



Royal Rangers

Merit Requirements: **Gold-Bordered Merit**

PHYSICAL FITNESS

Note: This merit is required to earn the Gold Medal of Achievement.

To help you fulfill the requirements of this merit, exercises and aerobics in a physical education class can be counted. Aerobic exercise can consist of: running, jogging, bike riding, swimming, or any physical activity that uses the larger muscles in the body and that raises the heart rate to an aerobic level of exercise.

1. Demonstrate five exercises suitable for all-around physical development.
 - a. Do each of the exercises listed below three times a week for not less than ten weeks.
 - b. Use an exercise log to keep track of your exercises.
 - c. After ten weeks, write an evaluation of the improvements to your physical health.
 - d. List the muscle groups affected in the following exercises:
 - i) Push-ups
 - ii) The dip
 - iii) Partial sit-ups
 - iv) Leg lifts
 - v) The lunge
 - vi) Calf-raises
2. Demonstrate three stretching exercises.
 - a. Do each stretching exercise three times a week for not less than ten weeks.
 - b. Keep a log of your daily stretching.
 - c. After ten weeks write an evaluation of the improvements to your physical health.
3. Demonstrate an aerobic exercise.
 - a. Do an aerobic exercise three times a week for not less than ten weeks.
 - b. Use an exercise log to keep track of your exercises.
 - c. After ten weeks write an evaluation of the improvements to your physical health.
4. Indicate the location of the following muscles:
 - a. Trapezius (traps)
 - b. Deltoideus (deltoids)
 - c. Latissimus dorsi (lats)
 - d. Obliquus externus abdominis (obliques)
 - e. Pectoralis major and minor (pecs)
 - f. Biceps brachii (biceps)
 - g. Tricipitis brachii (triceps)
 - h. Ulnaris (two) and digitorum (forearm)
 - i. Rectus abdominis (abs)
 - j. Gluteus maximus (glutes)
 - k. Semitendinosus, semimembranosus, biceps femoris (hamstrings)
 - l. Rectus femoris, vastus lateralis, vastus medialis, vastus intermedius (quads)
 - m. Gastrocnemius caput mediale and laterale (calves)



Royal Rangers

Merit Requirements: Gold-Bordered Merit

5. Explain in a 250-word report your understanding of physical health.
 - a. List four reasons why physical fitness is important.
 - b. List the benefits of being involved in a regular exercise routine.
 - c. Give the definition of a nutritious diet. List the basic food groups.
 - d. Explain the importance of a routine physical, eye exam, and dental exam.
6. Write a 250-word report on your long-term plans to keep yourself physically fit.
 - a. If you need to lose weight, figure out how much you need to lose and how long it should take.
 - b. Develop a daily schedule to include an exercise program.
 - c. Explain why proper weight is important.
 - d. List two things that you can do to maintain a proper body weight.
7. List three harmful effects for each of the following. Then write a pledge not to smoke, drink, or take drugs.
 - a. Alcohol
 - b. Tobacco
 - c. Drugs