



# BSA PHYSICAL FITNESS AWARD APPLICATION

**Scout Name** \_\_\_\_\_ **Den No.** \_\_\_\_\_

## COMPLETE THE FOLLOWING REQUIREMENTS

1. \_\_\_\_\_ Complete a cardiovascular fitness evaluation/consultation with your personal health care provider. (This can be done as part of the examination required by any council-approved class 3 medical evaluation.)
  
2. \_\_\_\_\_ Using the BSA references listed after the seven major components, give a presentation to a BSA or other community youth group (at least eight youth participants) on cardiovascular fitness, diet, the health benefits of regular aerobic exercise, exercise recommendation for the Scout-age group, and healthy lifestyles.
  
3. \_\_\_\_\_ Review the 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. Illustrate how you would prepare for the physical fitness goals included in the award program.
  
6. \_\_\_\_\_ With supervision from your mentor or other qualified persons, 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.

Sign and date below:

**Akela** \_\_\_\_\_ **Den Leader** \_\_\_\_\_

**Pack Advancement Chair** \_\_\_\_\_

**Awarded On** \_\_\_\_\_