



# 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.

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 June 2017.

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

Unit: \_\_\_\_\_

Counselor's Name: \_\_\_\_\_

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

<http://www.USScouts.Org> • <http://www.MeritBadge.Org>

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 hazards you may encounter while playing sports, and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.


b. Show that you know first aid for injuries or illnesses that could occur while participating in sports, including sprains, strains, contusions, abrasions, fractures, blisters, muscle cramps, injured teeth, dehydration, heat and cold reactions, and concussions or other suspected injuries to the head, neck, and back.

Sprains:


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Strains:


Contusions:


Abrasions:


Fractures:


Blisters:


Muscle cramps:


Injured teeth:


Dehydration:


Heat and cold reactions:


Concussions


Other suspected injuries to the head


Other suspected injuries to the neck:


Other suspected injuries to the back:


- 2. Explain the importance of the following:
  - a. The importance of the physical exam


- b. 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. 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:


- 4. With guidance from your counselor, establish a personal training program suited to the activities you choose for requirement 5. Then do the following:
  - a. Create a chart and use it to track your training, practice, and development in these 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.


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, 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.

- 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

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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 areas 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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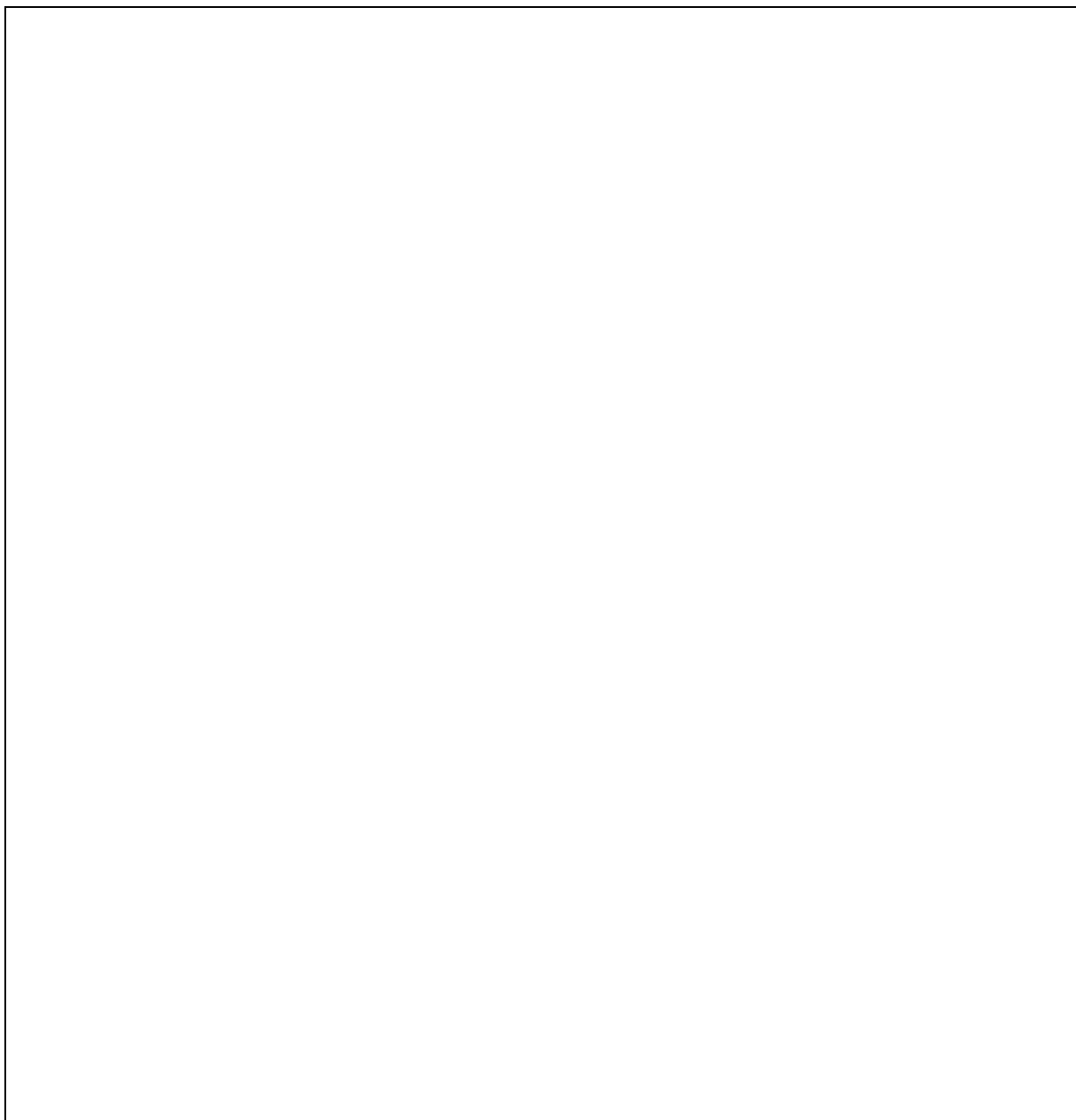
Sport 1:  Season Began  Season Ended

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



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>.