

# 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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## **Personal Fitness**

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 advisors 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 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 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?
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 the four areas of physical fitness
  - (d) How a program like ScoutStrong 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:
  - (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 all of the required activities in each of the three test categories, 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*

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*. Olysses 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>