



f. Using the USDA MyPlate system, explain how to organize foods and portions.

g. Learn to calculate the number of calories you need if you are sedentary, moderately active, or active.

h. Explain the common eating disorders anorexia and bulimia and why they are harmful to athletes.

i. Explain the hazards of performance-enhancing drugs, including the dangers of using each of the following groups of drugs: stimulants, painkillers, anabolic steroids, beta blockers, diuretics, alcohol, marijuana, and cocaine.

j. Prevention of injury is important to achieving peak physical performance. Pain is not a normal part of physical development. Soreness and discomfort may be expected, but not pain. Explain how to prevent injury in your fitness program.

k. Using what you have learned about physical fitness, teach your crew, a Cub Scout or Boy Scout unit, or another group about setting up a physical fitness program.