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

GB/T 44094-2024

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

滑冰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 Educational Science Research Institute, Shenyang Sport University, Capital Institute of Physical Education, Wuhan Sport University, Curriculum and Textbook Research Institute Institute of Technology, Yenching Institute of Technology, Changchun No.

85 Middle School, Second Branch of the Affiliated Middle School of Renmin University of China, Zhejiang University City College, Gannan Normal University University. The main drafters of this document are. Yu Sumei, Liu Yuanguo, Bai Xiaojing, Li Yu, Chen Wei, Wang Jinying, Zhang Guangbin, Fei Jiabao, Wang Leyao, Zhao Jinru, Saina, Yang Ziyan, An Qiu, Si Yali, Jiang Guangqing, Zhou Zhu, Wang Jinling. Standards for evaluating the athletic ability of students in skating courses

1 Scope

GB/T 44094-2024 sets the method for assessing the athletic ability of students taking a skating course. It belongs to the Chinese series that grades each school sport on a common six-level ladder, and skating was added to it after the 2022 Winter Olympics, when the programme to bring three hundred million people to winter sport put rinks into schools across provinces that had never had them. The grading has to work for beginners on a rink for the first time and for children already training seriously. The standard sets the classification of the assessment and the attainment requirements for each level, then the conduct of the assessment and the criteria applied at each of levels 1 to 6, from basic balance and gliding through edges, turns and stopping to speed and control. It took effect on 28 May 2024.

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

Note. The standards for evaluating students' athletic ability in skating courses belong to the category of speed skating, which is a sub-item of skating.

2 Normative references

This document has no normative references.

3 Terms and definitions

The following terms and definitions apply to this document.

3.1 Students develop these skills during skating courses, practice and competitions, and can wear skating equipment to complete starting, straight-line skating, and curve skating on the ice. Overall performance on a specific task.

3.2 start Quickly complete the three stages of starting, sprinting and gliding, and realize the technical movements from stationary to gliding.

3.3 Skating in the straight A cyclical technical movement consisting of free skating and ice skating.

3.4 Skating in the corner On the circular arc of the ice surface, the body maintains a special sliding posture with a left tilt, and the two legs alternately push the ice in a cross-step form, which conforms to the circular motion. Regular technical movements.

3.5 Freeleg The leg that floats on or lifts off the ice during gliding.

3.6 supporting leg The leg that bears the body's center of gravity during gliding.

3.7 armsswingskating The two arms alternately pass through the front high point, the drooping point, and the back high point to cooperate with the lower limbs to maintain balance, increase stride length, and increase ice-pushing power. And technical movements to increase stride frequency.

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