



Cub Scout Personal Fitness

Cub Scout Academics and Sports Workbook

This workbook is not required but can help you with this award. Belt Loops and Pins may be earned more than once.

Links to other workbooks and resources are at the end of this workbook: [Online Resources](#).

Send comments to the workbook developer: craig@craiglincoln.com. Workbook updated: May 2009.

Cub Scout's Name: _____

Pack: _____

Cub Scout Personal Fitness Belt Loop (See the [Pin Requirements](#) below.)

Complete these three requirements:

1. Give a short report to your den or family on the dangers of drugs and alcohol. _____

2. Practice finding your pulse and counting your heartbeats per minute. Determine your target heart rate. _____

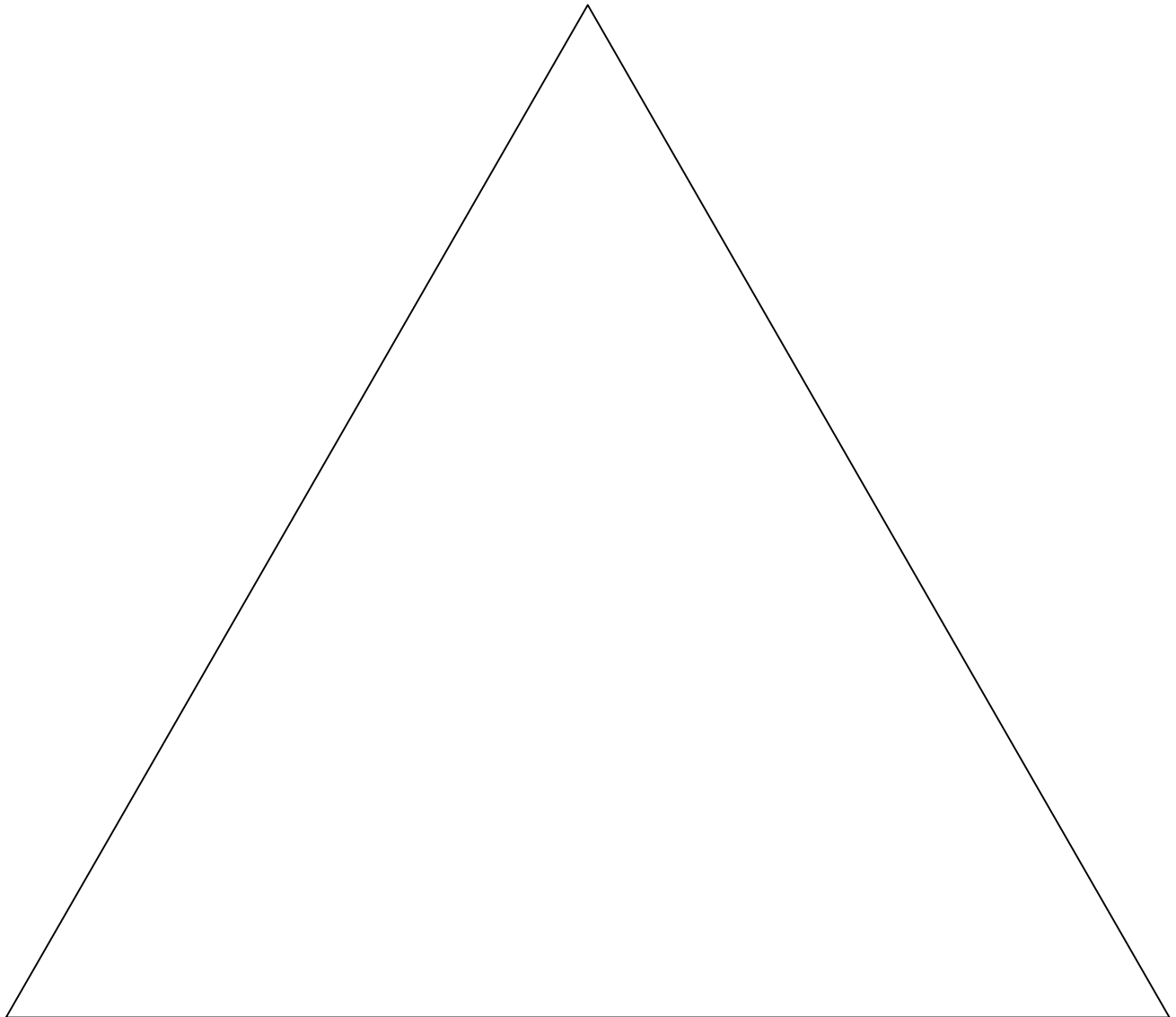
3. Practice five physical fitness skills regularly. Improve performance in each skill over a month. Skills could include

Pick Five Skills	Starting	Ending	Improvement
pull-ups,			
curl-ups,			
the standing long jump,			
the 50-yard dash,			
and the softball throw.			
other:			
other:			
other:			

Cub Scout Personal Fitness Pin

Earn the Cub Scout Personal Fitness belt loop, and complete five of the following requirements:

1. Make a diagram of the Food Guide Pyramid. List foods you ate in a week and show where they fit in the pyramid.



2. Choose a form of exercise, bring your heart rate up to target, and keep it there for 15 minutes. _____

Don't forget to warm up and cool down. _____

3. Set up a four-step exercise program. Chart your progress for five days a week for two weeks.

List the Exercises →	1:	2:	3:	4:
Week 1 Date:				
Date:				
Date:				
Date:				
Date:				
Week 2 Date:				
Date:				
Date:				
Date:				
Date:				

4. Explain the reason for warming up and cooling down before and after each exercise session. _____

5. Visit a local gym and talk to a trainer about exercises and programs for young people. _____

6. Participate in some aerobic exercises at least three times a week for four weeks.

7. Build an obstacle course that could include some exercises with jumping, crawling, and hurdles. Time yourself three times to see whether you can improve your time.

8. Swim for a total of an hour, charting your time as you go. _____

9. Participate for at least three months in an organized team sport or organized athletic activity. _____

Online Resources *(Use any Internet resource with caution and only with your parent's or guardian's supervision.)*

Tiger: <http://meritbadge.org/wiki/index.php/Tiger>

Wolf: <http://meritbadge.org/wiki/index.php/Wolf>

Bear: <http://meritbadge.org/wiki/index.php/Bear>

Webelos: <http://meritbadge.org/wiki/index.php/Webelos>

Cub Scout Workbooks: ► <http://meritbadge.org/wiki/index.php/CSW> -or- ► [Academics](#) / [Sports](#)

Webelos Activity Badge Workbooks: ► usscouts.org -or- ► meritbadge.org

Boy Scouts of America: <http://www.scouting.org/> ► [Guide to Safe Scouting](#) ► [Age-Appropriate Guidelines for Activities](#)

Requirement Resources

These resources and much more are at: http://meritbadge.org/wiki/index.php/Cub_Scout_Swimming:

Cub Scout Personal Fitness Belt Loop Requirements

1. Give a short report to your den or family on the dangers of drugs and alcohol.
[Alcohol Dangers](#) - [McGruff on Drugs and Alcohol](#) - [What You Need To Know About Drugs](#)
3. Practice five physical fitness skills
[BSA: Proper way to do pull-ups](#) - Lesson Videos: [Pull-Ups](#)
[Running](#) - Lesson Videos: [Running](#)
[Cub Scout Softball](#)

Cub Scout Personal Fitness Pin Requirements

1. See the blank food pyramid in the [Cub Scout Physical Fitness Worksheet](#).
[American Dietetic Association Eat Right](#) - [USDA Food Pyramid](#) - [MyPyramid.gov Food Pyramid](#) - [International Food Information Council Foundation](#)
2. [The Importance of Warm-up and Cool Down](#) - Lesson Videos: [Warm Up](#).
3. See the Exercise Chart in the [Cub Scout Physical Fitness Worksheet](#).
4. Explain the reason for warming up and cooling down before and after each exercise session.
[The Importance of Warm-up and Cool Down](#) - Lesson Videos: [Warm Up](#)
8. See [Cub Scout Swimming](#).

General Resources

American Council on Exercise: <http://www.acefitness.org>

American Sport Education Program: <http://www.asep.com>

Amateur-Sports.com: <http://www.amateur-sports.com>

American Dietetic Association: <http://www.eatright.org>

American Heart Association: <http://www.americanheart.org/>

Centers for Disease Control: <http://www.fitfamilyfitkids.com>

Fitness for Kids: <http://www.fitnessforkids.org>

Intr. Food Information Council Foundation: <http://ific.org>

KidsHealth: <http://www.kidshealth.org>

National Athletic Trainer's Association: <http://www.nata.org>

National Youth Sports Safety Foundation: <http://www.nyssf.org>