



DES PLAINES VALLEY COUNCIL
MERIT BADGE ACADEMY

March 13, 2010

Merit Badge Information Sheet [MBIS]

These 3 sections should represent
100% of Badge work requirements

Merit Badge: Personal Fitness

Counselor Name: Scott Jensen

Phone Number: (708)579-3775 (hm) (312)209-5432 (cell)

Counselor Number: #790

Prerequisites:
list all requirements which need to be completed in advance
Read the pamphlet. Optional to bring most recent physical from doctor and note from dentist. Prefer that they make notes on the worksheets available online.

Class Work:
list all requirements which will be completed in class
Discussion session will cover Requirements 1, 2, 3, 4, 5. Will discuss components of fitness plan. We will start Req. 7 in class.

Home Work:
list all requirements which need to be completed "at home"
Req. 6 & 7, followed by approval by parent & counselor. Req. 8 requires 12 exercise program with exercise log with periodic retesting of fitness measurements. Last part of Req. 8 and Req. 9 with counselor at end.

Use of "Online" Workbook: Very, very helpful.

Purchase of Merit Badge Booklet: Not essential, if read, plus worksheets from internet.

Number of Sessions needed: 1
each session is 1 hour 25 minutes

Maximum Class Size: Any. This will be a discussion class.
Academy is limiting class size to 10 Scouts. indicate if a lower number works better

Notes and/or Comments: Designed for Scouts beginning the merit badge. If we have a large group who has completed Req. 1 through the exercise portion of 8, we could have one session for them.