



Cub Scout Physical 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: April 2008.

Scout's Name: _____

Pack: _____

Cub Scout Physical 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. _____

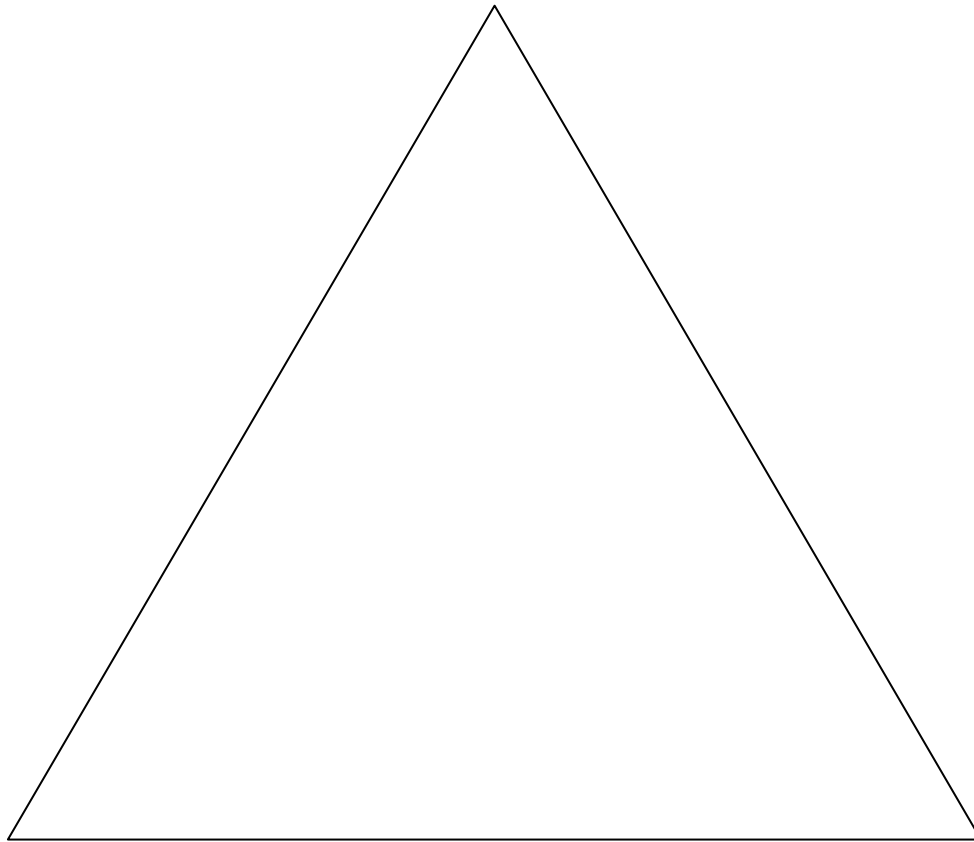
3. Practice five physical fitness skills regularly. Improve performance in each skill over a month. Skills could include

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 Physical Fitness Pin

Earn the Cub Scout Physical 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.)

Cub Scout Advancement: <http://usscouts.org/advance/cubscout/ranks.asp>

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

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

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

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

Cub Scout Academics and Sports Workbooks: ► meritbadge.org -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](#)

ExpertVillage.com Lesson Videos:

📺 [Warm Up](#)

📺 [Stretching](#)

📺 [Running](#)

📺 [Pull-Ups](#)

📺 [Push-Ups](#)

📺 [Basketball](#)

📺 [Baseball](#)

📺 [Football](#)

ExpertVillage Swimming Lesson Videos

📺 [Tread Water](#)

📺 [Basics](#)

📺 [Freestyle](#)

📺 [Breaststroke](#)

📺 [Backstroke](#)

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>