



# Sports

## Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33215. Merit Badge Workbooks and much more are below: [Online Resources](#).

Workbook developer: [craig@craiglincoln.com](mailto:craig@craiglincoln.com). Requirements revised: 2006, Workbook updated: November 2008.

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

Counselor's Name: \_\_\_\_\_ Counselor's Ph #: \_\_\_\_\_

**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. Show that you know first aid for and how to prevent injuries or illnesses that could occur while playing sports, including sprains, \_\_\_\_\_

\_\_\_\_\_

strains, \_\_\_\_\_

\_\_\_\_\_

contusions, \_\_\_\_\_

\_\_\_\_\_

abrasions, \_\_\_\_\_

\_\_\_\_\_

fractures, \_\_\_\_\_

\_\_\_\_\_

blisters, \_\_\_\_\_

\_\_\_\_\_

muscle cramps, \_\_\_\_\_

\_\_\_\_\_

dehydration, \_\_\_\_\_

\_\_\_\_\_

heat and cold reactions, \_\_\_\_\_

\_\_\_\_\_

injured teeth, \_\_\_\_\_

\_\_\_\_\_

nausea, \_\_\_\_\_

\_\_\_\_\_

and suspected injuries to the head, neck, and back. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. Explain the importance of the following:

A. The physical exam \_\_\_\_\_

\_\_\_\_\_

B. Maintaining good health habits, especially during training \_\_\_\_\_

\_\_\_\_\_

C. 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 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4. 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, ice hockey, lacrosse, soccer, softball, table tennis, tennis, volleyball, water polo. Your counselor may approve in advance other recognized sports, but not any sport that is restricted and not authorized by the Boy Scouts of America. Then with your chosen sports do the following:





---

---

---

---

---

---

---

---

---

---

List the equipment needed. \_\_\_\_\_

---

---

---

---

---

---

---

---

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

---

---

---

---

---

---

---

---

Diagram



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. \_\_\_\_\_

**Online Resources** (Use any Internet resource with caution and only with your parent's or guardian's permission.)

Boy Scouts of America: ▶ [scouting.org](http://scouting.org) ▶ [Guide to Safe Scouting](#) ▶ [Age-Appropriate Guidelines](#) ▶ [Safe Swim Defense](#)  
▶ [Scout](#) ▶ [Tenderfoot](#) ▶ [Second Class](#) ▶ [First Class](#) ▶ [Rank Videos](#) ▶ [Safety Afloat](#)

Boy Scout Merit Badge Workbooks: [BSA Troop 780](#) -or- [usscouts.org](http://usscouts.org) -or- [meritbadge.org](http://meritbadge.org) Merit Badge Books: [www.scoutstuff.org](http://www.scoutstuff.org)

▶ [Leave No Trace](#) ▶ [Outdoor Code](#) ▶ [Wilderness Use Policy](#) ▶ [Youth Protection Training](#)

**Requirement Resources**

1-2: **First Aid:** See <http://meritbadge.org/wiki/index.php/Sports> for these links and more:

[First Aid Videos: Basics - Basics2](#) [Wilderness First Aid](#) [CPR Basics](#) [Venomous Snake Bite](#) [First Aid Kits](#)

Other First Aid Links: [Mayo Clinic First Aid Guide](#) [Class 1 Exam](#) [Class 3](#) [Warning Signs of Cancer - Heart Disease](#)

3-4: [ExpertVillage.com Lesson Videos:](#) ▶ [Warm Up](#) ▶ [Stretching](#) ▶ [Running](#) ▶ [Pull-Ups](#)  
▶ [Push-Ups](#) ▶ [Basketball](#) ▶ [Baseball](#) ▶ [Football](#) ▶ [Bench Press](#) ▶ [Leg Curls](#)

4: **Rules, etiquette, equipment, diagram of playing area:**

- Baseball: [http://en.wikipedia.org/wiki/Baseball\\_rules](http://en.wikipedia.org/wiki/Baseball_rules)
- Field Hockey: <http://www.usfieldhockey.com/hockey/rules.htm>
- Ice Hockey: [http://en.wikipedia.org/wiki/Ice\\_hockey\\_rules](http://en.wikipedia.org/wiki/Ice_hockey_rules)
- Soccer: <http://soccer.org/Resources/RulesRegulations/>
- Tennis: <http://en.wikipedia.org/wiki/Tennis>
- Basketball: [http://en.wikipedia.org/wiki/Basketball\\_rules](http://en.wikipedia.org/wiki/Basketball_rules)
- Football: [http://en.wikipedia.org/wiki/American\\_football\\_rules](http://en.wikipedia.org/wiki/American_football_rules)
- Lacrosse: <http://en.wikipedia.org/wiki/Lacrosse>
- Softball: [http://www.asasoftball.com/about/asa\\_code.asp](http://www.asasoftball.com/about/asa_code.asp)
- Volleyball: <http://www.volleyball.com/rules.aspx>

**General Resources**

Amateur Athletic Union: <http://www.aausports.org>

American Sport Education Program: <http://www.asep.com>

Mayo Clinic: <http://www.mayoclinic.com>

The President's Council on Fitness: <http://fitness.gov>

U.S. Olympic Training Center: <http://www.usoc.org>

American Council on Exercise: <http://www.acefitness.org>

Inst. Intl Sports: <http://www.international sport.com/nsd/nsd.cfm>

Nat. Youth Sports Safety Found.: <http://www.nyssf.org>

USA Track and Field: <http://www.usatf.org>