

<p>3b-vi. Learn to calculate the number of calories a person would need who is sedentary, moderately active, or active, for their particular age. Keep a record for 10 days of your food intake and physical activity. How might you adjust your food intake and physical activity to change your percentage of body fat? Write a plan to maintain ideal levels of body fat. Include in this plan the six factors that influence body fatness and share this information with your Advisor and coach.</p>										
<p>3b-vii. Examine three muscular development exercises and apply biomechanical principles to each. List two reasons why these principles can reduce injuries and discuss this information with your crew or other youth group.</p>										
<p>3b-viii. Based upon the human desire for peak performance, examine and discuss the physical and psychological activities required for success. As part of this discussion, review with your crew and/or another youth group the following six specific needs (S-P-I-C-E-S) for a balanced approach to achieve this desire:</p>										
<ul style="list-style-type: none"> • Spiritual 										
<ul style="list-style-type: none"> • Physical 										
<ul style="list-style-type: none"> • Intellectual 										
<ul style="list-style-type: none"> • Cultural 										
<ul style="list-style-type: none"> • Emotional 										
<ul style="list-style-type: none"> • Self-Responsibility 										
<p>Note: S-P-I-C-E-S is supplied from the United States Anti-Doping Agency, http://www.usantidoping.org</p>										
<p>4. Fitness Assessment. Administer the FITNESSGRAM® physical assessment test to your crew, a Cub Scout den or pack, a Boy Scout troop, another Venturing crew, or another youth group</p>										
<p>5. Sport Disciplines. Choose a sport from the list below or another sport approved by your Advisor</p>										
<p>5a. Develop a profile of a typical athlete in your chosen sport, listing skills and attributes necessary to be proficient. Examples: hand-eye coordination, running speed, quick responses, heavy/light weight, tall/short.</p>										
<p>5b. Do the following:</p>										
<p>5b-i. Develop a list of equipment and facilities necessary for your chosen sport:</p>										
<ul style="list-style-type: none"> • Personal equipment such as mouthpiece, helmet, or earplugs 										
<ul style="list-style-type: none"> • Team equipment such foils, shooting jacket, or weights 										
<ul style="list-style-type: none"> • Team or sponsor supplies or facilities such as targets, ammunition, playing courts, or rivers 										
<p>5b-ii. Discuss the relative importance equipment plays toward your success in that sport. (Certain sports are equipment-intensive, such as bobsled and luge.)</p>										

