

体育测试 I 课程介绍

一、中文简介：

为贯彻落实“健康第一”的指导思想，切实加强学校体育工作，促进学生积极参加体育锻炼，养成良好的锻炼习惯，提高体质和健康水平，根据教育部关于实施《国家学生体质健康标准》（2014年修订）教体艺【2014】5号文件精神，浙江大学根据学校实际情况全面实施《国家学生体质健康标准》（以下简称《标准》）。《标准》从身体形态、身体机能和身体素质等方面综合评定学生的体质健康水平，是促进学生体质健康发展、激励学生积极进行身体锻炼的教育手段，是国家学生发展核心素养体系和学业质量标准的重要组成部分，是学生体质健康的个体评价标准。

二、英文简介：

To implement the "health first" guiding ideology, strengthen school sports, promote students to actively participate in physical exercise, develop good exercise habits, improve the physique and health level, according to the Ministry of education on the implementation of the "national student physical health standard" (revised 2014) spirit teach Arts [2014] document No. 5, Zhejiang University according to the actual situation of the school, the full implementation of the "national students health standard" (hereinafter referred to as the "standard". The "standard" from the body shape, body function and physical quality and other aspects of comprehensive evaluation of the physical health of students, encourage students take exercise actively promote the healthy development of students' physical education means, is the national students develop core literacy and academic quality standard system is an important part of the standard is individual

student's physical health evaluation standard.