

ICS 13.100
CCS C 56

WS

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

WS/T 10008-2023

**Physical activity level evaluation for children and adolescents
aged 7??18 years
(English Translation)**

Issued on: December 15, 2023

Implemented on: May 1, 2024

Issued by: National Health Commission

Table of Contents

What this standard covers	1
Document data	2

What this standard covers

This standard specifies physical activity evaluation tools, physical activity time and intensity evaluation methods, and recommended physical activity levels for children and adolescents aged 7 to 18 years old. This standard is applicable to the evaluation of physical activity levels of children and adolescents aged 7 to 18 years old, and children aged 6 years can also refer to it.

Document data

International classification (ICS): 13.100.

Chinese classification (CCS): C56.

Estimated length of the Chinese original: 10,111 words.