



CUB SCOUT ACADEMICS AND SPORTS PROGRAM



Sports Physical Fitness

Belt Loop

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 pull-ups, curl-ups, the standing long jump, the 50-yard dash, and the softball throw.

Academics Pin

Earn the 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.
- ____ 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.

Cub's Name: _____ Parent's Signature: _____

Initial each item completed, sign the form, and turn in to your son's Den Leader.