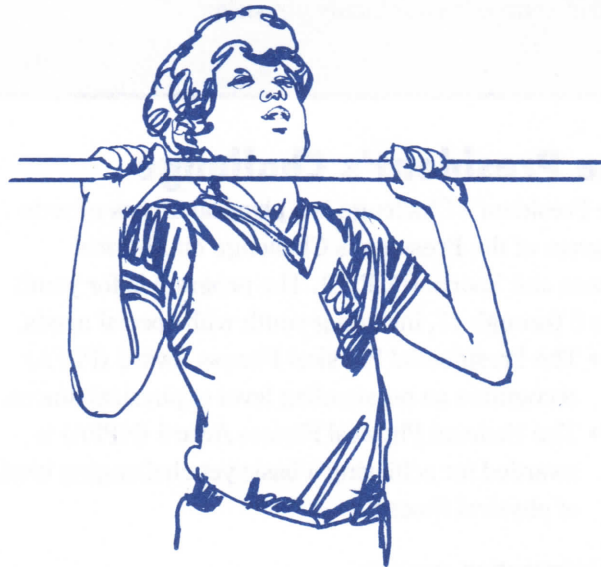
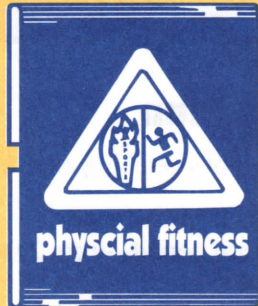


# Cub Scout Sports: Physical Fitness



## REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

### 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, sit-ups, the standing long jump, the 50-yard dash, and the softball throw.

### Sports Pin

Earn the Physical Fitness belt loop and complete five of the following requirements:

- \_\_\_\_\_ 1. Choose a form of exercise, bring your heart rate up to target, and keep it there for 15 minutes. Remember to warm up and cool down slowly.

- \_\_\_\_\_ 2. Set up a four-step exercise program. Chart your progress for five days a week for two weeks.
- \_\_\_\_\_ 3. Explain the reason for warming up and cooling down before and after each exercise session.
- \_\_\_\_\_ 4. Visit a local gym and talk to a trainer about exercises and programs for young people.
- \_\_\_\_\_ 5. Participate in some aerobic exercises at least three times a week for four weeks.
- \_\_\_\_\_ 6. 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.
- \_\_\_\_\_ 7. Swim for a total of an hour over several practice periods, charting your time as you go.
- \_\_\_\_\_ 8. Participate for at least three months in an organized team sport or organized athletic activity.

## Resources

Many books are available on good nutrition and exercise. Check your local bookstore or library. Another good source is your family physician.

The World Wide Web is full of information about health, nutrition, and exercise. But a word of caution: **Check with your parent, adult partner or your doctor about the accuracy of the information you find.**

## The President's Challenge

The President's Challenge is a physical fitness awards program of the President's Challenge on Physical Fitness and Sports (PCPFS). The program is for youth ages 6 through 17, including youth with special needs.

- The Presidential Physical Fitness Award (PPFA) recognizes an outstanding level of physical fitness.
- The National Physical Fitness Award (NPFA) is awarded for achieving a basic yet challenging level of physical fitness.

For information, contact:

The President's Challenge

501 N. Morton, Suite 203

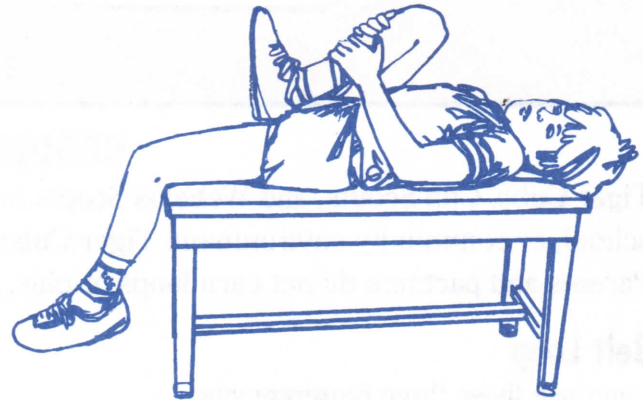
Bloomington, IN 47404

Phone: 1-800-258-8146; Fax: 1-812-855-8999

Web site: <http://www.presidentschallenge.org>

## Four-Step Exercise Plan

1. Start with a warm-up period of stretching exercises—about 10 minutes.
2. Move into your main exercise period—from 20 to 30 minutes.
3. Check your heart rate every five minutes or so.
4. Finish with a cool-down exercise—about five minutes.



## Finding Your Target Heart Rate

First, subtract your age from 220. Multiply the answer by 0.70 (70 percent). The result gives you a safe heart rate for exercising.

Example: If you're 10 years old, subtract 10 from 220. Answer: 210. Now multiply this by 0.70. Answer: 147. This means that a safe heartbeat for you, during exercise, is around 147 beats a minute.

How do you check the number of times your heart is beating in a minute? Find the pulse in your wrist. Count the number of pulses in six seconds and multiply that number by 10. That gives you the number of pulses per minute. If it's around 147, you're doing OK. If it's higher than 147, slow down. A good rule of thumb: If you can't talk while you're exercising, you're exercising too hard.