**Personal Fitness Merit Badge Syllabus**

Hello and thank you for signing up for the Personal Fitness Merit Badge online course. This course will consist of 5 face-to-face sessions that will be taking place via Zoom calls. This course will also include projects that you will need to complete on your own between each session or before credit for the Personal Fitness Merit Badge can be awarded.

To complete the requirements of this merit badge you will need a pen or pencil, paper for note taking, and the ability to print out worksheets. Please be advised that requirement number 8 may be a partial because you must exercise for 12 weeks and create a log.

**Prerequisites**

It is recommended that the scout read over the requirements and plan on obtaining the materials needed to complete each requirement before the course begins. The only supplies needed before your first session are paper for note taking, a writing utensil, and a method to print out worksheets. As well as workout clothes (t-shirt, exercise shorts, and tennis shoes). You will also need to have had a **BSA physical** and also a **Dental visit** within May 2019-May 2020.

**Merit Badge Requirements**

Requirements that state that the scout must discuss something will be completed during the Zoom call and as classwork or homework. Any other aspect of each requirement will need to be completed as homework. Zoom calls are designed to give the each scout the information needed to complete most of the requirements for this badge.

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 writing that to do so would

be against religious convictions. The Scout’s parents must also accept full

responsibility for anything that might happen because of this exemption.

1. Do the following:

(a) Before completing requirements 2 through 9, have your health-care

practitioner give you a physical examination, using the Scout medical

examination form. 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 your personal fitness

(3) Diseases that can be prevented and how

(4) The seven warning signs of cancer

(5) The youth risk factors that affect cardiovascular health 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.

2. Explain to your merit badge counselor verbally or in writing what personal

fitness means to you, including:

(a) Reasons for being mentally, physically, socially, and spiritually fit

(b) What it means to be mentally healthy

(c) What it means to be physically healthy

(d) What it means to be socially healthy

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

(a) 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 healthcare provider and the direction of your parent(s)/guardian(s)?

(c) 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?

(d) What are the advantages to getting a full night’s sleep?

(e) Define a nutritious, balanced diet and why it is important.

(f) Do you participate in a regular exercise program or recreational activities?

(g) What are you doing to demonstrate your duty to God?

(h) Do you spend quality time with your family and friends in social and recreational activities?

(i) Do you support family activities and efforts to maintain a good home life?

4. Explain the following about physical fitness:

(a) The areas of physical fitness

(b) Your weakest and strongest area of physical fitness

(c) The need to have a balance in the four areas of physical fitness

(d) How a program like ScoutStrong can lead to lifelong healthful habits

(e) How the areas of personal fitness relate to the Scout Law and

Scout Oath

5. Explain the following:

(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) How to maintain a healthy weight

6. Before doing requirements 7 and 8, do the following:

(a) Complete the aerobic fitness, flexibility, and muscular strength tests, as

described in the Personal Fitness merit badge pamphlet. Record your results

and identify those areas where you feel you need to improve.

(b) Keep track of what you eat and drink for three days. Identify three healthy

eating goals you want to work on.

7. Outline a comprehensive 12-week physical fitness program using the results of

your 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.

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.

9. Find out about three career opportunities in personal fitness. Pick one and

find out the education, training, and experience required for this profession.

Discuss what you learned with your counselor, and explain why this

profession might interest you.

**Communication**

All communication with the Merit Badge Counselor will be via Zoom Calls and email.

Zoom Calls

All Zoom calls are conducted with a minimum of two adults on the call (both are scheduled through the BSA). Before participating in Zoom calls, each scout must get permission from their parent or guardian.

Email

All email communication from the Personal Fitness Merit Badge counselor will come from and should be directed to [juliette.iroecprogram@gmail.com](mailto:juliette.iroecprogram@gmail.com), [roddy.cobb@scouting.org](mailto:roddy.cobb@scouting.org), and [xeno.iroecprogram@gmail.com](mailto:xeno.iroecprogram@gmail.com), [info@iroec.org](mailto:info@iroec.org) . When sending messaged to the Personal Fitness Merit Badge counselor, please also enter your parent, guardian, or unit leader. Email communication should be used to submit assignments via scan or photo or communicate questions or concerns about the class.

**Submission of Work**

All assignments will need to be emailed to **both** merit badge counselors and the [info@iroec.org](mailto:info@iroec.org) email address. Please submit assignments as they are completed to give yourself time to make any needed adjustments before the course closes. The last day to submit work for this course will be 7 days after the last session.