



# Athletics

## 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 #: \_\_\_\_\_

1. Show that you know first aid for injuries or illnesses that could occur while participating in athletic events, including sprains, \_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

and heat reactions. \_\_\_\_\_

2. Explain the following:

a. The importance of the physical exam \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

b. The importance of maintaining good health habits, especially during training. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

c. The importance of maintaining a healthy diet. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_







**5. Complete the activities in FOUR of the following groups and show improvement over a three-month period.**

Activities	Beginning	Three Months Later
<input type="checkbox"/> <b>Group 1: Sprinting</b>		
a. 100-meter dash		
b. 200-meter dash		
<input type="checkbox"/> <b>Group 2: Long-Distance Running</b>		
a. 3k run		
b. 5k run		
<input type="checkbox"/> <b>Group 3: Long Jump OR High Jump</b>		
a. Running long jump OR running high jump (best of three tries)		
b. Standing long jump OR standing high jump (best of three tries)		
<input type="checkbox"/> <b>Group 4: Swimming</b>		
a. 100-meter swim		
b. 200-meter swim		
<input type="checkbox"/> <b>Group 5: Pull-Ups AND Push-Ups</b>		
a. Pull-ups in two minutes		
b. Push-ups in two minutes		
<input type="checkbox"/> <b>Group 6: Baseball Throw</b>		
a. Baseball throw for accuracy, 10 throws		
b. Baseball throw for distance, five throws (total distance)		
<input type="checkbox"/> <b>Group 7: Basketball Shooting</b>		
a. Basketball shot for accuracy, 10 free-throw shots		
b. Basketball throw for skill and agility, the following shots as shown on the diagram		
1. Left-side layup		
2. Right-side layup		
3. Left side of hoop, along the key line		
4. Right side of hoop, along the key line		
5. Where key line and free-throw line meet, left side		
6. Where key line and free-throw line meet, right side		
7. Top of the key		
8. Anywhere along the three-point line.		
<input type="checkbox"/> <b>Group 8: Football Kick OR Soccer Kick</b>		
a. Goals from the 10-yard line, eight kicks		
b. Football kick or soccer kick for distance, five kicks (total distance)		
<input type="checkbox"/> <b>Group 9: Weight Training</b>		
a. Chest/bench press, two sets of 15 repetitions each		
b. Leg curls, two sets of 15 repetitions each		



- b. With your parent's and counselor's approval, serve as an official or volunteer at a sports meet to observe officials in action. Tell your counselor about your responsibilities at the meet and discuss what you learned.

---



---



---



---

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

**Requirement Resources**

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

**General Resources**

- Amateur Athletic Union: <http://www.aausports.org> American Council on Exercise: <http://www.acefitness.org>  
 American Sport Education Program: <http://www.asep.com> Inst. Intl Sports: <http://www.internationalsport.com/nsd/nsd.cfm>  
 Mayo Clinic: <http://www.mayoclinic.com> Nat. Youth Sports Safety Found.: <http://www.nyssf.org>  
 The President's Council on Fitness: <http://fitness.gov> USA Track and Field: <http://www.usatf.org>  
 U.S. Olympic Training Center: <http://www.usoc.org>