

MERIT BADGE SERIES



PERSONAL FITNESS



BOY SCOUTS OF AMERICA®

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"Enhancing our youths' competitive edge through merit badges"



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Requirements

Always check www.scouting.org for the latest 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. 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 health in adulthood
 - 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. Reasons for being mentally, physically, socially, and spiritually fit
- b. What it means to be mentally healthy
- c. What it means to be physically healthy
- d. What it means to be socially healthy



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 healthcare provider and the direction of your parent(s)/guardian(s)?
- c. 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?
- d. What are the advantages to getting a full night's sleep?
- e. Define a nutritious, balanced diet and why it is important.
- f. Do you participate in a regular exercise program or recreational activities?
- g. What are you doing to demonstrate your duty to God?
- h. Do you spend quality time with your family and friends in social and recreational activities?
- i. Do you support family activities and efforts to maintain a good home life?
- j. Do you carry out daily activities without noticeable effort? Do you have extra energy for other activities?
- k. 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?
- l. Do you participate in a regular exercise program or recreational activities?

- m. Do you sleep well at night and wake up feeling ready to start the new day?
 - n. Are you actively involved in the religious organization of your choice, and do you participate in its youth activities?
4. Explain the following about physical fitness:
 - a. The areas of physical fitness
 - b. Your weakest and strongest area of physical fitness
 - c. The need to have a balance in in the four areas of physical fitness
 - d. How a program like the President’s Council on Sports, Fitness & Nutrition can lead to lifelong healthful habits.
 - e. How the areas 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. How to maintain a healthy weight
 6. Before doing requirements 7 and 8, do the following:
 - a. Complete the aerobic fitness, flexibility, and muscular strength tests, as described in the *Personal Fitness* merit badge pamphlet. Record your results and identify those areas where you feel you need to improve.
 - b. Keep track of what you eat and drink for three days. Identify three healthy eating goals you want to work on.
 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.). Keep a log of your weekly healthy eating goals. Repeat the aerobic fitness, muscular strength, and flexibility tests every four weeks and record your results. After the 12th week, repeat the three tests, record your results, and show improvement in each one. Discuss how well you met your healthy eating goals over these 12 weeks. 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*

With your parent's permission, visit the Boy Scouts of America's official retail website, www.scoutshop.org, for a complete listing of all merit badge pamphlets and other helpful Scouting materials and supplies.

Books

- Bluth, Karen and Neff, Kristin. *The Self-Compassion workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who you are. Instant Help*, 2017.
- Branner, Toni. *The Care & Feeding of an Athlete*. Blue Water Press, 2007.
- Bushman, Barbara, ed. *ACSM's Complete Guide to Fitness & Health*, 2nd ed. Human Kinetics, 2017.
- 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*, updated edition, Touchstone, 2017.
- Dunham, Kelli. *The Boy's Body Book: Everything You Need to Know for Growing Up YOU*, 5th ed. Applesauce Press, 2019.
- _____. *The Girl's Body Book: Everything You Need to Know for Growing Up YOU*, 5th ed. Applesauce Press, 2019.
- Greene, Larry, and Russ Pate. *Training Young Distance Runners*, 3rd ed. Human Kinetics, 2014.
- Hutchinson, Alex. *Which Comes First, Cardio or Weights?* HarperCollins, 2011.
- 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, 2021.

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.

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

Resch, Elyse. *The Intuitive Eating
Workbook for Teens: A Non-Diet,
body Positive Approach to Building a
healthy Relationship with Food*.
Instant Help, 2019.

Shanley, Ellen, and Colleen Thompson.
Fueling the Teen Machine, 2nd ed.
Bull Publishing Co., 2010.

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

Sumbal, Marni. *Essential Sports
Nutrition: A Guide to Optimal
Performance for Every Active Person*.
Rockridge Press, 2018.

Organizations and Websites

Academy of Nutrition and Dietetics

120 S. Riverside Plaza, Suite 2190
Chicago, IL 60606-6995
Toll-free telephone: 800-877-1600
www.eatright.org

American College of Sports Medicine

401 W. Michigan St.
Indianapolis, IN 46202-3233
Telephone: 317-637-9200
www.acsm.org

Centers for Disease Control and Prevention

Toll-free telephone: 800-232-4636
www.cdc.gov/physicalactivity

The Cooper Institute

Exercise tips and resources
[www.youtube.com/user/
TheCooperInstitute/videos](http://www.youtube.com/user/TheCooperInstitute/videos)

Fitnessgram

Exercise tips and resources
fitnessgram.net/solution

International Food Information Council Foundation

1100 Connecticut Ave. NW, Suite 430
Washington, DC 20036
Telephone: 202-296-6540
foodinsight.org

KidsHealth

kidshealth.org

President's Council on Sports, Fitness & Nutrition

1101 Wootton Parkway, Suite 560
Rockville, MD 20852
Telephone: 240-276-9567
www.health.gov/our-work/pcsfn

Society of Health and Physical Educators (SHAPE America)

PO Box 225, Annapolis
Junction, MD 20701
Toll-free telephone: 800-213-7193
www.shapeamerica.org

U.S. Department of Agriculture

www.choosemyplate.gov