



# Cub Scout Physical Fitness

## Sports Workbook



The work space provided for each requirement should be used by the Cub Scout to make notes for discussing the item with Akela, not for providing the full and complete answers. Each Cub Scout must do each requirement.

No one may add or subtract from the official requirements found in the **Cub Scout Academics and Sports Program Guide** (Pub. 34299)

This workbook was updated in June, 2013.

<http://www.USScouts.Org> • <http://www.MeritBadge.Org>

Please submit errors, omissions, comments or suggestions about this **workbook** to: [Workbooks@USScouts.Org](mailto:Workbooks@USScouts.Org)

Comments or suggestions for changes to the **requirements** for the **Belt Loop or Pin** should be sent to: [Advancement.Team@Scouting.Org](mailto:Advancement.Team@Scouting.Org)

Cub Scout's Name: \_\_\_\_\_ Pack No. : \_\_\_\_\_

Webelos Scouts who earn the Physical Fitness Belt Loop while a Webelos Scout also satisfy requirement 10 for the Athlete Activity Badge and part of requirement 3 for the Sportsman Activity Badge.

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

Pick Five Skills	Starting	Ending	Improvement
Pull-Ups,			
Curl-Ups,			
Standing Long Jump,			
50-Yard Dash,			
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. 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.
- 2. Set up a four-step exercise program. Chart your progress for five days a week for two weeks.

List the Exercises →				
Week 1				
Date:				
Date:				
Date:				
Date:				
Date:				
Week 2				
Date:				
Date:				
Date:				
Date:				
Date:				

- 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.

	Dates		
Week 1			
Week 2			
Week 3			
Week 4			

- 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.

	Time	Change
1.		
2.		
3.		

- 7. Swim for a total of an hour, charting your time as you go.

Date	Start	End	Duration

- 8. Participate for at least three months in an organized team sport or organized athletic activity.

**Requirement resources can be found here:**  
[http://www.meritbadge.org/wiki/index.php/Cub\\_Scout\\_Physical\\_Fitness#Requirement\\_resources](http://www.meritbadge.org/wiki/index.php/Cub_Scout_Physical_Fitness#Requirement_resources)

## Important excerpts from the 'Guide To Advancement', No. 33088:

Effective January 1, 2012, the *'Guide to Advancement'* (which replaced the publication *'Advancement Committee Policies and Procedures'*) is now the *official* Boy Scouts of America source on advancement policies and procedures.

- **[ Inside front cover, and 5.0.1.4 ] — Unauthorized Changes to Advancement Program**  
*No council, committee, district, unit, or individual has the authority to add to, or subtract from, advancement requirements.* (There are limited exceptions relating only to youth members with disabilities. For details see section 10, "Advancement for Members With Special Needs".)
- **[ Inside front cover, and 7.0.1.1 ] — The 'Guide to Safe Scouting' Applies**  
Policies and procedures outlined in the *'Guide to Safe Scouting'*, No. 34416, apply to all BSA activities, including those related to advancement and Eagle Scout service projects. [Note: Always reference the online version, which is updated quarterly.]
- **[ 4.1.0.3 ] — Who Approves Cub Scout Advancement?**  
A key responsibility for den leaders is to implement the core den meeting plans as outlined in the Den & Pack Meeting Resource Guide, No. 34409. For Wolf, Bear, and Webelos advancement, den leaders take the lead in approving requirements, though their assistants, and also parents who help at meetings, may be asked to play the role of "Akela" and assist. Parents sign for requirements that, according to meeting plans and instructions in the handbooks, take place at home. For the Bobcat trail and Tiger Cub achievements, parents (or adult partners) should sign in the boy's handbook; the den leader then approves as progress is recorded in the den's advancement record.
- **[ 4.1.0.4 ] — "Do Your Best"**  
Advancement performance in Cub Scouting is centered on its motto: "Do Your Best." When a boy has done this—his very best—then regardless of the requirements for any rank or award, it is enough; accomplishment is noted. This is why den leaders, assistants, and parents or guardians are involved in approvals. Generally they know if effort put forth is really the Cub Scout's best.
- **[ 4.1.2.2 ] — Cub Scout Academics and Sports Program**  
More than just a recognition opportunity, this program develops new skills, improves those existing, and otherwise enriches Cub Scouting. Details can be found in the Cub Scout Academics and Sports Program Guide, No. 34299. Activities include subjects like science, video games, collecting, and chess; and sports such as baseball, skateboarding, and table tennis. Each has two levels—a belt loop and a pin. Belt loops, which can be earned more than once, are awarded when each of three requirements is met. Cub Scouts may then continue with additional requirements and earn the pin. Archery and BB gun shooting are included, but can only be conducted at a council presented activity with certified supervisors.

## Additional notes of interest:

- Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements for all Academics and Sports Belt Loops and Pins **(except shooting sports)** 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.
- **"Akela"** (Pronounced "Ah-KAY-la") — Title of respect used in Cub Scouting—any good leader is *Akela*. *Akela* is also the leader and guide for Cub Scouts on the advancement trail. The name comes from Rudyard Kipling's *Jungle Book*. (See "Law of the Pack.")
- **"Law of the Pack"** —  
*The Cub Scout follows Akela.*  
*The Cub Scout helps the pack go.*  
*The pack helps the Cub Scout grow.*  
*The Cub Scout gives goodwill.*