

Requirements for Cub Scouts Academics & Sports

Physical Fitness



Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn belt loops or pins.

Belt Loop

Complete these three requirements:

- Date:* _____ 1. **Give a short report to your den or family on the dangers of drugs and alcohol.**
- Date:* _____ 2. **Practice finding your pulse and counting your heartbeats per minute. Determine your target heart rate.**
- Date:* _____ 3. **Practice five physical fitness skills regularly. Improve performance in each skill over a month. Skills could include pull-ups, curl-ups, the standing long jump, the 50-yard dash, and the softball throw.**

Sports Pin

Earn the Physical Fitness belt loop, and complete five of the following requirements:

- Date:* _____ 1. Make a diagram of the Food Guide Pyramid. List foods you ate in a week and show where they fit in the pyramid.
- Date:* _____ 2. **Choose a form of exercise, bring your heart rate up to target, and keep it there for 15 minutes. Don't forget to warm up and cool down.**
- Date:* _____ 3. **Set up a four-step exercise program. Chart your progress for five days a week for two weeks.**
- Date:* _____ 4. **Explain the reason for warming up and cooling down before and after each exercise session.**
- Date:* _____ 5. Visit a local gym and talk to a trainer about exercises and programs for young people.
- Date:* _____ 6. Participate in some aerobic exercises at least three times a week for four weeks.
- Date:* _____ 7. **Build an obstacle course that could include some exercises with jumping, crawling, and hurdles. Time yourself three times to see whether you can improve your time.**
- Date:* _____ 8. Swim for a total of an hour, charting your time as you go.
- Date:* _____ 9. Participate for at least three months in an organized team sport or organized athletic activity.

Finding Your Target Heart Rate

First, subtract your age from 220. Multiply the answer by 0.70 (70 percent). The result gives you a safe heart rate for exercising.

Example: If you're 10 years old, subtract 10 from 220. Answer: 210. Now multiply this by 0.70. Answer: 147. This means that a safe heart rate for you, during exercise, is around 147 beats a minute.

How do you check the number of times your heart is beating in a minute? Find the pulse in your wrist. Count the number of pulses in 6 seconds and multiply that number by 10. That gives you the number of pulses per minute. If it's around 147, you're doing okay. If it's higher than 147, slow down. A good rule of thumb: If you can't talk while you're exercising, you're exercising too hard.

Four-Step Exercise Plan

1. Start with a warm-up period of stretching exercises (10 minutes).
2. Move into your main exercise period (about 20-30 minutes).
3. Check your heart rate every five minutes or so.
4. Finish with a cool-down exercise (about 5 minutes).