羽球-測驗內容說明

1.基本動作測試、戰術（佔60％）:評審委員依選手基本動作予以評分

(發球、高遠球、平球、 挑球、切球、殺球、比賽臨場能力)

2.術科測驗（佔30％）:10公尺折返跑15％，跳繩雙迴旋15％

3.口試(佔10％)

一、共同術科測驗（佔30％）

|  |  |
| --- | --- |
| 1.10公尺折返跑×4 15％ | 2.跳繩雙迴旋(一分鐘) 15％ |

 二、共同術科測驗給分標準如下：

 (一)自備跳繩

(一)10公尺折返跑×4：持物左右折返15％

 1.男生標準

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 速度（秒） | 9"66 | 10"00 | 10"32 | 10"66 | 11"00 | 11"32 | 11"66  | 12"00 | 12"32 | 12"66 | 13"00 |
| 得分 | 10 | 9.5 | 9 | 8.5 | 8 | 7.5 | 7 | 6.5 | 6 | 5.5 | 5 |

 2.女生標準

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 速度（秒） | 10"00 | 10"32 | 10"66 | 11"00 | 11"32 | 11"66 | 12"00 | 12"32 | 12"66 | 13"00 | 13"34 |
| 得分 | 10 | 9.5 | 9 | 8.5 | 8 | 7.5 | 7 | 6.5 | 6 | 5.5 | 5 |

 (二)跳繩雙迴旋(一分鐘)：15％

 1.男生標準

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 次數 | 100 | 90 | 80 | 70 | 60 | 50 | 45 | 40 | 35 | 30(含)以下 |
| 得分 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |

 2.女生標準

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 次數 | 90 | 80 | 70 | 60 | 50 | 40 | 35 | 30 | 25 | 20(含)以下 |
| 得分 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |