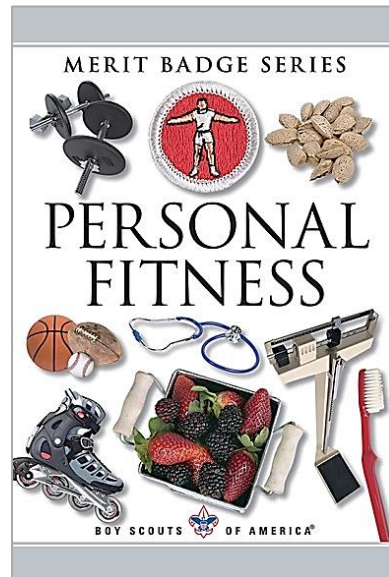




Personal Fitness Merit Badge



Eagle Required



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

May 2016



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

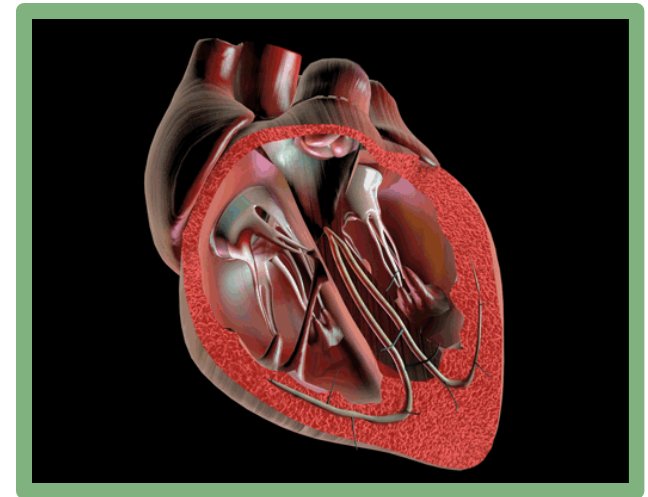
- Every Scout has a duty to God
- Active involvement in your religion is important for your spiritual wellbeing
- Religious principles you learn will help you to live by the Scout Law





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





Complete Requirement # 1



DO THE FOLLOWING:

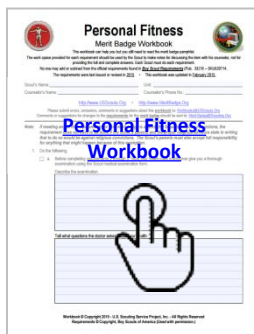
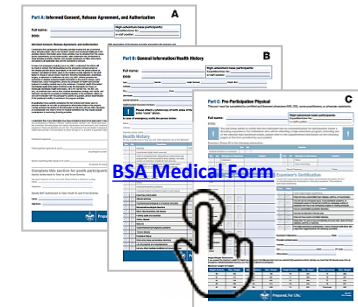
a. Before completing requirements 2 through 9, have your health-care practitioner give you a thorough examination using the Scout medical examination form.

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.



Complete Requirement # 2



DO THE FOLLOWING:

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?

[Personal Fitness Workbook](#)

Personal Fitness
Merit Badge Workbook

This workbook will help you fulfill merit badge requirements.
The work space provided for each requirement should be used by the Scout to keep notes for discussing the merit with the counselor, not by parents. Do not write answers to the Scout's questions in this workbook.

Do not write your name here for official merit badge work. Do not write your name here for official merit badge work.

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

<http://www.BSA.org> • <http://www.MeritBadge.org>

Please print your name, counselor, committee or organization name in the notebook. If you are a Scoutmaster, please print your name, committee or organization for changes to the requirements. In the past, Scouts have used the notebook to write their names in the notebook.

Note: If you fail any of the requirements for this merit badge as against the Scout's religious convictions, the requirement does not have to be done. The Scout's Scoutmaster and the parent religious authority should be notified. If you do not do all the requirements, the Scout's parent must also accept full responsibility for anything that might happen because of this exception.

1. **Get the meaning:**

a. Before considering requirements 2 through 8, have your health-care professional give you a thorough examination using the Scout Medical Examination form.

Describe the examination:

Tell what questions the doctor asked about your health.

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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.



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.



Complete Requirement # 5



DO THE FOLLOWING:

Explain the following about nutrition:

- The importance of good nutrition
- What good nutrition means to you
- How good nutrition is related to the other components of personal fitness
- The three components of a sound weight (fat) control program

[Personal Fitness Workbook](#)

Personal Fitness
Merit Badge Workbook

The workbook can help you do the merit badge requirements. The workbook can help you do the merit badge requirements. The workbook can help you do the merit badge requirements.

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Risk: If meeting any of the requirements for this merit badge against the Scout's religious restrictions, the requirements also may be in conflict with the Scout's religious restrictions. The Scout's religious restrictions may be in conflict with the Scout's religious restrictions. The Scout's religious restrictions may be in conflict with the Scout's religious restrictions.

Requirements:

1. A. Before completing requirements 1 through 5, have your health-care practitioner give you a thorough examination using the Scout Health Examination form. Complete the examination.

Fill in all sections the better 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



Complete 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.

Complete 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.

Complete 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.



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.

[Personal Fitness Workbook](#)

 **Personal Fitness** 
Merit Badge Workbook

The workbook can help you but you will need to read the merit badge pamphlet.
The work space provided for each requirement should be used by the Scout to make notes for discussing the item with the counselor, not for providing the M and complete answers. Each Scout must do each requirement.
No answers will be submitted from the official requirements book to <http://www.scouts.org> or <http://www.scouts.org>.
The requirements were last revised or revised in 2015. The workbook was updated in February 2015.

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

<http://www.Scouts.org> • <http://www.MeritBadges.org>
Please submit errors, omissions, comments or suggestions about the workbook to meritbadges@scouts.org
Comments or suggestions for changes to the requirements for the merit badge should be sent to meritbadges@scouts.org

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 parent and the proper religious authority state in writing that he or she would be against religious convictions. The Scout's parent must also accept full responsibility for anything that might happen because of this exemption.

1. On the following:

- a. Before completing requirements 1 through 5, 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.

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Congratulations Scout!



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

