



# Athletics

## 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.

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.

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

No one may add or subtract from the official requirements found in Boy Scout Requirements (Pub. 33216 – SKU 637685).

The requirements were last issued or revised in 2017 • This workbook was updated in May 2017.

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

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

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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)

1. Do the following:

- a. Explain to your counselor the most likely hazards you may encounter while participating in athletics activities, and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.

Hazards:


What you should do:


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- b. 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.

Sprains:


Strains:


Contusions:


Abrasions:


Blisters:


Dehydration:


Heat reactions:


2. Explain the following:

- a. The importance of the physical exam


- b. The importance of maintaining good health habits, especially during training - and how the use of tobacco products, alcohol, and other harmful substances can negatively affect your health and performance in athletic activities.


- c. The importance of maintaining a healthy diet.


3. Select an athletic activity that interests you.. \_\_\_\_\_

Then do the following:

- a. With guidance from your counselor, establish a personal training program suited to the activity you have chosen.


- Follow this training program for four months.



- d. At the end of four months, review the chart you created for requirement 3b, and, discuss with your counselor what progress you have made during training. Tell how your development has affected you mentally and physically.

Progress:


Mental and Physical effects:


- 4. Do the following:
  - a. Give the rules for two athletic activities, one of which is the activity you chose for requirement 3.

Activity 1: \_\_\_\_\_

Rules:


Activity 2: \_\_\_\_\_

Rules:


- b. Discuss the importance of warming up and cooling down.

Warming up:


Cooling down:


- c. Explain to your counselor what an amateur athlete is and the differences between an amateur and a professional athlete.


Amateur:


Professional


Differences between amateur and professional:


d. Discuss the traits and importance of good sportsmanship.


Tell what role sportsmanship plays in both individual and group athletic activities.

Individual	
Group	

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"/> Group 1: Sprinting		
a. 100-meter dash		
b. 200-meter dash		
<input type="checkbox"/> Group 2: Long-Distance Running		
a. 3k run		
b. 5k run		
<input type="checkbox"/> Group 3: Long Jump OR High Jump		
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"/> Group 4: Swimming		
a. 100-meter swim		
b. 200-meter swim		
<input type="checkbox"/> Group 5: Pull-Ups AND Push-Ups		
a. Pull-ups in two minutes		
b. Push-ups in two minutes		
<input type="checkbox"/> Group 6: Baseball Throw		
a. Baseball throw for accuracy, 10 throws at a target (distance to be determined by age): ages 11 to 12, 20 feet; ages 13 to 15, 30 feet; ages 16 to 17, 40 feet		
b. Baseball throw for distance, five throws (total distance)		



<input type="checkbox"/> Group 7: Basketball Shooting		
a. Basketball shot for accuracy, 10 free-throw shots		
b. Basketball throw for skill and agility, the following shots as shown on the diagram ( <i>on next page</i> )		
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"/> Group 8: Football Kick OR Soccer Kick		
a. Goals from the 10-yard line, eight kicks		
b. Football kick or soccer kick for distance, five kicks (total)		
<input type="checkbox"/> Group 9: Weight Training		
a. Chest/bench press, two sets of 15 repetitions each		
b. Leg curls, two sets of 15 repetitions each		



