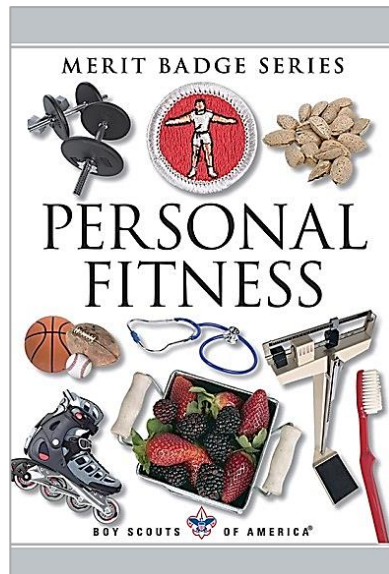




Personal Fitness Merit Badge



Eagle Required

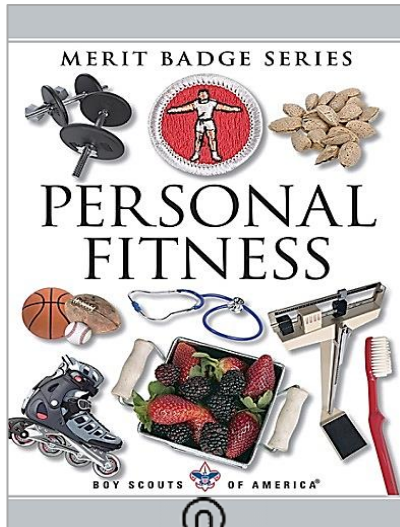


Produced by: **Scoutworks**
www.scoutworks.weebly.com

May 2016



What You Need to Complete this Merit Badge



Personal Fitness Pamphlet
(from the troop library or the scout store)



Click on the link for instructions on how to fill it out



Blue Card
(from your Scoutmaster)



Merit Badge Counselor



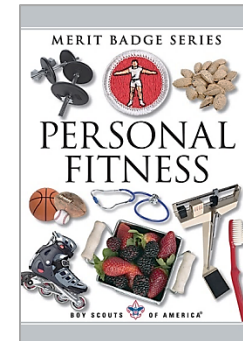
Personal Fitness Workbook
(free just click on the link)



The Merit Badge Pamphlet & Workbook

IMPORTANT NOTES!

1. This presentation **DOES NOT** replace the Merit Badge Pamphlet.
Read the Merit Badge Pamphlet



2. The Merit Badge workbook can help you complete your requirements but you still need to
Read the Merit Badge Pamphlet.

The work space provided for each requirement in the workbook should be used to **make notes for discussing each item with your counselor**, not for providing full and complete answers.

3. You **must** do each requirement to earn the Merit Badge.





Components of Personal Fitness

- Social fitness
- Mental and emotional fitness
- Spiritual fitness
- Physical health
- Physical fitness

PERSONAL FITNESS

Your individual effort to achieve your optimal or desired quality of life.



Signs of Poor Personal Fitness

- Obesity and poor muscle tone
- Persistent fatigue
- Often feeling pressured, tense, stressed out
- Frequent colds, flu, headaches, aches & pains
- Depression, anxiety, sleeplessness





Social Fitness: Qualities of a Socially Fit Person

- A good listener
- Accepts others
- Knows his life priorities
- Able to handle peer pressure





Social Fitness: The Scout Oath

On My Honor...

- ...I will do my best
- ...to do my duty to God
- ...and my country
- ...to obey the Scout Law
- ...to help other people at all times
- ...to keep myself **PHYSICALLY STRONG**
- ...**MENTALLY AWAKE**
- ...and **MORALLY STRAIGHT**





Social Fitness: The Scout Law

- Trustworthy
- Loyal
- Helpful
- Friendly
- Courteous
- Kind
- Obedient
- Cheerful
- Thrifty
- Brave
- Clean
- Reverent

Living the Scout Oath and Law helps a Scout live a healthy social life



Mental & Emotional Fitness

- Closely connected to the other components of personal fitness
- Everyone worries a little
- A good family life is important to a healthy mind & body
- Your contributions are important to your families well being





Spiritual Fitness

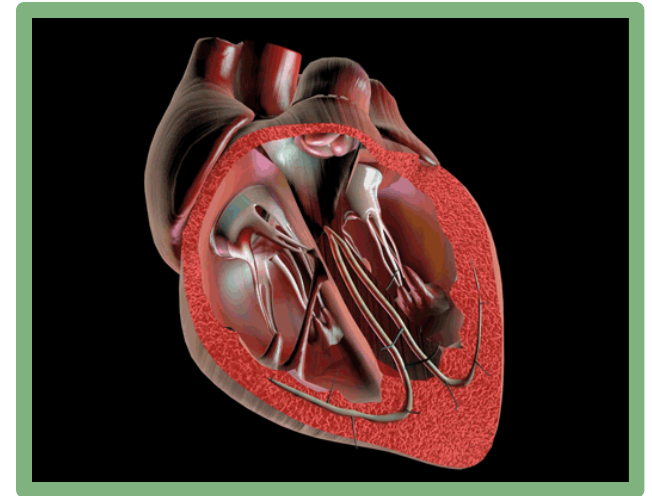
- Every Scout has a duty to God
- Active involvement in your religion is important for your spiritual wellbeing
- Religious principles you learn will help you to live by the Scout Law





Physical Health: Heart Disease Risk Factors

- Smoking
- Obesity
- High blood pressure
- High cholesterol
- Diabetes
- Lack of exercise
- Family history of heart disease
- Gender (males are at higher risk)





Physical Health: Seven Warning Signs of Cancer

- Appearance of any unusual lump
- Any unusual bleeding or discharge
- Any change in a wart or mole
- Chronic indigestion or difficulty in swallowing
- Persistent cough or hoarseness
- A sore that will not heal



Physical Health: Common Immunizations

- Pertussis (whooping cough)
- Tetanus (every 10 years)
- Diphtheria
- Measles
- Meningitis
- Polio
- Mumps
- Rubella
- Hepatitis B





Work on and complete Requirement 1

DO THE FOLLOWING:

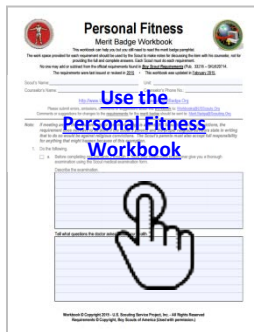
a. Before completing requirements 2 through 9, have your health-care practitioner give you a thorough examination using the Scout medical examination form.

Describe the examination.

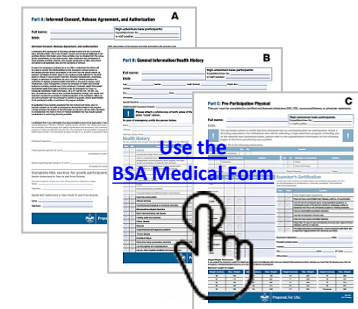
Tell what questions the doctor asked about your health.

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 our personal fitness.
3. Diseases that can be prevented and how
4. The 7 warning signs of cancer:
5. The youth risk factors that affect cardiovascular fitness 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.



Work on and complete Requirement 2

DO THE FOLLOWING:

Explain to your merit badge counselor verbally or in writing what personal fitness means to you, including:

- Components of personal fitness
- Reasons for being fit in all components
- What it means to be mentally healthy
- What it means to be physically healthy and fit
- What it means to be socially healthy. Discuss your activity in the areas of healthy social fitness.
- What you can do to prevent social, emotional, or mental problems?

[Use the
Personal Fitness Workbook](#)



Personal Fitness
Merit Badge Workbook

The material on this page is for all merit badge counselors.
The work space provided for each requirement of this workbook is for the Scout to write notes for discussing the merit with the counselor, not to provide the merit counselor with answers. Each Scout must do their own work.
No one may write answers for the other requirements listed in this workbook. (See [Merit Badge Workbook](#) for more information.)
The requirements are listed on the back of this workbook.

Scout's Name _____ DFC _____
Counselor's Name _____ Counselor's Phone No. _____

[http://www.BSA.org](#) • [http://www.MeritBadge.Org](#)
Please print clearly, completely, legibly, and in ink on the back of this workbook. • [Scout's Honor](#) • [Scout's Oath](#)
Commitment to uphold the Scout Oath and Scout Law. • [Scout's Motto](#) • [Scout's Motto](#)

Note: If you fail to meet any of the requirements for this merit badge as agreed by the Scout's regular counselor, the requirement does not count for the Scout. The Scout's regular counselor will be notified of the Scout's failure to complete any requirement for anything that might happen because of this workbook.
The Scout's parents must also accept full responsibility for anything that might happen because of this workbook.

Scout's Answer:

Before completing requirements 1 through 6, have your health-care practitioner give you a fitness examination using the Scout Physical Examination form.
Describe the examination:

Tell what questions the doctor asked about your health.

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Requirement © Copyright, Boy Scouts of America (print and permission)



Physical Health: Six Basic Nutrients

- Protein
- Fat
- Carbohydrates (simple) and (complex)
- Water
- Vitamins
- Minerals

Your body's energy needs are expressed in terms of calories.

Only protein, fat, and carbohydrates have calories.

The quality of calories are just as important as the quantity of calories.



Physical Health: Food Groups in Priority Order

- Vegetables
- Grains
- Fruits
- Dairy products
- Meats and legumes
- Fats and sweets

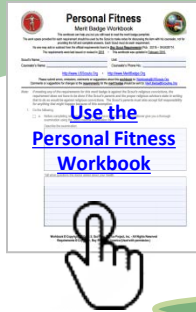




Physical Health: Elements of Weight Control

- Good nutrition
- Behavior modification
- Exercise

When used together, these three approaches will help you control the amount of fat in your body.



Work on and complete Requirement 3

DO THE FOLLOWING:

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 it 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?



Physical Fitness:

Four Components of Physical Fitness

- **Cardiovascular endurance**

The ability to maintain an activity that involves a large portion of your body's muscle mass and is continuous and rhythmic

- **Muscular strength and endurance**

Strength - The ability of your muscles to contract and exert force against an opposing force.

Endurance – The ability of your muscles to contract repeatedly or hold a condition against an opposing force.

- **Flexibility**

Your joints range of motion.

- **Body Composition**

The percentage of your body that is fat or muscle.



Work on and complete Requirement 4

DO THE FOLLOWING:

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 Laws and Scout Oath

[Use the Personal Fitness Workbook](#)



The screenshot shows the 'Personal Fitness Merit Badge Workbook' form. It includes a title, a brief introduction, and a section for 'Requirements'. Requirement 1 is 'Cardio fitness', which is marked as completed with a checkmark. Requirement 2 is 'Balance', which is marked as not completed with an empty checkbox. Below the requirements, there are two text boxes for 'Describe the experience...' and 'Tell what questions the doctor asked about your health...'. At the bottom, there is a copyright notice for BSA, Inc.



Work on and complete Requirement 5

DO THE FOLLOWING:

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

[Use the
Personal Fitness Workbook](#)



Personal Fitness
Merit Badge Workbook

The workbook can help you find ways to reach your health goals.

The work guide provides you with important information on the tasks to help you in planning to work with the workbook. It is designed to help you understand the requirements for the merit badge.

No one may sell or receive for the merit badge requirements form. [Click here for more information.](#) (Page 2018 - 2018-2019)

The requirements are listed on page 2018.

Scout's Name: _____ Unit #: _____
Counselor's Name: _____ Council's Phone No.: _____

[Click here for more information.](#) • [Click here for more information.](#)

Please print your name, address, telephone number, and e-mail address on the back of this workbook. (Page 2018-2019)

Consent to participate in this program is the responsibility of the parent/guardian. (Page 2018-2019)

Note: If meeting any of the requirements for this merit badge against the Scout's religious restrictions, the requirements also apply to the Scout's Scoutmaster and the parent/guardian who are working with the Scout. The Scoutmaster and parent/guardian are responsible for anything that might happen because of this workbook.

Be sure to read the agreement on page 2018. The Scout's parent/guardian must also accept full responsibility for the Scout's participation.

Scout's Name:

Adult completing requirements 2 through 5: How your health-care practitioner gives you a thorough examination using the Scout Health Examination form.

Describe the examination:

Fill in all questions the doctor asked about your health.

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Physical Fitness: Fitness Program Elements

- Warm-up
- Aerobic exercises
- Strength exercises
- Flexibility exercises
- Cool down





Personal Fitness: Next Steps

Requirement 6

- 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.

Requirement 7

- Outline a 12-week physical fitness program using the results of your physical 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.

Requirement 8

- 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 post program body composition measurements. Discuss the meaning and benefit of your experience, and describe your long-term plans regarding your personal fitness.



Work on and complete Requirement 9

DO THE FOLLOWING:

Find out about three career opportunities in personal fitness.

Pick one and explain how to prepare for such a career.

Discuss with your counselor what education and training are required, and explain why this profession might interest you.

[Use the
Personal Fitness Workbook](#)



Personal Fitness
Merit Badge Workbook

This workbook can only be used for one merit badge. It is not to be used for any other purpose. The workbook is not to be used for any other purpose. It is not to be used for any other purpose. It is not to be used for any other purpose.

Student Name _____
Counselor's Name _____

Please visit [USA Fitness](#) or [USA Fitness](#) for more information.

Note: If you are unable to complete this workbook, you may wish to contact your counselor for assistance.

1. **Outline a career path in personal fitness.**
Describe the career path.

2. **Outline a career path in personal fitness.**
Describe the career path.

3. **Outline a career path in personal fitness.**
Describe the career path.

(If you are unable to complete this workbook, you may wish to contact your counselor for assistance.)

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Worksheet 9 is a merit badge workbook.



Congratulations Scout!



**You have just earned your
Personal Fitness
Merit Badge**

