

Personal Fitness

Merit Badge Workbook



This workbook can help you but you still need to read the merit badge pamphlet.

This Workbook can help you organize your thoughts as you prepare to meet with your merit badge counselor. You still must satisfy your counselor that you can demonstrate each skill and have learned the information. You should use the work space provided for each requirement to keep track of which requirements have been completed, and to make notes for discussing the item with your counselor, not for providing full and complete answers.

If a requirement says that you must take an action using words such as "discuss", "show", "tell", "explain", "demonstrate", "identify", etc, that is what you must do.

Merit Badge Counselors may not require the use of this or any similar workbooks.

		may add or subtract from the official requirements found The requirements were last issued or revised in 2015	d in Boy Scout Requirements (Pub. 33216 – SKU 621535). This workbook was updated in <u>September 2016</u> .				
Scout's	Name:	·	Unit:				
Counselor's Name:							
		http://www.USScouts.Org •	http://www.MeritBadge.Org				
-		ease submit errors, omissions, comments or suggestions or suggestions for changes to the requirements for th	e <u>merit badge</u> should be sent to: <u>Merit.Badge@Scouting.Org</u>				
Note:	ote: 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 w that to do so would be against religious convictions. The Scout's parents must also accept full respons for anything that might happen because of this exemption.						
1.	Do the f	following.					
	 a. Before completing requirements 2 through 9, have your health-care practitioner give you a thoro examination using the Scout medical examination form. 						
		Tell what questions the doctor asked about your	health.				

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	at health or medical recommendations the doctor made and report what you have done in response to ommendations.					
Recom	mendations:					
Respor	nce.					
Respon	100.					
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.					
	Why preventive habits are important:					
	Effect of tobacco products, alcohol, and other harmful substances:					

Scout's Name:

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3.	Diseases that can be prevented and how					
4.	The 7 warning signs of cancer:					
	1.					
	2.					
	3.					
	4.					
	5.					
	6.					
	7.					
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.					
	to care for your teeth.					

Personal Fitness

Scout's Name:

Discuss your activity in the areas of healthy social fitness

Scout's Name:

Personal Fitness

Persona	ll Fitness	Scout's Name:	Scout's Name:							
☐ 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 <i>Personal Fitness</i> merit badge pamphlet. Record your results and identify those areas where you feel you need to improve.									
	Aerobic Fitnes	Record your performance on ONE of the following tests:	Need to improve?							
	a. Run/walk as f	a. Run/walk as far as you can as fast as you can in nine minutes								
	b. Run/walk 1 m									
	Flexibility Test									
	Sit and Reach -	Using a sit-and-reach box constructed according to specifications in the Personal Fitness merit badge pamphlet, make four repetitions and record the fourth reach. This last reach must be held steady for 15 seconds to qualify. (Remember to keep your knees down.)								
	Strength Tests	pull-ups).								
	a. Sit-ups									
	b. Pull-Ups	Record the total number of pull-ups completed correctly in 60 seconds. Be consistent with the procedures presented in the <i>Personal Fitness</i> merit badge pamphlet.								
	c. Push-Ups	Record the total number of push-ups completed correctly in 60 seconds. Be consistent with the procedures presented in the Personal Fitness merit badge pamphlet.								
	Body Composition Evaluation Calculate your BMI and determine your BMI percentile.									
	BMI percentile.									
7.	incorporates the end	physical fitness program using the results of your physical fitness tests. Be sure durance, intensity, and warm-up guidelines discussed in the <i>Personal Fitness</i> mour exercises, have the program approved by your counselor and parents.								
	Warm-up:									
	Aerobic Exercise	s:								
	Strength Exercise	95:								
	Flexibility Exercis	es:								
	Cool-Down:									

Test Results	Initial Results	12 Week Goals	Week 2	EASUREM Week 4	Week 6	Week 8	Week 10	Week 12	Cha
Date									
Aerobic Fitness									
9 Min. Run/walk -or-									
1 mi. Run/walk (time)									
Flexibility									
Flexibility Reach (cm)									
Strength									
Sit-ups in 60 sec									
Pull-ups in 60 sec -or-									
Push-ups in 60 sec									
Body Composition									
BMI percentile									
Discuss the meaning and	benefit of vo	our experie	nce, and d	lescribe vo	ur long-ter	m plans re	garding vo	ur person	al fitr
		•	-			•	<u> </u>	•	

ersonal Fitness	Scout's Name:
Find out about three career oppo	ortunities in personal fitness.
1.	
2.	
3.	
Pick one and explain how to pre	enare for such a
career.	pare for educified
	t education and training are required, and explain why this profession might interest you.
Education	
Training	
Why this profession might interes	et vou
viriy tilio profession might interes	n you.

Requirement resources can be found here:

http://www.meritbadge.org/wiki/index.php/Personal Fitness#Requirement resources

NOTE TO USERS: The wording of requirements 6 and 8 in the <u>2015 Boy Scout Requirements</u> booklet differs from the wording of those requirements in the current <u>Personal Fitness</u> merit badge pamphlet. The pamphlet also contains new requirements for the Aerobic Fitness, Flexibility, and Strength Tests and a "Body Composition Evaluation" which replaced the former "Body Composition Test".

The details of those tests, which are referenced in requirements 6 and 8, no longer appear in the <u>Boy Scout Requirements</u> booklet. Since the details of the tests are integral to the requirements, this workbook uses the wording of requirements 6 and 8 from the merit badge pamphlet, in lieu of the wording in the booklet.

SAMPLE FITNESS PROGRAM ACTIVITY LOG (Page 1) Fitness Program Activity & Notes Distance Duration Repetitions Day **Heart Rate** Week 1 Week 2 Week 3 Week 4

SAMPLE FITNESS PROGRAM ACTIVITY LOG (Page 2)
aram Activity & Notes Distance Duration Fitness Program Activity & Notes Repetitions Day **Heart Rate** Week 5 Week 6 Week 7 Week 8

SAMPLE FITNESS PROGRAM ACTIVITY LOG (Page 3)
aram Activity & Notes Distance Duration Fitness Program Activity & Notes Repetitions Day **Heart Rate** Week 9 Week 10 Week 11 Week 12

Important excerpts from the Guide To Advancement - 2015, No. 33088 (SKU-620573)

[1.0.0.0] — Introduction

The current edition of the *Guide to Advancement* is the official source for administering advancement in all Boy Scouts of America programs: Cub Scouting, Boy Scouting, Venturing, and Sea Scouts. It replaces any previous BSA advancement manuals and previous editions of the *Guide to Advancement*.

[Page 2, and 5.0.1.4] — Policy on Unauthorized Changes to Advancement Program

No council, committee, district, unit, or individual has the authority to add to, or subtract from, advancement requirements. There are limited exceptions relating only to youth members with special needs. For details see section 10, "Advancement for Members With Special Needs".

[Page 2] — The "Guide to Safe Scouting" Applies

Policies and procedures outlined in the *Guide to Safe Scouting*, No. 34416, apply to all BSA activities, including those related to advancement and Eagle Scout service projects.

[7.0.3.1] — The Buddy System and Certifying Completion

A youth member must not meet one-on-one with an adult. Sessions with counselors must take place where others can view the interaction, or the Scout must have a buddy: a friend, parent, guardian, brother, sister, or other relative—or better yet, another Scout working on the same badge—along with him attending the session. If merit badge counseling or instruction includes any Web-based interaction, it must be conducted in accordance with the BSA Social Media Guidelines (http://www.scouting.org/Marketing/Resources/SocialMedia). For example, always copy one or more authorized adults on email messages between counselors and Scouts.

When the Scout meets with the counselor, he should bring any required projects. If these cannot be transported, he should present evidence, such as photographs or adult verification. His unit leader, for example, might state that a satisfactory bridge or tower has been built for the Pioneering merit badge, or that meals were prepared for Cooking. If there are questions that requirements were met, a counselor may confirm with adults involved. Once satisfied, the counselor signs the blue card using the date upon which the Scout completed the requirements, or in the case of partials, initials the individual requirements passed.

Note that from time to time, it may be appropriate for a requirement that has been met for one badge to also count for another. See "Fulfilling More Than One

[7.0.3.2] — Group Instruction

Requirement With a Single Activity," 4.2.3.6.

It is acceptable—and sometimes desirable—for merit badges to be taught in group settings. This often occurs at camp and merit badge midways, fairs, clinics, or similar events. Interactive group discussions can support learning. The method can also be attractive to "guest experts" assisting registered and approved counselors. Slide shows, skits, demonstrations, panels, and various other techniques can also be employed, but as any teacher can attest, not everyone will learn all the material

There must be attention to each individual's projects and his fulfillment of *all* requirements. We must know that every Scout —actually and *personally*— completed them. If, for example, a requirement uses words like "show," "demonstrate," or "discuss," then every Scout must do that. It is unacceptable to award badges on the basis of sitting in classrooms *watching* demonstrations, or remaining silent during discussions.

It is sometimes reported that Scouts who have received merit badges through group instructional settings have not fulfilled all the requirements. To offer a quality merit badge program, council and district advancement committees should ensure the following are in place for all group instructional events.

- A culture is established for merit badge group instructional events that partial completions are acceptable expected results.
- A guide or information sheet is distributed in advance of events that promotes the acceptability of partials, explains how merit badges can be finished after
 events, lists merit badge prerequisites, and provides other helpful information that will establish realistic expectations for the number of merit badges that can be
 earned at an event.
- Merit badge counselors are known to be registered and approved.
- Any guest experts or guest speakers, or others assisting who are not registered and approved as merit badge counselors, do not accept the responsibilities of, or behave as, merit badge counselors, either at a group instructional event or at any other time. Their service is temporary, not ongoing.
- Counselors agree to sign off only requirements that Scouts have actually and personally completed.
- Counselors agree not to assume prerequisites have been completed without some level of evidence that the work has been done. Pictures and letters from other merit badge counselors or unit leaders are the best form of prerequisite documentation when the actual work done cannot be brought to the camp or site of the merit badge event.
- There is a mechanism for unit leaders or others to report concerns to a council advancement committee on summer camp merit badge programs, group
 instructional events, and any other merit badge counseling issues—especially in instances where it is believed BSA procedures are not followed. See
 "Reporting Merit Badge Counseling Concerns," 11.1.0.0.
- There must be attention to each individual's projects and his fulfillment of all requirements. We must know that every Scout—actually and personally—completed them.

It is permissible for guest speakers, guest experts, or others who are not merit badge counselors to assist in the counseling process. Those providing such assistance must be under the direction of a registered and approved counselor who is readily available onsite, and provides personal supervision to assure all applicable BSA policies and procedures—including those related to BSA Youth Protection—are in place and followed.

[7.0.3.3] — Partial Completions

A Scout need not pass all the requirements of one merit badge with the same counselor. It may be that due to timing or location issues, etc., he must meet with a different counselor to finish the badge. The Application for Merit Badge has a place to record what has been finished—a "partial." In the center section on the reverse of the blue card, the counselor initials for each requirement passed. In the case of a partial completion, the counselor does not retain his or her portion of the card. A subsequent counselor may choose not to accept partial work, but this should be rare. A Scout, if he believes he is being treated unfairly, may work with his unit leader to find another counselor. An example for the use of a signed partial would be to take it to camp as proof of prerequisites. Partials have no expiration except the Scout's 18th birthday. Units, districts, or councils shall not establish other expiration dates for partial merit badges.

[7.0.4.8] — Unofficial Worksheets and Learning Aids

Worksheets and other materials that may be of assistance in earning merit badges are available from a variety of places including unofficial sources on the Internet and even troop libraries. Use of these aids is permissible as long as the materials can be correlated with the current requirements that Scouts must fulfill. Completing "worksheets" may suffice where a requirement calls for something in writing, but this would not work for a requirement where the Scout must discuss, tell, show, or demonstrate, etc. Note that Scouts shall not be required to use these learning aids in order to complete a merit badge.