



WHAT YOU HAVE TO DO TO COMPLETE THE PERSONAL FITNESS MERIT BADGE

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NOTE: The Personal Fitness Badge is a **requirement for Eagle Scout**. It takes a minimum of **12 weeks** to complete. This is a good badge to get done EARLY in your scouting career.

WE WILL HAVE A MEETING TO DO THE INITIAL TEST ON TUESDAY, MAY 29, AT 7:00 A.M. (THAT'S IN THE MORNING). SEE BELOW FOR WHERE TO MEET. YOU **MUST** HAVE A COMPLETED SCOUT MEDICAL EXAM DONE BEFORE BEGINNING (YOU ALSO NEED THIS FOR SCOUT CAMP THIS SUMMER. YOU CAN GET ONE DONE BY YOUR FAMILY'S PERSONAL PHYSICIAN OR AT AN URGENT CARE CLINIC. BRING YOUR DOCTOR A COPY OF THE SCOUT MEDICAL EXAM FORM, WHICH CAN BE PRINTED OUT FROM THE TROOP'S WEBSITE (www.bsatroop648.org) UNDER THE "DOCUMENTS" LINK.

For completion of the Personal Fitness Merit Badge, be prepared to discuss the following items during the 12 weeks it will take you to complete the badge requirements. Set up a time to meet with me during or before a troop meeting or at camp. Allow about a half-hour for the discussion. Read the Personal Fitness Merit Badge Book (available from the Troop Librarian or the Scout Store – you can also check the links to on-line resources for the merit badge at the www.meritbadge.org website for information).

1a. Did you have a medical exam done? I sit on file with the troop?

- What questions did doctor ask about your health?
- What health or medical recommendations did doctor make?
- What if anything have you done on those recommendations?
- Did the doctor place any restrictions on your physical activity?

Explain the following:

- Why physical exams are important.
- Why preventative habits (such as exercising regularly) are important in maintaining good health.
- How the use of tobacco products, alcohol and other harmful substances can negatively affect personal fitness.
- Diseases that can be prevented and how.
- The 7 warning signs of cancer.
- The youth risk factors that affect cardiovascular fitness in adulthood.

Did you get a dental examination and a statement from your dentist? Tell how to care for your teeth.

2. Explain to me (verbally or in writing – you can write a short paper on the following and give it to me, or talk about it in person) 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, and discuss your activity in the areas of healthy social fitness.
- f. What you can do to prevent social, emotional, or mental problems.

3. 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 how 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 them safely through exercise, diet, and behavior modification?
- 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 refreshed and energized for 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 family life?

4. 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 4 components of physical fitness.
- d. How the components of personal fitness relate to the Scout Law and Scout Oath.

5. 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 control (fat) program.

8. After completing your 12-week physical fitness program (which needs to be approved by both me and your parents) and keeping a log of your fitness accomplishments, 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.

9. Find out about three career opportunities in personal fitness and be able to describe them to me. Pick one and find out about the education, training, and experience required for those professions. Discuss what you have learned and why this profession may interest you.

Requirement #6: Maintain this Log to track your personal conditioning program.

We will meet at the park on the southwest corner of 56th Street and Paradise (midway between Bell Road and Greenway Road) at 7:00 am on Tuesday, May 29th (the day after Memorial Day) to explain the tests and record each scout's results on this form. Allow about 1 to 1 ½ hour for this meeting.

The scout MUST HAVE a completed physical examination form before the meeting, using the Scout Medical Examination Form (also required for Scout Camp).

Uniform is red Class B t-shirt, PT shorts and athletic/running shoes.

Parents are encouraged/welcomed to attend to help record scores.

There is no minimum/maximum test score standards – the goal is to learn how to improve your own scores based on a good conditioning program.

You will then be responsible for establishing your own conditioning program (which you need to discuss with me and have approved by me and your parent – discuss with me or email me a copy after your parents approve it at michael.j.conrad@cox.net), and retesting yourself on these standards (with the help of your parent) every two weeks, for a total of 12 weeks. Record your results every two weeks on this form. (Don't lose it!!!) We will meet at the end of 12 weeks to record the results the last time and see how far you've improved.

Due to the heat in Arizona in the summer months, make sure to keep hydrated and drink lots of fluids while working out, and try to train during the cooler parts of the day. Use of a treadmill at a gym or your parent's home is acceptable for training and for recording your scores.

KEEP A LOG OF YOUR FITNESS PROGRAM as well as your test score – every day, record how long you exercised, how far you ran, hiked, swam, biked, etc., as well as which exercises you did (body-weight calisthenics, and/or weight resistance training) how many repetitions and sets, etc.) Be prepared to show this exercise log to me. You can do this in a notebook or on a computer.

AEROBIC FITNESS

Choose one:

- a) Run/walk as far as you can in 9 minutes
- b) Run/walk one mile as fast as you can

WALK / RUN							
WEEK	1	2	4	6	8	10	12
DATE							
SCORE							

FLEXIBILITY

Measure your sit-and-reach extension

FLEXIBILITY							
WEEK	1	2	4	6	8	10	12
DATE							
SCORE							

STRENGTH

Sit-ups: record how many you can do in 60 seconds, using the form as described in the Personal Fitness Merit Badge Program

SIT-UPS							
WEEK	1	2	4	6	8	10	12
DATE							
SCORE							

Pull-Ups: Record the total number of pull-ups completed correctly in 60 seconds, as described in the Personal Fitness Merit Badge Program

PULL-UPS							
WEEK	1	2	4	6	8	10	12
DATE							
SCORE							

Push-Ups: Record the total # of push-ups completed in 60 seconds completed correctly in 60 seconds, as described in the Personal Fitness Merit Badge Program

PUSH-UPS							
WEEK	1	2	4	6	8	10	12
DATE							
SCORE							

Body Composition:

Have your parent, counselor, or other adult take the following measurements at the first meeting, and then take the same measurement 12 weeks later at the last meeting.

a) Circumference of your right arm, midway between the shoulder and the elbow, with the arm hanging naturally and not flexed.

RIGHT ARM	WEEK 1	WEEK 12
DATE MEASURED		
MEASUREMENT IN INCHES		

b) Shoulders, with arms hanging, by placing tape two inches below the top of the shoulders around the arms, chest and back, after you exhale.

RIGHT ARM	WEEK 1	WEEK 12
DATE MEASURED		
MEASUREMENT IN INCHES		

c) Chest, by placing tape measure under the arms and around the chest and back after you exhale.

RIGHT ARM	WEEK 1	WEEK 12
DATE MEASURED		
MEASUREMENT IN INCHES		

d) Abdomen (stomach) circumference at the navel (relaxed)

RIGHT ARM	WEEK 1	WEEK 12
DATE MEASURED		
MEASUREMENT IN INCHES		

e) Circumference of the right thigh, midway between the hip and the knee, not flexed.

RIGHT ARM	WEEK 1	WEEK 12
DATE MEASURED		
MEASUREMENT IN INCHES		

