

Also consider earning the

Quest



Sports and Fitness Award

Requirements

Five Core Requirements: (Do all)

1. Earn the Sports Bronze Award.
2. Complete an American Red Cross Sport Safety Training Course or equivalent.
3. Complete the Fitness for Life program.
4. Learn and do fitness assessments.
5. Sports disciplines (Choose a sport from a list provided in the *Quest Handbook* or another sport approved by your Advisor.)

Electives are: (Do one)

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| Elective 1 | History and Heritage of Sports |
| Elective 2 | Sports Nutrition |
| Elective 3 | Drug-Free Sports |
| Elective 4 | Communications |
| Elective 5 | History and Heritage of the Disabled Sports Movement |