

Personal Fitness

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.

You can use pictures to pick out the questions that he/she was asked. (i.e. what did the doctor check? or what did you and the doctor talk about?) Include body part, diet, and feelings pictures.

- Tell what health or medical recommendations the doctor made

You can use pictures of suggestions: exercise, diet, glasses, more water, medication, counseling, activities.

- Report what you have done in response to the recommendations.

You can use pictures depicting their actions: picture of eating healthy foods, or picture of working out, drinking water, playing sport, getting glasses.

- Explain the following:

(1) Why physical exams are important

You may provide leading questions to aide conversation or give yes/no questions: does the doctor help you stay healthy? Safe person to tell you are sad? Prescribe medication? And give obvious wrong answers: Is the doctor where you buy your food? Where you buy clothes?

(2) Why preventative habits (such as exercising regularly) are important in maintaining good health.

Provide pictures of body parts exercise helps and the Scout picks them out: heart, bones, brain and obvious no answers: shoes, socks, pants.

(2a) How the use of tobacco products, alcohol, and other harmful substances can negatively affect our personal fitness.

Go to cancer.org and look at pictures of smoker's lung and a healthy lung and how it improves when you quit smoking. See Handout on [Choices and Consequences](#).

(3) Diseases that can be prevented and how

Go to the website: <https://www.cdc.gov/vaccines/vpd/vaccines-diseases.html>

(4) The 7 warning signs of cancer:

- cancer.org and discuss.
- <https://www.reference.com/health/seven-warning-signs-should-cancer-bcb47393ee8e8df0>

(5) The youth risk factors that affect cardiovascular fitness in adulthood

- www.answers.com/Q/5_Youth_Risk_factors_that_affect_cardiovascular_fitness_in_adult_hood
- **Provide pictures of:** Genetics, Exercise, Diet, Vaccination, Sleep, Medical care , Mental health, Stress, Smoking, Obesity, Drug use, Hygiene
- <https://www.heart.org/en/health-topics/heart-attack/understand-your-risks-to-prevent-a-heart-attack>
- actbelongcommit.org

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.

[Bring teeth care stuff to the meeting \(toothbrush, toothpaste, and floss\). Have the Scout physically show you.](#)

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

a) Components of personal fitness.

[Put Warm Up, Strengthening, Flexibility, Cardiovascular and Cool Down on 5 cards. Mix up the order and have the Scout put them in order. You can add symbols to add in understanding if the Scout is unable to read.](#)

b) Reasons for being fit in all components

Use pictures from requirement 1 to assist.

- c) What it means to be mentally healthy. [See idea below](#)
- d) What it means to be physically healthy and fit. [See idea below](#)
- e) What it means to be socially healthy. [See idea below](#)
- f) Discuss your activity in the areas of healthy social fitness. [See idea below](#)
- g) What you can do to prevent social, emotional, or mental problems?

Take a poster and divide in half. Put good/bad or happy/sad face at the top of each. Cut out magazine pictures of choices and put under each category. Include cigarettes, pills, good and bad foods, exercise, gaming as choices.

3. With your counselor answer and discuss the following questions:

- a) Are you free from all curable diseases?
- b) Are you living in such a way that your risk of preventable diseases is minimized?
- c) Are you immunized and vaccinated according to the advice of your health-care provider?
- d) Do you understand the meaning of a nutritious diet and know why it is important for you?
- e) Does your diet include foods from all food groups?
- f) Are your body weight and composition what you would like them to be?
- g) Do you know how to modify it safely through exercise, diet, and behavior modification?
- h) Do you carry out daily activities without noticeable effort?
- i) Do you have extra energy for other activities?
- j) Are you free from habits relating to poor nutrition?
 - Alcohol
 - Tobacco
 - Drugs
 - Other practices that could be harmful to your health?
- k) Do you participate in a regular exercise program or recreational activities?
- l) Do you sleep well at night and wake up feeling refreshed and energized for the new day?

- m) Are you actively involved in the religious organization of your choice?
- n) Do you participate in its youth activities?
- o) Do you spend quality time with your family and friends in social and recreational activities?
- p) Do you support family activities and efforts to maintain a good home life?

Suggested internet sites to assist:

- <https://kidshealth.org>
- <https://dare.org>
- www.mcgruff.org

Make a story of the Scout. Ask the family for copies of family photos of things the Scout likes to do at home, school, church, community. The Scout can supplement with photos from Google Images if needed.

4. Explain the following about physical fitness:

- The components of physical fitness.

Use cards from requirement 2.

- Your weakest and strongest component of physical fitness?

With the 5 cards in front, point to which was the hardest an easiest for the Scout.

- The need to have a balance in all four components of physical fitness

Use cards from Requirement 1.

- How the components of personal fitness relate to the Scout Laws and Scout Oath

Put the Scout Oath and Law words on flash cards. Have the scout pull each card that relates to their personal fitness.

5. 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

See the suggested lesson plans for Cooking. Take the food planner and plan meals for the day using the guide of how many of each food types suggested per day. Refer to previous requirement 2 poster and how that affects your personal fitness.

6. Before doing requirements 7 and 8, complete the aerobic fitness, flexibility, muscular strength, and body composition tests as described in the Personal Fitness merit badge pamphlet. Record your results and identify those areas where you feel you need to improve.

- Push ups can be from the knees, wall push ups or chair push ups.
- Sit ups can be with minimal assistance. The goal is to show improvement.
- Flexibility may be reaching from a sitting position trying to touch toes. The goal is to show improvement.

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.

Under the 5 cards of the components of a personal fitness, put pictures of exercises under each to make an exercise plan in a chart.

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

On the chart created, the Scout can make a mark after each exercise to record the completion.

9. Find out about three career opportunities in personal fitness.

Using the internet, look up careers. The Scout can do this with the counselor or create a Power Point to share.