | 手 | 电 | | 手 | 电 | | 手 | 电 |
| 100.00 | 12.80 | 13.04 | 81.21 | 14.30 | 14.54 | 62.49 | 15.80 | 16.04 |
| 99.37 | 12.85 | 13.09 | 80.58 | 14.35 | 14.59 | 61.87 | 15.85 | 16.09 |
| 98.75 | 12.90 | 13.14 | 79.96 | 14.40 | 14.64 | 61.25 | 15.90 | 16.14 |
| 98.12 | 12.95 | 13.19 | 79.33 | 14.45 | 14.69 | 60.62 | 15.95 | 16.19 |
| 97.49 | 13.00 | 13.24 | 78.71 | 14.50 | 14.74 | 60.00 | 16.00 | 16.24 |
| 96.86 | 13.05 | 13.29 | 78.08 | 14.55 | 14.79 | 59.38 | 16.05 | 16.29 |
| 96.24 | 13.10 | 13.34 | 77.46 | 14.60 | 14.84 | 58.76 | 16.10 | 16.34 |
| 95.61 | 13.15 | 13.39 | 76.84 | 14.65 | 14.89 | 58.13 | 16.15 | 16.39 |
| 94.98 | 13.20 | 13.44 | 76.21 | 14.70 | 14.94 | 57.51 | 16.20 | 16.44 |
| 94.36 | 13.25 | 13.49 | 75.59 | 14.75 | 14.99 | 56.89 | 16.25 | 16.49 |
| 93.73 | 13.30 | 13.54 | 74.96 | 14.80 | 15.04 | 56.27 | 16.30 | 16.54 |
| 93.10 | 13.35 | 13.59 | 74.34 | 14.85 | 15.09 | 55.64 | 16.35 | 16.59 |
| 92.48 | 13.40 | 13.64 | 73.71 | 14.90 | 15.14 | 55.02 | 16.40 | 16.64 |
| 91.85 | 13.45 | 13.69 | 73.09 | 14.95 | 15.19 | 54.40 | 16.45 | 16.69 |
| 91.22 | 13.50 | 13.74 | 72.47 | 15.00 | 15.24 | 53.78 | 16.50 | 16.74 |
| 90.60 | 13.55 | 13.79 | 71.84 | 15.05 | 15.29 | 53.16 | 16.55 | 16.79 |
| 89.97 | 13.60 | 13.84 | 71.22 | 15.10 | 15.34 | 52.54 | 16.60 | 16.84 |
| 89.34 | 13.65 | 13.89 | 70.59 | 15.15 | 15.39 | 51.92 | 16.65 | 16.89 |
| 88.72 | 13.70 | 13.94 | 69.97 | 15.20 | 15.44 | 51.30 | 16.70 | 16.94 |
| 88.09 | 13.75 | 13.99 | 69.35 | 15.25 | 15.49 | 50.68 | 16.75 | 16.99 |
| 87.47 | 13.80 | 14.04 | 68.72 | 15.30 | 15.54 | 50.06 | 16.80 | 17.04 |
| 86.84 | 13.85 | 14.09 | 68.10 | 15.35 | 15.59 | 49.44 | 16.85 | 17.09 |
| 86.21 | 13.90 | 14.14 | 67.48 | 15.40 | 15.64 | 48.82 | 16.90 | 17.14 |
| 85.59 | 13.95 | 14.19 | 66.85 | 15.45 | 15.69 | 48.20 | 16.95 | 17.19 |
| 84.96 | 14.00 | 14.24 | 66.23 | 15.50 | 15.74 | 47.58 | 17.00 | 17.24 |
| 84.34 | 14.05 | 14.29 | 65.61 | 15.55 | 15.79 | 46.96 | 17.05 | 17.29 |
| 83.71 | 14.10 | 14.34 | 64.98 | 15.60 | 15.84 | 46.33 | 17.10 | 17.34 |
| 83.09 | 14.15 | 14.39 | 64.36 | 15.65 | 15.89 | 45.71 | 17.15 | 17.39 |
| 82.46 | 14.20 | 14.44 | 63.74 | 15.70 | 15.94 | 45.09 | 17.20 | 17.44 |
| 81.83 | 14.25 | 14.49 | 63.11 | 15.75 | 15.99 | 44.47 | 17.25 | 17.49 |



续表 2

| 分值 | 成绩 (秒) | | 分值 | 成绩 (秒) | | 分值 | 成绩 (秒) | |
|-------|--------|-------|-------|--------|-------|-------|--------|-------|
| | 手 | 电 | | 手 | 电 | | 手 | 电 |
| 43.85 | 17.30 | 17.54 | 28.98 | 18.50 | 18.74 | 14.16 | 19.70 | 19.94 |
| 43.23 | 17.35 | 17.59 | 28.37 | 18.55 | 18.79 | 13.54 | 19.75 | 19.99 |
| 42.61 | 17.40 | 17.64 | 27.75 | 18.60 | 18.84 | 12.93 | 19.80 | 20.04 |
| 41.99 | 17.45 | 17.69 | 27.13 | 18.65 | 18.89 | 12.31 | 19.85 | 20.09 |
| 41.37 | 17.50 | 17.74 | 26.51 | 18.70 | 18.94 | 11.69 | 19.90 | 20.14 |
| 40.75 | 17.55 | 17.79 | 25.89 | 18.75 | 18.99 | 11.08 | 19.95 | 20.19 |
| 40.13 | 17.60 | 17.84 | 25.27 | 18.80 | 19.04 | 10.46 | 20.00 | 20.24 |
| 39.51 | 17.65 | 17.89 | 24.66 | 18.85 | 19.09 | 9.84 | 20.05 | 20.29 |
| 38.89 | 17.70 | 17.94 | 24.04 | 18.90 | 19.14 | 9.23 | 20.10 | 20.34 |
| 38.27 | 17.75 | 17.99 | 23.42 | 18.95 | 19.19 | 8.61 | 20.15 | 20.39 |
| 37.65 | 17.80 | 18.04 | 22.80 | 19.00 | 19.24 | 8.00 | 20.20 | 20.44 |
| 37.03 | 17.85 | 18.09 | 22.18 | 19.05 | 19.29 | 7.38 | 20.25 | 20.49 |
| 36.41 | 17.90 | 18.14 | 21.57 | 19.10 | 19.34 | 6.76 | 20.30 | 20.54 |
| 35.79 | 17.95 | 18.19 | 20.95 | 19.15 | 19.39 | 6.15 | 20.35 | 20.59 |
| 35.17 | 18.00 | 18.24 | 20.33 | 19.20 | 19.44 | 5.53 | 20.40 | 20.64 |
| 34.55 | 18.05 | 18.29 | 19.71 | 19.25 | 19.49 | 4.92 | 20.45 | 20.69 |
| 33.94 | 18.10 | 18.34 | 19.10 | 19.30 | 19.54 | 4.30 | 20.50 | 20.74 |
| 33.32 | 18.15 | 18.39 | 18.48 | 19.35 | 19.59 | 3.69 | 20.55 | 20.79 |
| 32.70 | 18.20 | 18.44 | 17.86 | 19.40 | 19.64 | 3.07 | 20.60 | 20.84 |
| 32.08 | 18.25 | 18.49 | 17.24 | 19.45 | 19.69 | 2.46 | 20.65 | 20.89 |
| 31.46 | 18.30 | 18.54 | 16.63 | 19.50 | 19.74 | 1.84 | 20.70 | 20.94 |
| 30.84 | 18.35 | 18.59 | 16.01 | 19.55 | 19.79 | 1.23 | 20.75 | 20.99 |
| 30.22 | 18.40 | 18.64 | 15.39 | 19.60 | 19.84 | 0.61 | 20.80 | 21.04 |
| 29.60 | 18.45 | 18.69 | 14.78 | 19.65 | 19.89 | | | |

