

Columbia-Montour Council, BSA
Camp Lavigne – Scouts BSA Summer Camp 2020
Merit Badge Prerequisites



PERSONAL FITNESS

The following requirements must be completed prior to arrival at camp, if the Scout is to complete the merit badge at the end of his long-term camping experience this summer. A Scout should decide with his Scoutmaster's counseling and approval what merit badges he will work on at summer camp at least six weeks prior to his arrival. Numbers and letters refer to the requirements listed in the Merit Badge's worksheet/pamphlet.

If a requirement is not listed below, it can be completed at camp, unless otherwise specified while there.

Be sure use the most recent Merit Badge Pamphlet.

A Scout MUST bring proof of the completion of his prerequisites to camp.

1. Do the following:

- (b) Have a dental examination. Get a statement saying that your teeth have been checked and cared for. Tell how to care for your teeth.
- 7. Outline a comprehensive 12-week physical fitness program using the results of your 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.
- 8. Complete the physical fitness program you outlined in requirement 7. Keep a log of your fitness program activity (how long you exercised; how far you ran, swam, or biked; how many exercise repetitions you completed; your exercise heart rate; etc.). Repeat the aerobic fitness, muscular strength, and flexibility tests every two weeks and record your results. After the 12th week, repeat all of the required activities in each of the three test categories, record your results, and show improvement in each one. For the body composition evaluation, compare and analyze your preprogram and post program body composition measurements. Discuss the meaning and benefit of your experience, and describe your long-term plans regarding your personal fitness.