

# QUEST

## Sports and Fitness Award



F  
A  
C  
T  
S  
H  
E  
E  
T

### Background

Since Venturing's start, the program has been defined by the activities Venturers do. Sports have become very important in crew programs. The popularity of the Ranger Award emphasized the need to create a similar, challenging award program for Venturing's sports emphasis.

Statistics show that Americans are overweight and out of shape. Heart disease and diabetes, which are results of being overweight, are rampant. These diseases, typically found in older people, are now being found more and more in youth. Young Americans are not being encouraged to watch their diets and start exercise programs.

While working on Quest, Venturers will be required to learn what makes for a nutritional diet as well as design their own personal exercise plan based on lifestyle, fitness levels, and desires for a healthy and long life. It is hoped this program will introduce Venturers to a sport or sports they will enjoy the rest of their lives. As with other awards in Venturing program, Venturers will be required to share what they learn with others. This sharing may be done through various sports clinics and presentations with other groups. In the electives section, Venturers will be required to choose at least one sport in which to become proficient.

### Purpose

- Provide a wide variety of sports-related activities that encourage the development of the "whole" person.
- Give Venturers the opportunity to pursue a specific sports interest in a new way that may not be available in a traditional Scouting, educational, or recreational setting.
- Provide Venturers a variety of practical, hands-on sports experiences while having *fun*.
- Promote fitness and sportsmanship.
- Learn new sports *correctly* that Venturers will enjoy the rest of their lives.
- Recognize Venturers for achievement in the sports area.
- Develop highly trained Venturers who may become a training and leadership sports resource to dens, packs, and troops; religious organizations; the community; schools; sports teams; and families.

### 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 (Do One)**

- 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

## **The Quest Award**

An illustration of the Quest medal is at the top right of the front side of this sheet. It features the Vitruvian man (c. 1492) by Leonardo da Vinci. Da Vinci actually drew the figure as he was influenced by Vitruvius, a Roman engineer of the first century B.C. It is based on a model of ideal proportions that Vitruvius established. Like the balanced man that both Vitruvian and da Vinci modeled, the modern Venturer must be balanced physically, mentally, nutritionally, and even socially. The Vitruvian man stands before a red, white, and blue background. That background reminds us of national pride as our athletes compete throughout the world. The medal is suspended from a ribbon with a solid field of green. The green represents the sports field as well as the completion of a journey started with the Bronze Award medal with its half green and half white ribbon.

## **Recognitions**

Quest Award Medal, No. 04266

Quest Award Certificate, No. 33651

Quest Award Pocket Card, No. 33650

*Quest Handbook*, No. 33151