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# Personal Fitness

SCOUTS NAME: \_\_\_\_\_

**Requirement #6 – Before doing requirements 7 and 8, complete the aerobic fitness, flexibility, muscular strength, and body composition tests as described in the Personal Fitness merit badge pamphlet. Record your results and identify those areas where you feel you need to improve. RECORD THESE INITIAL RESULTS IN THE TABLES UNDER REQUIREMENT 7 BELOW.**

**Aerobic Endurance Test** - Record your performance on one of the following tests:

- A) Run/walk as far as you can in nine minutes.
- B) Run/walk one mile as fast as you can.

**Flexibility Test** - Using a sit-and-reach box constructed according to specifications in the merit badge pamphlet, make four repetitions and record the fourth reach. This last reach must be held for 15 seconds to qualify.

**Muscular Strength Test** - You must use the sit-up test and **EITHER the pull-up or push-up test**.

- A) Sit-ups. Record the number of sit-ups done correctly in 60 seconds. The sit-ups must be done in the form explained and illustrated in the merit badge pamphlet.
- B) Pull-ups. Record the total number of pull-ups completed consistent with the procedures presented in the merit badge pamphlet.
- C) Push-ups. Record the total number of push-ups completed consistent with the procedures presented in the merit badge pamphlet.

**Body Composition Test** - Have your parent, counselor, or other adult take and record the following measurements:

- A) Circumference of the right upper arm, midway between the shoulder and the elbow, with the arm hanging naturally and not flexed.
- B) Shoulders, with arms hanging by placing the tape two inches below the top of the shoulder and around the arms, chest, and back during breath expiration.
- C) Chest, by placing the tape under the arms and around the chest and back at the nipple line during breath expiration.
- D) Abdomen circumference at navel level (relaxed).
- E) Right thigh, midway between the hip and the knee.

Areas where you need to improve: \_\_\_\_\_

**Requirement #7 – Outline a 12-week physical fitness program using the results of your physical fitness tests. Be sure your program incorporates the endurance, intensity, and warm-up guidelines discussed in the Personal Fitness merit badge pamphlet. Before beginning your exercises, have the program approved by your counselor and parents. (Note: Per National, "parent" means "parent or guardian.")**

Beginning Date: \_\_\_\_\_ Ending Date: \_\_\_\_\_

Goals: \_\_\_\_\_

Warm-up Activities: \_\_\_\_\_

Intensity Activities: \_\_\_\_\_

Endurance Activities: \_\_\_\_\_

Sessions per week: \_\_\_\_\_

Time per session: \_\_\_\_\_

Equipment needed: \_\_\_\_\_ Costs: \_\_\_\_\_

Facilities needed: \_\_\_\_\_ Costs: \_\_\_\_\_

Who will you exercise with? (Buddy system.) \_\_\_\_\_

Approvals: Counselor: \_\_\_\_\_ Parent/Guardian: \_\_\_\_\_

*(The Counselor who approves your plan does not have to be the same Counselor who approves its completion.)*

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Contexts ▼▲ The visible shape or configuration of something The body or shape of a person or animal The customary or correct method or procedure A printed document with blank spaces for information to be inserted A type or variety of something A particular way in which a thing exists or appears A class or year in a school, usually given a specifying number A long bench without a back Grace or effortlessness in movement or execution A revised edition or form of something An agency or means of doing something Agreement in direction, tendency, or character The characteristic of being hearty The mechanics of a movement or action An official or legal written communication An official report or statement submitted in response to a formal demand A piece of paper that entitles the holder to something (commercially) A formal request submitted to an authority, institution, or organization A form containing a list of questions The process or manifestation of objectifying (something) The quality of forming a pleasing and consistent whole A situation, especially as it affects one's power to act A mark impressed on a surface A place where an insect or other animal breeds or shelters (US) An order to a bank to pay money to a named person or entity An object for holding or transporting something A distinguishing characteristic Distinguishing characteristics A subject referred to in speech or writing To make or be made into a specific shape or form To gradually appear or develop To train or mold by instruction or example To make up or be a part of a whole To come or bring into existence To give shape to or take shape, esp. a particular shape To control or determine the process or direction of Serving as a finishing touch to To originate or stem (from) (of a quality or skill) To become better at To form into a group or groups To form with right angles and straight lines, or flat surfaces To act or function in a specified manner To formulate in one's mind To form or shape into a ball ... more ▼▲ The visible shape or configuration of something "Observing the variety of color, form, and aroma of summer flowers can enhance outdoor relaxation." The body or shape of a person or animal "I tucked Claire in, sitting beside her sleeping form and stroking back her light hair from her beautiful face." The customary or correct method or procedure "Beneath these arguments about legal form lie the wider issues of self-determination." A printed document with blank spaces for information to be inserted "The leaflet and claim form will also be available on the agency's website." A type or variety of something "We should not tolerate any form of discrimination or racism in our country." Style, design, and arrangement in an artistic work as distinct from its content "The book reflects the structure of the conference in both form and content in an attempt to capture the dynamism of the event." A particular way in which a thing exists or appears "The license is in draft form and will be issued to your clients shortly." A class or year in a school, usually given a specifying number "Jayden dropped out of school in his fifth form year to join a band." The state of a sports player or team with regard to their current standard of play "Italo Stars have hit a rich vein of form and will be bubbling with confidence for Saturday's home clash." A criminal record "I wouldn't count out his involvement. He does have form in matters such as this." A long bench without a back "People sat on forms by wooden tables." A mold or cast "Put the mixture into a form." (somewhat rare) A representation of the human body, usually used for the display of clothing "This form will perfectly illustrate the contours of our design." Grace or effortlessness in movement or execution A revised edition or form of something An agency or means of doing something Agreement in direction, tendency, or character (grammar) A change in the form of a word that reflects a change in grammatical function The use of one's talents The characteristic of being hearty The mechanics of a movement or action An official or legal written communication An official report or statement submitted in response to a formal demand Closed plane figure A piece of paper that entitles the holder to something (commercially) A formal request submitted to an authority, institution, or organization A form containing a list of questions The process or manifestation of objectifying (something) Verb form The intrinsic nature or quality of something, especially abstract, which determines its character A fundamental truth or proposition that serves as the foundation for a system of belief, behavior or reasoning A rack, base, or piece of furniture for holding, supporting, or displaying something The quality of forming a pleasing and consistent whole A symbol or word used to represent an operation, instruction, concept, or object A situation, especially as it affects one's power to act A mark impressed on a surface A place where an insect or other animal breeds or shelters A criminal record Fundamental truths or propositions that serve as the foundation for a system of belief, behavior or reasoning (US) An order to a bank to pay money to a named person or entity An object for holding or transporting something A distinguishing characteristic Distinguishing characteristics A subject referred to in speech or writing To make or be made into a specific shape or form "Add a couple of tablespoons of cold water and bring together to form a firm dough." To gradually appear or develop "It is caused when blood clots form in deep veins in the legs, moving to block the blood vessels of vital organs." To formulate by design "To form an appropriate course of action, he must first seek further information." To train or mold by instruction or example "Our school uses traditional teaching techniques to form the character of our students." To make up or be a part of a whole "The city formed a natural meeting point for traders and adventurers." To make up or constitute "It seems to me that these four reasons form a rather weak basis for his claim." To come or bring into existence "No one had any real idea of how to form an inclusive and representational government." To acquire or develop "The horse may form bad habits which are destructive to itself." To give shape to or take shape, esp. a particular shape "His men formed themselves into an arrowhead." To control or determine the process or direction of Serving as a finishing touch to Mix by pressing To originate or stem (from) To form a unified whole (of a quality or skill) To become better at To form into a group or groups To form with right angles and straight lines, or flat surfaces To act or function in a specified manner To formulate in one's mind To form or shape into a ball Overview Requirements Hints Terminology Resources Chess Merit Badge Info The mental skill development that comes from playing Chess directly supports the BSA mission, and the second point of the Scout Oath. Improvements in concentration, strategic planning, sportsmanship, and stress control are all benefits players can receive from chess. It's just a game, but a game played around the world for millennia. For scouts that already play chess, this badge can be completed very quickly. It is composed of many Explain type requirements, demonstrating moves and scoring, and teaching very basic knowledge to another scout. The last requirement finally gets to the fun where a scout can actually play chess. The merit badge pamphlet contains all the information for the knowledge requirements, all in one spot. Being such a simple set of requirements, and many youth already familiar with chess, this badge is at popularity spot #22 of all merit badges with about 25,000 scouts earning it each year. It is the only board game with its own merit badge! Revised January, 2013 Requirements for the Chess merit badge: Discuss with your merit badge counselor the history of the game of chess. Explain why it is considered a game of planning and strategy. Discuss with your merit badge counselor the following: The benefits of playing chess, including developing critical thinking skills, concentration skills, and decision-making skills, and how these skills can help you in other areas of your life Sportsmanship and chess etiquette Demonstrate to your counselor that you know each of the following. Then, using Scouting's Teaching EDGE®, teach someone (preferably another Scout) who does not know how to play chess: The name of each chess piece How to set up a chessboard How each chess piece moves, including castling and en passant captures Do the following: Demonstrate scorekeeping using the algebraic system of chess notation. Discuss the differences between the opening, the middle game, and the endgame. Explain four opening principles. Explain the four rules for castling. On a chessboard, demonstrate a "scholar's mate" and a "fool's mate." Demonstrate on a chessboard four ways a chess game can end in a draw. Do the following: Explain four of the following elements of chess strategy: exploiting weaknesses, force, king safety, pawn structure, space, tempo, time. Explain any five of these chess tactics: clearance sacrifice, decoy, discovered attack, double attack, fork, interposing, overloading, overprotecting, pin, remove the defender, skewer, zwischenzug. Set up a chessboard with the white king on e1, the white rooks on a1 and h1, and the black king on e5. With White to move first, demonstrate how to force checkmate on the black king. Set up and solve five direct-mate problems provided by your merit badge counselor. Do ONE of the following: Play at least three games of chess with other Scouts and/or your merit badge counselor. Replay the games from your score sheets and discuss with your counselor how you might have played each game differently. Play in a scholastic (youth) chess tournament and use your score sheets from that tournament to replay your games with your merit badge counselor. Discuss with your counselor how you might have played each game differently. Organize and run a chess tournament with at least four players, plus you. Have each competitor play at least two games. Chess Worksheet \* You may learn about Scouting's Teaching EDGE from your unit leader, another Scout, or by attending training. Hints for Chess Merit Badge The person the scout teaches in requirement 3 can't already know chess, or else it's not teaching. The setup for requirement 5c is HERE and you can set up other problems to solve. Great badge to earn over winter since there's no outdoor activities. The scout doesn't need to win any games - just demonstrate how to play, not necessarily play very well. Terminology for the Chess Merit Badge Castling - King and Rook pieces exchange places. En passant capture - a pawn can capture another pawn that just passed it on its opening 2-space move. Scholar's Mate - check mate in 4 moves (see it) Fool's Mate - check mate in 2 moves (see it) Resources for Chess Merit BadgeRelive the History of Chess. Learn about the Algebraic Notation in Chess. Study the Phases of a Chess game, opening principles, castling rules, and ways to draw. Here is a long list of Chess Tactic Definitions. Download and print this Chess Scoresheet (PDF). Some other merit badges in the Indoor Hobbies theme include: Coin Collecting, Collections, Model Design and Building, Reading, and Stamp Collecting. You might check them out if you found the Chess merit badge interesting.

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