

体 力 検 定 表 (女子)

| | 懸 垂 | | 反復横とび | | 腕立て伏せ | | 起き上がり | | 274.3m 疾走 | | 総得点 |
|----|-----|-----|-------|-----|-------|-----|-------|-----|-----------|-----|--------|
| | 回数 | 得点 | 回数 | 得点 | 回数 | 得点 | 回数 | 得点 | 秒 | 得点 | |
| 一級 | 49 | 100 | 60 | 100 | 50 | 100 | 71 | 100 | 51 | 100 | 470 以上 |
| | 48 | 98 | 59 | 96 | 49 | 99 | 70 | 99 | 51.5 | 96 | |
| | 47 | 96 | 58 | 93 | 48 | 97 | 69 | 97 | 52 | 92 | |
| | 46 | 94 | | | 47 | 96 | 68 | 96 | 52.5 | 88 | |
| | 45 | 92 | | | 46 | 93 | 67 | 94 | | | |
| | 44 | 90 | | | 45 | 92 | 66 | 93 | | | |
| 二級 | | | | | 44 | 90 | 65 | 91 | | | 420 以上 |
| | 43 | 88 | 57 | 90 | 43 | 89 | 64 | 88 | 53 | 85 | |
| | 42 | 86 | 56 | 88 | 42 | 87 | 63 | 87 | 53.5 | 81 | |
| | 41 | 84 | 55 | 86 | 41 | 86 | 62 | 85 | 54 | 78 | |
| | 40 | 82 | 54 | 84 | 40 | 85 | 61 | 84 | 54.5 | 74 | |
| | 39 | 80 | | | 39 | 83 | 60 | 82 | 55 | 71 | |
| | | | | | 38 | 81 | 59 | 81 | | | |
| | | | | | | | 58 | 79 | | | |
| 三級 | | | | | | | 57 | 78 | | | 340 以上 |
| | | | | | | | 56 | 76 | | | |
| | 38 | 78 | 53 | 81 | 37 | 79 | 55 | 75 | 55.5 | 68 | |
| | 37 | 76 | 52 | 79 | 36 | 77 | 54 | 73 | 56 | 65 | |
| | 36 | 74 | 51 | 76 | 35 | 75 | 53 | 72 | 56.5 | 62 | |
| | 35 | 72 | 50 | 73 | 34 | 73 | 52 | 70 | 57 | 59 | |
| | 34 | 70 | | | 33 | 71 | 51 | 69 | 57.5 | 55 | |
| | | | | | 32 | 69 | 50 | 67 | | | |
| | | | | | 31 | 67 | | | | | |
| 四級 | | | | | 30 | 65 | | | | | 270 以上 |
| | | | | | 29 | 63 | | | | | |
| | | | | | 28 | 61 | | | | | |
| | 33 | 68 | 49 | 71 | 27 | 59 | 49 | 66 | 58 | 53 | |
| | 32 | 66 | 48 | 68 | 26 | 57 | 48 | 65 | 58.5 | 50 | |
| | 31 | 64 | 47 | 65 | 25 | 55 | 47 | 64 | 59 | 47 | |
| | 30 | 62 | 46 | 62 | 24 | 52 | 46 | 61 | 59.5 | 44 | |
| | 29 | 60 | | | | | 45 | 60 | 60 | 41 | |
| | 28 | 58 | | | | | 44 | 58 | | | |
| | 27 | 56 | | | | | 43 | 57 | | | |
| 五級 | | | | | | | 42 | 55 | | | 230 以上 |
| | | | | | | | 41 | 54 | | | |
| | | | | | | | 40 | 52 | | | |
| | 23 | 48 | 45 | 60 | 23 | 45 | 39 | 48 | 60.5 | 38 | |
| | 22 | 46 | 44 | 59 | 22 | 42 | 38 | 47 | 61 | 35 | |
| | 21 | 44 | | | | | 37 | 45 | 61.5 | 32 | |
| | 20 | 42 | | | | | 36 | 42 | 62 | 30 | |
| | 19 | 40 | | | | | 35 | 40 | 62.5 | 27 | |
| | 18 | 38 | | | | | | | | | |
| 級外 | | | | | | | | | | | 230 未満 |
| | | | | | | | | | | | |
| | | | 43 | 57 | 19 | 39 | 32 | 38 | | | |
| | | | | | 18 | 35 | 31 | 36 | | | |
| | | | | | 17 | 34 | 30 | 34 | | | |
| | | | | | 16 | 31 | 29 | 32 | | | |
| | | | | 15 | 27 | 28 | 30 | | | | |
| | | | | | | 27 | 28 | | | | |
| | | | | | | 26 | 26 | | | | |