



BSA Physical Fitness Award Fact Sheet

Objectives: Encourage youth fitness in the BSA by providing positive role models and by enhancing youth awareness and understanding of fitness parameters, health risks, and personal circumstances.

- Encourage physical fitness among Scouters by enhancing their awareness and understanding of fitness parameters, health risks, and personal circumstances.
- Reduce the rate of stress- and fitness-related incidents throughout Scouting.

Purpose: Encourage the development of attitudes, knowledge, and skills that promote fitness and safe conduct.

- Lay a skill, knowledge, and attitude foundation of the seven major components of fitness.
- Improve health, fitness, and quality of life through daily physical activity.

Who: SCOUTS AND SCOUTERS

Recognition: patch, pin, certificate can be purchased at the Scoutfitter. Arrowhead District will announce at Roundtable each Scouter and units who earn the award. In order to receive District recognition, please email Susan Norton at susan@nortonhub.com.

Requirements:

1. **Class 3 physical** or your doctor's signature on Application: BSA Physical Fitness verifying a cardiovascular evaluation.
2. **Presentation to a BSA or other youth group on cardiovascular fitness**, diet, the health benefits of regular aerobic exercise, exercise recommendations for Scout-age group, and healthy lifestyles.
3. **Review BSA guidelines for the Athletics and other physical activity** or personal fitness-oriented merit badge and **explain steps you have taken to follow** each of the guidelines for the fitness goals. **Explain precautions to be taken for a physical fitness** activity in each of the following: woods, fields, facilities, and waterfront.
4. **Explain to your mentor the symptoms of dehydration and hypothermia.** Explain the special considerations for **preventing** dehydration and hypothermia.
5. **Properly outfit** for physical activities with proper equipment, clothing, and footwear. Know your own capabilities and limitations. Illustrated how you would prepare for the physical fitness goals included in the award program.
6. With supervision from your mentor or other qualified person, **set up a fitness goal-oriented plan** using the seven major components of fitness.
 - **Posture:** compare rate given to 13 different body segments from 1, 3 or 5=13-65 score
 - **Accuracy:** 20 target throws of softball into a circular target. Score number of times that the target is hit
 - **Strength:** sit up made in a designated time. Arms crossed over chest, feet held by partner, elbows touch thighs, chin remains tucked, return to starting position.
 - **Agility:** side step is used from a starting position at a center line. Sidestep alternately left and right between two lines 8 feet apart. Score is based on number of lines crossed in 10 seconds.
 - **Speed:** the dash is scored by the amount of time to the nearest half-second running a set distance that can be increased each year.
 - **Balance:** The squat stand is used to measure balance. The Scout or Scouter squats with hands on the floor and elbows against the inner knee. He or she leans forward until the feet are raised off the floor. The score is the number of seconds held in that position.
 - **Endurance:** Squat thrust is used to measure endurance. Start from the standing position and perform the usual four-position exercise. The score is the number of completed squat thrusts made in a given time.
7. **Demonstrate your ability to improve** your strength, posture, endurance, agility, speed, accuracy, and balance with your own goal-oriented fitness plan.

Name: _____

BSA Physical Fitness Award
Personal Progress & GOALS

Initial Completed

Requirements

- _____ 1. Doctor's cardiovascular evaluation/Class 3 physical
_____ 2. Give presentation to youth group (=> 8) on cardiovascular fitness, diet, health benefits of regular aerobic exercise, exercise recommendations for Scout-age group, and healthy lifestyles.
_____ 3. Review the BSA guidelines for Athletics and other physical activity or personal fitness-oriented merit badge and explain steps you have taken to follow each of the guidelines for the fitness goals. Explain precautions to be taken for a physical fitness activity in each of the following: woods, fields, facilities, and waterfront.
_____ 4. Explain to your mentor the symptoms of dehydration and hypothermia. Explain the special considerations for preventing dehydration and hypothermia.
_____ 5. Properly outfit for physical activities with proper equipment, clothing, and footwear. Know your own capabilities and limitations. Illustrate how you would prepare for the physical fitness goals included in the award program.
_____ 6. **With supervision from your mentor or other qualified person, set up a fitness goal-oriented plan using the seven major components of fitness.**
_____ 7. **Demonstrate your ability to improve your strength, posture, endurance, agility, speed, accuracy, and balance with your own goal-oriented fitness plan.**

Your mentor should sign off each requirement on the official application downloadable from www.scouting.org **Mentor Name & email:** _____
Mentors Resource List can be emailed to any Scouter who needs a mentor.

Seven Major Components of Fitness

| | <u>Initial Evaluation</u> | <u>GOAL</u> | <u>Follow-up</u> | <u>Follow-up</u> |
|---|----------------------------------|--------------------|-------------------------|-------------------------|
| 1. <u>Posture (13-65 pts.)</u> | _____ | _____ | _____ | _____ |
| 2. <u>Accuracy (0-20 throws)</u> | _____ | _____ | _____ | _____ |
| 3. <u>Strength</u> | _____ | _____ | _____ | _____ |
| 4. <u>Agility</u> | _____ | _____ | _____ | _____ |
| 5. <u>Speed</u> | _____ | _____ | _____ | _____ |
| 6. <u>Balance</u> | _____ | _____ | _____ | _____ |
| 7. <u>Endurance</u> | _____ | _____ | _____ | _____ |

Application form downloaded from www.scouting.org should be turned into council where patches and certificates may be purchased. When completed, please contact Susan Norton (susan@nortonhub.com) so your name can be added to the district's award recipients and recognized at roundtable. Please allow us to recognize you since doing so will continue inspiring others to be fit!