



# Sports

## Merit Badge Workbook



This workbook can help you but you still need to read the merit badge pamphlet.

This Workbook can help you organize your thoughts as you prepare to meet with your merit badge counselor

**Merit Badge Counselors may not require the use of this or any similar workbooks.**

You still must satisfy your counselor that you can demonstrate each skill and have learned the information. You should use the work space provided for each requirement to keep track of which requirements have been completed, and to make notes for discussing the item with your counselor, not for providing full and complete answers.

If a requirement says that you must take an action using words such as "discuss", "show", "tell", "explain", "demonstrate", "identify", etc, that is what you must do.

No one may add or subtract from the official requirements found in Scouts BSA Requirements (Pub. + 33216) and/or on Scouting.org.

The requirements were last issued or revised in 2021 • This workbook was updated in January 2021.

Scout's Name: \_\_\_\_\_ Unit: \_\_\_\_\_

Counselor's Name: \_\_\_\_\_ Phone No.: \_\_\_\_\_ Email: \_\_\_\_\_

Please submit errors, omissions, comments or suggestions about this **workbook** to: [Workbooks@USScouts.Org](mailto:Workbooks@USScouts.Org)

Comments or suggestions for changes to the **requirements** for the **merit badge** should be sent to: [Merit.Badge@Scouting.Org](mailto:Merit.Badge@Scouting.Org)

**Note: The activities used to fulfill the requirements for the Sports merit badge may not be used to help fulfill requirements for other merit badges.**

1. Do the following:
  - a. Explain to your counselor the most likely risks you may encounter during athletics activities, and what you should do to anticipate, help prevent, mitigate, and respond to these risks..


- b. Show that you know first aid or understand the treatment for injuries that could occur while participating in athletics, including sprains, strains, muscle cramps, contusions, abrasions, blisters, dehydration, heat reactions, and concussions.

Sprains:


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Strains:


Muscle Cramps


Contusions:


Abrasions:


Blisters:


Dehydration:


Heat reactions:


Concussions


c. The importance of maintaining a healthy diet.


2. Explain the following:

- a. Before completing requirements 4 and 5, show that you have received a physical examination from your health care practitioner within the last 12 months.
- b. Explain the importance of the physical exam


- b. Explain the importance of maintaining good health habits for life (such as exercising regularly), and how the use of tobacco products, alcohol, and other harmful substances can negatively affect your health and your performance in sports activities.

Maintaining good health habits:


Use of tobacco products:


Use of alcohol:


Use of other harmful substances:


c. Explain the importance of maintaining a healthy diet


3. Discuss the following:

- a. The importance of warming up and cooling down


- b. The importance of weight training


- c. What an amateur athlete is and the differences between an amateur and a professional athlete


- d. The attributes (qualities) of a good sport, the importance of sportsmanship, and the traits of a good team leader and player who exhibits Scout spirit on and off the playing field.

Attributes (qualities) of a good sport:


The importance of sportsmanship:


The traits of a good team leader and player:


5. Take part for one season (or four months) as a competitive individual or as a member of an organized team in TWO of the following sports: baseball, basketball, bowling, cross-country, field hockey, football, golf, gymnastics, ice hockey, lacrosse, soccer, softball, swimming, table tennis, tennis, track and field, volleyball, water polo, wrestling, cheerleading, and/or badminton. Your counselor may approve in advance other recognized sports, but not any sport that is restricted and not authorized by the BSA.

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Baseball      | <input type="checkbox"/> Ice Hockey      | <input type="checkbox"/> Volleyball   |
| <input type="checkbox"/> Basketball    | <input type="checkbox"/> Lacrosse        | <input type="checkbox"/> Water Polo   |
| <input type="checkbox"/> Bowling       | <input type="checkbox"/> Soccer          | <input type="checkbox"/> Wrestling  |
| <input type="checkbox"/> Cross-Country | <input type="checkbox"/> Softball        | <input type="checkbox"/> Cheerleading   |
| <input type="checkbox"/> Field Hockey  | <input type="checkbox"/> Swimming        | <input type="checkbox"/> Badminton  |
| <input type="checkbox"/> Football      | <input type="checkbox"/> Table Tennis    | <input type="checkbox"/> <table border="1" style="width: 100px; height: 20px;"></table> |
| <input type="checkbox"/> Golf          | <input type="checkbox"/> Tennis          | <input type="checkbox"/> <table border="1" style="width: 100px; height: 20px;"></table> |
| <input type="checkbox"/> Gymnastics    | <input type="checkbox"/> Track and field |   |

Then with your chosen sports do the following:

- a. Give the rules and etiquette for the two sports you picked.
- b. List the equipment needed for the two sports you chose. Describe the protective equipment and appropriate clothing (if any) and explain why it is needed.
- c. Draw diagrams of the playing area for your two sports.

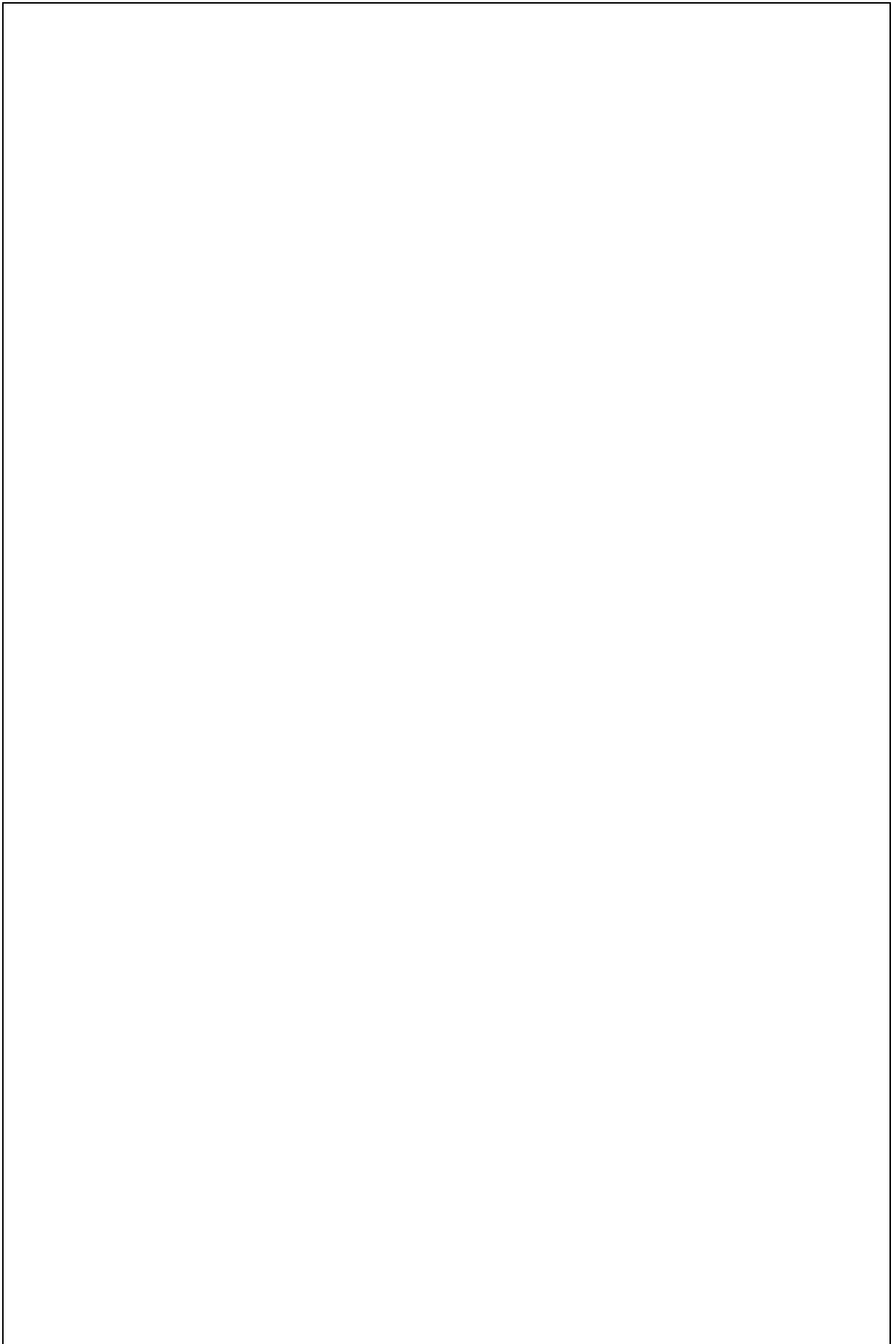
Sport 1:  Season Began  Season Ended

a. Give the rules and etiquette


b. List the equipment needed.


Describe the protective equipment and appropriate clothing (if any) and explain why it is needed.


c. Diagram

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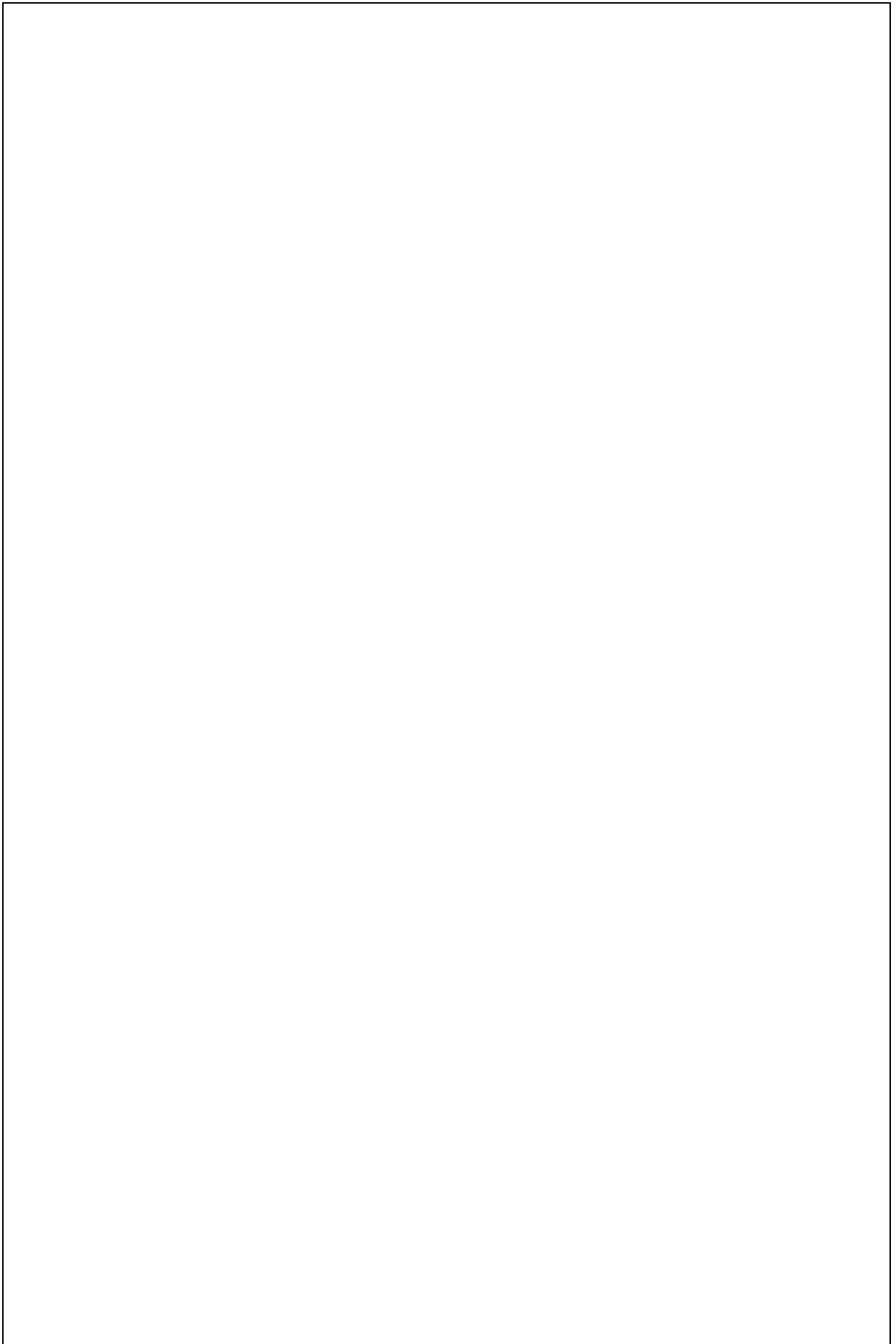
Sport 2:		Season Began		Season Ended	
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a. Give the rules and etiquette


b. List the equipment needed.


Describe the protective equipment and appropriate clothing (if any) and explain why it is needed.


c. Diagram

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5. With guidance from your counselor and before beginning requirement 4, establish a personal training program suited to the activities you chose for requirement 4.

Do the following:

- a. Organize a chart and track your training, practice, and development in the sports for one season or four months.
- b. Demonstrate proper technique for your two chosen sports.

Sport 1   Sport 2

- c. At the end of the season, share your completed chart with your counselor and discuss how your participation in the sports you chose has affected you mentally and physically.


When working on merit badges, Scouts and Scouters should be aware of some vital information in the current edition of the *Guide to Advancement* (BSA publication 33088). Important excerpts from that publication can be downloaded from <http://usscouts.org/advance/docs/GTA-Excerpts-meritbadges.pdf>. You can download a complete copy of the *Guide to Advancement* from <http://www.scouting.org/filestore/pdf/33088.pdf>.