



# Ranger Award

## Physical Fitness



### Elective Requirements Checklist

This Checklist can help you document your progress as you work toward earning the award.  
The Venturer must do each requirement.

No one may add or subtract from the official requirements found in [Venturing Awards and Requirements](#)  
The requirements were last revised in 2014 • This workbook was updated in November 2016.

Venturer's Name: \_\_\_\_\_ Unit: \_\_\_\_\_

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

Please submit errors, omissions, comments or suggestions about this **checklist** to: [Workbooks@USScouts.Org](mailto:Workbooks@USScouts.Org)  
Comments or suggestions for changes to the **requirements** for the **award** should be sent to: [Advancement.Team@Scouting.Org](mailto:Advancement.Team@Scouting.Org)

- a. Make an appointment with your doctor for a complete physical. Explain to your doctor you are preparing to undertake an eight-week physical fitness improvement program.
- b. Explain at least six principles that guide you in developing a physical fitness program.
- c. Four components of physical fitness are endurance, strength, flexibility, and body composition.
  - i. Explain why these components are important to your physical fitness.
  - ii. Find a physical fitness professional to administer a fitness test based on these four components. Set physical fitness goals with the help of this professional that can be accomplished in eight weeks. The physical education teachers at school should be able to do this test.
- d. Develop an eight-week program to accomplish your goals. Use the principles of warm-up, cross-training, cool-down, and regularity.
- e. Explain the six elements of a good diet.
- f. Using the USDA MyPlate system, explain how to organize foods and portions.
- g. Learn to calculate the number of calories you need if you are sedentary, moderately active, or active.
- h. Explain the common eating disorders anorexia and bulimia and why they are harmful to athletes.
- i. Explain the hazards of performance-enhancing drugs, including the dangers of using each of the following groups of drugs: stimulants, painkillers, anabolic steroids, beta blockers, diuretics, alcohol, marijuana, and cocaine.
- j. Prevention of injury is important to achieving peak physical performance. Pain is not a normal part of physical development. Soreness and discomfort may be expected, but not pain. Explain how to prevent injury in your fitness program.
- k. Using what you have learned about physical fitness, teach your crew, a Cub Scout or Boy Scout unit, or another group about setting up a physical fitness program.

Checklist © Copyright 2016 - U.S. Scouting Service Project, Inc. - All Rights Reserved  
Requirements © Copyright, Boy Scouts of America (Used with permission.)

This checklist may be reproduced and used locally by Scouts and Scouters for purposes consistent with the programs of the Boy Scouts of America (BSA), the World Organization of the Scout Movement (WOSM) or other Scouting and Guiding Organizations. However it may NOT be used or reproduced for electronic redistribution or for commercial or other non-Scouting purposes without the express permission of the U. S. Scouting Service Project, Inc. (USSSP).

**Important excerpts from the Guide To Advancement - 2015, No. 33088 (SKU-620573)****[1.0.0.0] — Introduction**

The current edition of the *Guide to Advancement* is the official source for administering advancement in all Boy Scouts of America programs: Cub Scouting, Boy Scouting, Varsity Scouting, Venturing, and Sea Scouts. It replaces any previous BSA advancement manuals and previous editions of the *Guide to Advancement*.

**[Page 2, and 5.0.1.4] — Policy on 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 special needs. For details see section 10, "Advancement for Members With Special Needs".

**[Page 2] — 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.