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**NATIONAL STANDARD OF THE
PEOPLE'S REPUBLIC OF CHINA**

GB/T 43989-2024

**Evaluation specification for student's athletic ability of aerobics
course**

健美操课程学生运动能力测评规范

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Foreword

This document is in accordance with the provisions of GB/T 1.1-2020 "Guidelines for standardization work Part

1. Structure and drafting rules for standardization documents" Drafting. Please note that some of the contents of this document may involve patents. The issuing organization of this document does not assume the responsibility for identifying patents. This document is proposed and coordinated by the Ministry of Education of the People's Republic of China. This document was drafted by: China Academy of Educational Sciences, Shanghai University of Finance and Economics, the Second Branch of the High School Affiliated to Renmin University of China, Beijing United University, Shanghai Xinzhuang Middle School,

Henan University, Beijing Normal University, Curriculum and Textbook Research Institute, Zhengzhou Institute of Aeronautical Industry Management, Capital University of Physical Education Institute of Education, Beijing Haidian District Education Society, Tsinghua University Affiliated Middle School Yongfeng School, Shanghai Minhang District Hebei Primary School, Chengdu Jiafa Antai Education Science and Technology Co., Ltd. Technology Co., Ltd., Chengdu Jinniu District Educational Science Research Institute. The main drafters of this document are. Yu Sumei, Gu Xuelan, Si Yali, Tang Hongbin, Jiang Yanfang, Li Min, Zhang Fan, Huang Yan, Zhang Guangbin, Wang Yanyuan, Song Jinmei, Wang Yinyin, Yan Shunlin, Li Xinhao, Wang Jiawen, Wu Xiong, and Li Ling. Standards for the evaluation of students' athletic ability in aerobics courses

1 Scope

GB/T 43989-2024 is the Chinese national standard for evaluating a student's athletic ability in an aerobics course, one of the family of school sport assessment standards issued by the Ministry of Education. Aerobics is taught throughout Chinese schools and universities and is one of the sports where assessment had been most subjective, since performance is judged rather than measured; the standard answers that by fixing a six-grade ladder with stated attainment requirements and prescribed test routines and scoring for each grade. It sets the classification and the attainment requirements for each level, then the assessment itself: the venue and equipment required, the duties of the assessors, and then the test content, procedure and scoring for each of the six grades in turn, from the basic step patterns and body positions of the first grade to the full competitive routines with difficulty elements of the highest. Because both the routines and the scoring criteria are prescribed nationally, a grade awarded in one school is intended to mean the same as the same grade awarded anywhere else in the country. It applies to students at primary, junior secondary, senior secondary and university level.

This document specifies the classification and achievement requirements of the athletic ability levels of students in aerobics courses, and describes the evaluation methods for each level. This document is applicable to the assessment of aerobics abilities of students in primary school, junior high school, high school and university.

2 Normative references

This document has no normative references.

3 Terms and definitions

The following terms and definitions apply to this document.

3.1 The students develop this through aerobics training and competition activities, and use the gymnastic movements and technical movements to the music to perform in a

performance or competition. Overall performance on a specific task.

3.2 The combination of basic aerobics steps and arm movements, accompanied by music, creates a dynamic, rhythmic, continuous and high-low A series of movements of equal intensity.

3.3 Basic Steps A method of walking, running, jumping and dancing at a specific rhythm.

Note. See Table A.1 in Appendix A. The basic steps can be completed in three ways. high impact, low impact and no impact.

3.4 arm movements Use a variety of symmetrical and asymmetrical arm movements and rhythmic variations of lifting, swinging, twisting and circling movements to demonstrate correct performance A trajectory from one location to another.

3.5 Difficulty elements Movements that require a high level of technical skills and physical fitness and involve strength, flexibility, jumping, support, balance, and rotation.

Note. Difficulty movements include three groups. ground, standing and aerial, with scores ranging from

0.1 to 1.0.

3.6 Transition A type of action that reflects the transition between spaces (ground, standing, and air).

3.7 Linking There is no connecting movement with spatial transformation between different types of movements.