MERIT BADGE SERIES

PERSONAL FITNESS

BOY SCOUTS OF AMERICA®

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PERSONAL FITNESS

"Enhancing our youths' competitive edge through merit badges"

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Requirements

Note: If meeting any of the requirements for this merit badge is against the Scout's religious convictions, the requirement does not have to be done if the Scout's parents and the proper religious advisers state in writing that to do so would be against religious convictions. The Scout's parents must also accept full responsibility for anything that might happen because of this exemption.

1. Do the following:
   a. Before completing requirements 2 through 9, have your health-care practitioner give you a physical examination, using the Scout medical examination form. Describe the examination. Tell what questions the doctor asked about your health. Tell what health or medical recommendations the doctor made and report what you have done in response to the recommendations. Explain the following:
      (1) Why physical exams are important
      (2) Why preventive habits (such as exercising regularly) are important in maintaining good health, and how the use of tobacco products, alcohol, and other harmful substances can negatively affect your personal fitness
      (3) Diseases that can be prevented and how
      (4) The seven warning signs of cancer
      (5) The youth risk factors that affect cardiovascular fitness in adulthood

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b. Have a dental examination. Get a statement saying that your teeth have been checked and cared for. Tell how to care for your teeth.

2. Explain to your merit badge counselor verbally or in writing what personal fitness means to you, including
   a. Components of personal fitness.
   b. Reasons for being fit in all components.
   c. What it means to be mentally healthy.
   d. What it means to be physically healthy and fit.
   e. What it means to be socially healthy. Discuss your activity in the areas of healthy social fitness.
   f. What you can do to prevent social, emotional, or mental problems.

3. With your counselor, answer and discuss the following questions:
   a. Are you free from all curable diseases? Are you living in such a way that your risk of preventable diseases is minimized?
   b. Are you immunized and vaccinated according to the advice of your health-care provider?
   c. Do you understand the meaning of a nutritious diet and know why it is important for you? Does your diet include foods from all food groups?
   d. Are your body weight and composition what you would like them to be, and do you know how to modify them safely through exercise, diet, and lifestyle?
   e. Do you carry out daily activities without noticeable effort? Do you have extra energy for other activities?
   f. Are you free from habits relating to poor nutrition and the use of alcohol, tobacco, drugs, and other practices that could be harmful to your health?
   g. Do you participate in a regular exercise program or recreational activities?

h. Do you sleep well at night and wake up feeling ready to start the new day?

i. Are you actively involved in the religious organization of your choice, and do you participate in its youth activities?

j. Do you spend quality time with your family and friends in social and recreational activities?

k. Do you support family activities and efforts to maintain a good home life?

4. Explain the following about physical fitness:

   a. The components of physical fitness

   b. Your weakest and strongest component of physical fitness

   c. The need to have a balance in all four components of physical fitness

   d. How the components of personal fitness relate to the Scout Law and Scout Oath

5. Explain the following about nutrition:

   a. The importance of good nutrition

   b. What good nutrition means to you

   c. How good nutrition is related to the other components of personal fitness

   d. The three components of a sound weight (fat) control program

6. Before doing requirements 7 and 8, complete the aerobic fitness, flexibility, and muscular strength tests, along with the body composition evaluation as described in the *Personal Fitness* merit badge pamphlet. Record your results and identify those areas where you feel you need to improve.

7. Outline a comprehensive 12-week physical fitness program using the results of your fitness tests. Be sure your program incorporates the endurance, intensity, and warm-up guidelines discussed in the *Personal Fitness* merit badge pamphlet. Before beginning your exercises, have the program approved by your counselor and parents.

8. Complete the physical fitness program you outlined in requirement 7. Keep a log of your fitness program activity (how long you exercised; how far you ran, swam, or biked; how many exercise repetitions you completed; your exercise heart rate; etc.). Repeat the aerobic fitness, muscular strength, and flexibility tests every two weeks and record your results. After the 12th week, repeat all of the required activities in each of the three test categories, record your results, and show improvement in each one. For the body composition evaluation, compare and analyze your preprogram and postprogram body composition measurements. Discuss the meaning and benefit of your experience, and describe your long-term plans regarding your personal fitness.

9. Find out about three career opportunities in personal fitness. Pick one and find out the education, training, and experience required for this profession. Discuss what you learned with your counselor, and explain why this profession might interest you.

Personal Fitness Resources

Scouting Literature

Boy Scout Journal; *Athletics, Backpacking, Canoeing, Cycling, Dentistry, Disabilities Awareness, Family Life, Hiking, Kayaking, Public Health, Rowing, Scuba Diving, Skating, Small-Boat Sailing, Snow Sports, Sports, Swimming, Water Sports,* and *Whitewater* merit badge pamphlets; *Boy Scout Handbook; Fieldbook*

Visit the Boy Scouts of America's official retail website at http://www.scoutstuff.org for a complete listing of all merit badge pamphlets and other helpful Scouting materials and supplies.

Books

American College of Sports Medicine, ed. *ACSM's Complete Guide to Fitness & Health.* Human Kinetics, 2011.

Branner, Toni. *Care and Feeding of an Athlete: What You Need to Know to Rise to the Top of Your Game.* Blue Water Press, 2007.

Chryssicas, Mary Kaye. *Breathe: Yoga for Teens.* DK Children, 2007.

Covey, Sean. *The 6 Most Important Decisions You'll Ever Make: A Guide for Teens.* Touchstone, 2006.

Dunham, Kelli. *The Boy's Body Book: Everything You Need to Know for Growing Up YOU,* 3rd revised ed. Applesauce Press, 2015.

Faigenbaum, Avery, and Wayne Westcott. *Youth Strength Training: Programs for Health, Fitness, and Sport.* Human Kinetics, 2009.

Green, Larry, and Russ Pate. *Training for Young Distance Runners,* 3rd ed. Human Kinetics, 2014.

Hawkins, Frank C. *The Boy's Fitness Guide: Expert Coaching for the Young Man Who Wants to Look and Feel His Best.* Big Book Press, 2008

Hutchinson, Alex. *Which Comes First, Cardio or Weights?* HarperCollins, 2011.

Jones, William. *Performance Eating: The High Performance High School Athlete Nutrition Guide.* iUniverse Inc., 2006.

KidsPeace. *I've Got This Friend Who: Advice for Teens and Their Friends on Alcohol, Drugs, Eating Disorders, Risky Behavior, and More.* Hazelden, 2007.

Kovacs, Mark. *Dynamic Stretching: The Revolutionary New Warm-Up Method to Improve Power, Performance, and Range of Motion.* Ulysses Press, 2009.

Kraemer, William J., and Steven J. Fleck. *Strength Training for Young Athletes, 2nd ed.* Human Kinetics, 2004.

Lobster Press, ed. *Let's Clear the Air: 10 Reasons Not to Start Smoking.* Lobster Press, 2007.

Orcutt, Georgia. *How to Feed a Teenage Boy: Recipes and Strategies.* Celestial Arts, 2007.

Paley, Rebecca, and Grace Norwich. *The Body Book for Boys.* Scholastic Paperbacks, 2010.

Ratey, John J. *Spark: The Revolutionary New Science of Exercise and the Brain.* Little, Brown and Co., 2013.

Shanley, Ellen, and Colleen Thompson. *Fueling the Teen Machine.* Bull Publishing Co., 2010.

Smolen, Jamie. *Hooked.* Casa de Snapdragon Publishing, 2011.

Organizations and Websites

Academy of Nutrition and Dietetics
120 S. Riverside Plaza, Suite 2000
Chicago, IL 60606-6995
Toll-free telephone: 800-877-1600
Website: http://www.eatright.org

American College of Sports Medicine
401 West Michigan St.
Indianapolis, IN 46202-3233
Telephone: 317-637-9200
Website: http://www.acsm.org

Centers for Disease Control and Prevention
Toll-free telephone: 800-232-4636
Website:
http://www.cdc.gov/physicalactivity

Fitness for Kids
9100 Wilshire Blvd., Suite 250 W
Beverly Hills, CA 90212
Telephone: 310-275-4141
Website: http://www.fitnessforkids.org

International Food Information Council Foundation
1100 Connecticut Ave. NW, Suite 430
Washington, DC 20036
Telephone: 202-296-6540
Website: http://foodinsight.org

KidsHealth
Website: http://kidshealth.org

President's Council on Physical Fitness, Sports & Nutrition
1101 Wootton Parkway, Suite 560
Rockville, MD 20852
Telephone: 240-276-9567
Website: http://www.fitness.gov

U.S. Department of Agriculture
Website:
http://www.choosemyplate.gov