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Physical Assessment

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The Olympic Oath, Motto and Creed

The Venturing Code

As a Venturer,

I believe that America's strength lies in our trust in God and in the courage, strength, and traditions of our people.

I will, therefore, be faithful in my religious duties and will maintain a personal sense of honor in my own life.

I will treasure my American heritage and will do all I can to preserve and enrich it. I will recognize the dignity and worth of all humanity and will use fair play and goodwill in my daily life. I will acquire the Venturing attitude that seeks the truth in all things and adventure on the frontiers of our changing world.

Appendixes

- A. Sources of Testing Equipment
- B. Measuring Strip for Curl-up Test
- C. Equipment for Modified Pull-up
- D. Equipment for Back Saver Sit and Reach
- E. Personal Fitness Record
- F. Body Composition Conversion Chart
- G. One Mile Run Individual Score Sheet
- H. Walk Test Individual Score Sheet
- I. Physical Activity Goals
- J. FITNESSGRAM Get Fit Exercises
- K. Weekly Exercise Plan and Chart
- L. Quest Award Score Sheet
- M. Youth Physical Fitness Awards
- N. Glossary
- O. Olympic Academy Education/Outreach
- P. Sport Safety Training

The Venturing Oath

As a Venturer,

I promise to do my duty to God and help strengthen America, to help others, and to seek truth, fairness, and adventure in our world.

The Scout Law

A Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, and reverent.