



# 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: October 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



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Diagram

**Sport:** \_\_\_\_\_ **(Season Began: \_\_/\_\_/\_\_ Season Ended: \_\_/\_\_/\_\_)**

Give the rules and etiquette \_\_\_\_\_

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B. Demonstrate proper technique for your two chosen sports. \_\_\_\_\_

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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. \_\_\_\_\_

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**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:** [usscouts.org](http://usscouts.org) -or- [meritbadge.org](http://meritbadge.org)    **Merit Badge Books:** [www.scoutstuff.org](http://www.scoutstuff.org)

**Requirement Resources**

1: First Aid:

Mayo Clinic First Aid Guide: <http://www.mayoclinic.com/health/FirstAidIndex/FirstAidIndex>    🎥 [Bleeding First Aid Video](#)

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

4: Take part in one season...

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.aasports.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.internationalsport.com/nsd/nsd.cfm>

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

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