



Girl Scouts®

Published on *Girl Scouts of Western Washington* (<http://www.girlscoutsww.org>)

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Interest Project Award: Passport to Health and Fitness



AGE LEVEL: Cadettes/Seniors

PROGRAM DESCRIPTION: Having girls start at an early age to develop life long healthy living habits is important. This patch program will give girls a chance to do a variety of healthy living activities.

INTEREST PROJECT AWARD REQUIREMENTS: Complete seven activities as follows: two Skill Builders; one Technology activity; one Service Project activity; one Career Exploration activity; two activities

from any category you choose.

Skill Builders:

1. Keep a food and exercise journal for a week. Make a list of healthier options and make three changes.
2. Find out about various methods of how to stop smoking and advantages and disadvantages of each. Share this information.
3. Participate in an individual sport new for you, i.e., golf, swimming, tennis, racquetball, kayaking, skiing, etc.
4. Play on a sports team with your school or community for at least a season.

Technology:

1. Go online and find four resources which will give you information on good health and fitness choices for your age. Share your findings with others.
2. Talk to a sports medicine professional about sports medicine, injuries and prevention. What new technologies help them prevent, diagnose and treat injuries?
3. Follow a female athlete in the media for several weeks. Share what you learned about her.
4. Tour a sports equipment or sportswear factory. What new technology are they making available in equipment/sportswear?

Service Project:

1. Be an assistant coach of a sports team for younger girls.
2. Volunteer at a Special Olympics event.
3. Volunteer at or participate in a local race or marathon.

4. Plan and carry out a sports field day or sports skills clinic for younger girls.

Career Exploration:

1. Learn about career opportunities in sports at college and professional levels.
2. Observe a person in a sports profession, i.e., trainer, sports psychologist, someone in sports medicine, athlete, etc. and learn what their typical day is like, why they chose this career, how they prepared themselves and their future plans.
3. Talk to a nutritionist and learn about their duties and career choices.
4. Interview a local female athlete and learn about her preparation, motivation and future plans.

PURCHASE INTEREST PROJECT AWARD: You may order these awards through the [GSWW store](#) [1].

Source URL: http://www.girlscoutsww.org/programs/activity_ideas/awards/phf_IPA

Links:

[1] <http://www.girlscoutsww.org/store>