



**University of Southern Indiana
Merit Badge University**

**Personal Fitness Merit Badge
Pre-Requisites**

#1. Do the following prior to MBU:

#(a) Before completing requirements 2 through 9, have your health-care practitioner give you a physical examination, using the Scout Health and Medical Record. Explain the following:

#1a[1] Why physical exams are important

#1a[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 your personal fitness

#1a[3] Diseases that can be prevented and how

#1a[4] The seven warning signs of cancer

#1a[5] The youth risk factors that affect cardiovascular health in adulthood.

#1b Have a dental examination. Get a statement saying that your teeth have been checked and cared for. Tell how to care for your teeth.

At MBU, dress appropriately to engage in physical activity. Must wear athletic shoes.

After MBU Complete the following:

#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.). Keep a log of your weekly healthy eating goals. Repeat the aerobic fitness, muscular strength, and flexibility tests every four 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. Discuss how well you met your healthy eating goals over these 12 weeks. Discuss the meaning and benefit of your experience and describe your long-term plans regarding your personal fitness.

[Personal Fitness Merit Badge Workbook Link](#)