

# THE UNK PE MAJORS CLUB

## Would like to help your scouts earn the **Personal Fitness Merit Badge** (This is an Eagle required merit badge)

### Required of all scouts but not provided by the UNK PE MAJORS CLUB.

Required of all scouts and must be completed ahead of time.

- Scouts will need to complete the BSA “Annual Health and Medical Record” form Parts A, B, and C (1a). (Must be the BSA form and within one year of the first date of the merit badge) (Have your health-care practitioner give you a physical examination, using the Scout medical examination form. Make note that you will need to describe the examination, tell what questions you were asked about your health, tell what health and medical recommendations were made, and report what you have done in response to the recommendations) Additionally, you will need to be prepared to explain the following:
  - Why physical exams are important
  - Why preventive habits are important in maintaining good health, and how the use of tobacco products, alcohol, and other harmful substances can negatively affect your personal fitness
  - Diseases that can be prevented and how
  - The seven warning signs of cancer
  - The youth risk factors that affect cardiovascular fitness in adulthood
- Have a dental exam. (1b) (Must be within one year of the first day of the merit badge) (Get a statement saying that your teeth have been checked and cared for and bring it with you. Be prepared to tell how to care for your teeth)

### We will provide

- Instructions, information, forms, Personal Fitness merit badge book. and testing for merit badge requirements 2-9
  - Scouts must follow a 12 week exercise program between pre and post testing
  - Scouts must attend pre, mid, and post testing in order to complete the merit badge requirements
  - You can sign-up and pay registration at the first session.
- Instructions and pre-testing will occur from 6:30 PM – 8:00 PM on Tuesday, October 15th.
- (Midpoint) testing will occur from 6:30 PM – 7:30 PM on Tuesday, November 5th.
- Post testing will occur from 6:30 PM – 7:30 PM on Tuesday, December 10th.

Cost: \$30.00 per scout (must be paid in advance or at first session; does not include the purchase of the merit badge).

- If Personal Fitness merit badge book returned at last session you will receive a \$5.00 refund.
- If you provide merit badge book or we run out cost is \$25.00 per scout.

For questions, Contact Frank Lynott, Ph.D. (308) 865-8650, [lynottfj@unk.edu](mailto:lynottfj@unk.edu) or Teresa Sheridan [sheridanta@unk.edu](mailto:sheridanta@unk.edu) (308) 865-8601

### Location

All session will be held on the UNK campus in the in-door track facility in the Health and Sports center.

Return registration form to  
Teresa Sheridan  
HPERLS Dept, UNK  
1410 W 26th St.  
Kearney, NE 68849

Scout name: \_\_\_\_\_  
Mailing Address: \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
Phone Number: \_\_\_\_\_  
Age: \_\_\_\_\_  
Boy Scout Troop # \_\_\_\_\_  
Scoutmaster's name: \_\_\_\_\_