



Sports Bronze Award



To earn the Bronze Award for SPORTS activities, do nine of the following:

1. Demonstrate by means of a presentation at a crew meeting, Cub Scout or Boy Scout meeting, or other group meeting that you know first aid for injuries or illnesses that could occur while playing sports, including hypothermia; heatstroke; heat exhaustion; frostbite; dehydration; sunburn; blisters, hyperventilation; bruises; strains; sprains; muscle cramps; broken, chipped, loosened, or knocked-out teeth; bone fractures; nausea; and suspected injuries to the back, neck, and head.
2. Write an essay of at least 500 words that explains sportsmanship and tells why it is important. Give several examples of good sportsmanship in sports. Relate at least one of these to everyday leadership off the sports field.

OR

Make a presentation to your crew or a Cub Scout or Boy Scout group of at least 30 minutes with the same requirements as for the essay.

3. Take part as a member of an organized team in one of the following sports:

baseball,	basketball,	bowling,
cross-country,	diving,	fencing,
field hockey,	football,	golf,
gymnastics,	lacrosse,	rugby,
skating (ice or roller),	soccer,	softball,
swimming,	team handball,	tennis,
track and field,	volleyball,	water polo, or
wrestling.	(or any other recognized sport approved in advance by your Advisor except boxing and karate).	

4. Organize and manage a sports competition, such as a softball game, between your crew and another crew, between two Cub Scout dens or packs, between two Boy

- Scout patrols or troops, or between any other youth groups. You must recruit at least two other people to help you manage the competition.
5. Make a set of training rules for a sport you pick. Design an exercise plan including selected exercises for this sport. Determine for this sport the appropriate target heart rates and desired training effects. Follow your training plan for at least 90 days, keeping a record showing your improvement.
 6. Make a tabletop display or give a presentation for your crew, another crew, a Cub Scout or Boy Scout group, or another youth group that explains the attributes of a good team leader and a good team player. Select athletes that exemplify these attributes.
 7. Make a display or presentation on a selected sport for your crew or another group covering
 - a. etiquette for your sport,
 - b. equipment needed,
 - c. protective equipment needed and why it is needed,
 - d. history of the sport, and
 - e. basic rules.
 8. Research and then, at a crew meeting or other youth group meeting, manage a discussion on drug problems as they relate to athletes.
 - What drugs are banned?
 - What impact do these banned drugs have on the human body and mind?
 - Where can information about drugs be found?
 - How do some sports organizations fight sports drug abuse?
 - Cover at least the following drugs:

stimulants, painkillers, anabolic steroids, beta blockers,
diuretics, alcohol, marijuana, and cocaine.
 9. Research and then, at a crew meeting or other youth group meeting, manage a discussion on recent training techniques being used by world-class athletes. Compare them to training techniques of 25 and 50 years ago. (This must be different than the discussion in requirement 8).
 10. Study ways of testing athletes for body density. Fat content can be measured by skin-fold calipers, body measurements, and hydrostatic weighing. Then recruit a consultant to assist you as you determine the body density and fat content for your fellow crew members at a crew meeting or special activity.
 11. Select a favorite Olympic athlete, a highly respected athlete in your city, or a favorite professional athlete and research his or her life. Make an oral presentation or tabletop display for your crew or another group.
 12. Explain the importance of proper nutrition as it relates to training for athletes. Explain the common eating disorders anorexia and bulimia and why they are harmful to athletes.

[Activities or projects that are more available in your area may be substituted with your Advisor's approval for activities shown above.]



Sports Bronze Award



U.S. SCOUTING SERVICE PROJECT -- [HTTP://USSCOUTS.ORG](http://USSCOUTS.ORG)

To earn the Bronze Award for SPORTS activities, do nine of the following:

1. Demonstrate by means of a presentation at a crew meeting, Cub Scout or Boy Scout meeting, or other group meeting that you know first aid for injuries or illnesses that could occur while playing sports, including hypothermia; heatstroke; heat exhaustion; frostbite; dehydration; sunburn; blisters, hyperventilation; bruises; strains; sprains; muscle cramps; broken, chipped, loosened, or knocked-out teeth; bone fractures; nausea; and suspected injuries to the back, neck, and head.

Hypothermia: _____

Heatstroke: _____

Heat
exhaustion: _____

Frostbite: _____

Dehydration: _____

Sunburn: _____

Blisters:

Hyperventilation:

Bruises:

Strains:

Sprains:

Muscle Cramps:

Broken, chipped, loosened, or knocked-out teeth:

Bone fractures:

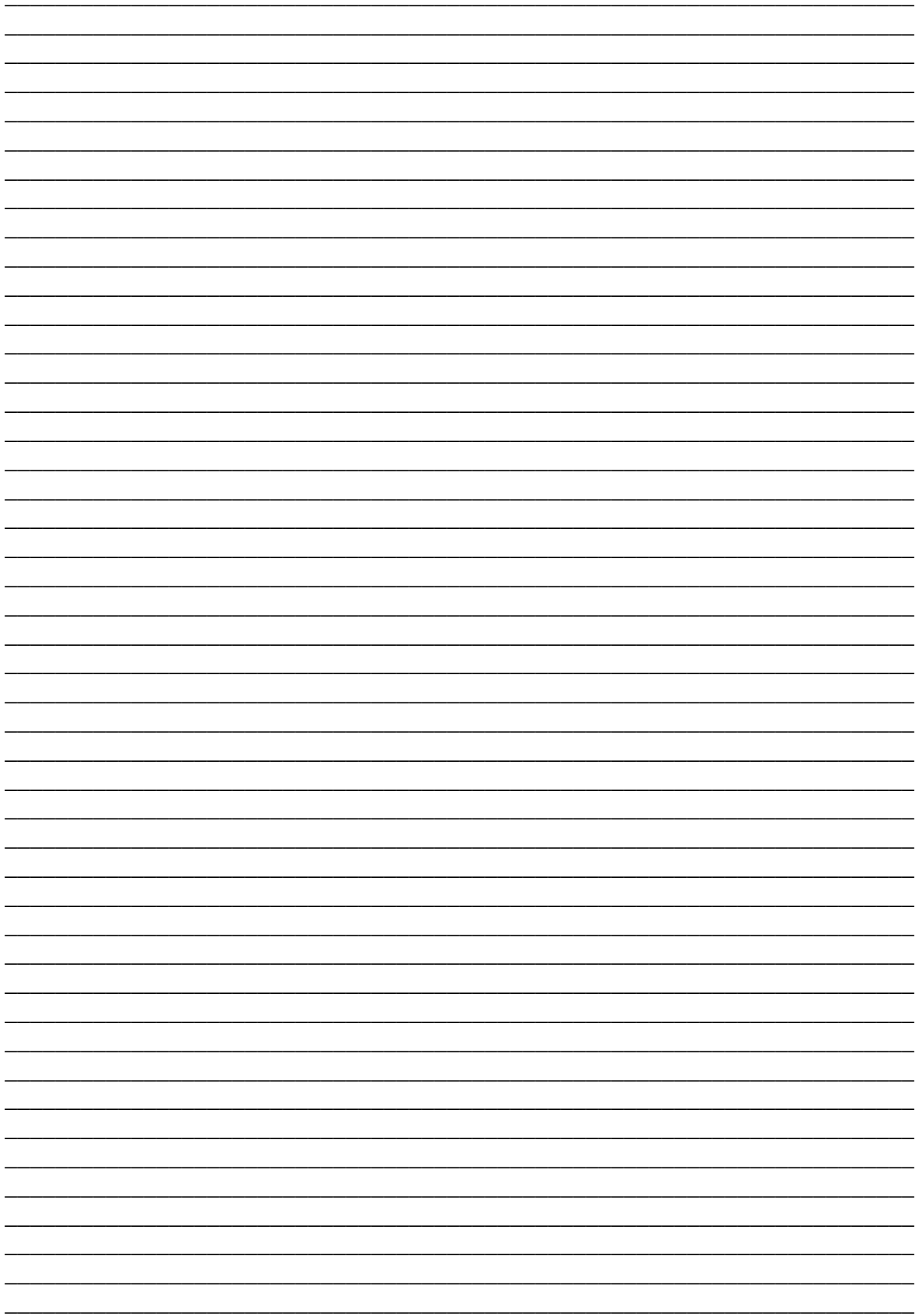
Nausea:

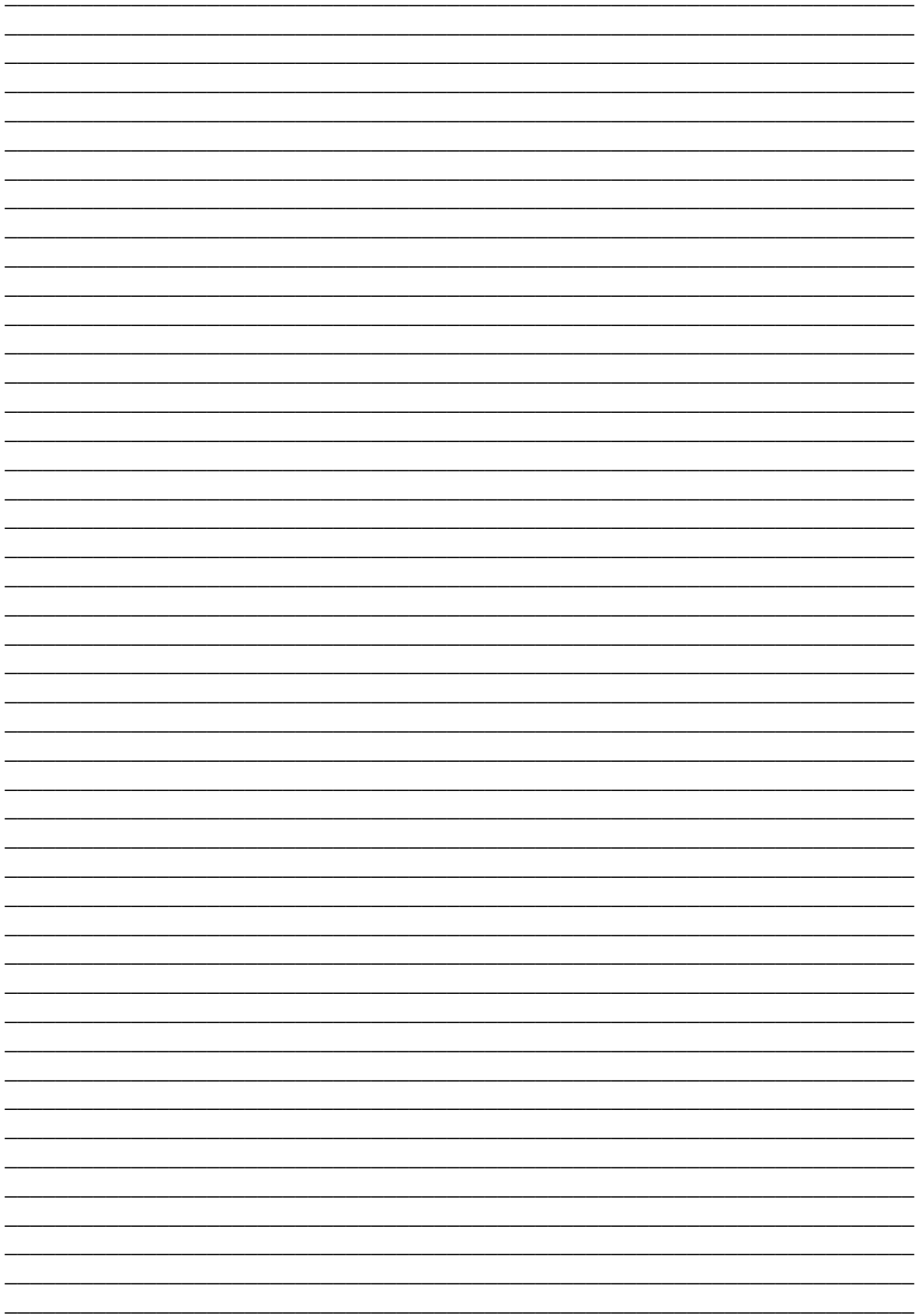
Suspected injuries to the back, neck, and head:

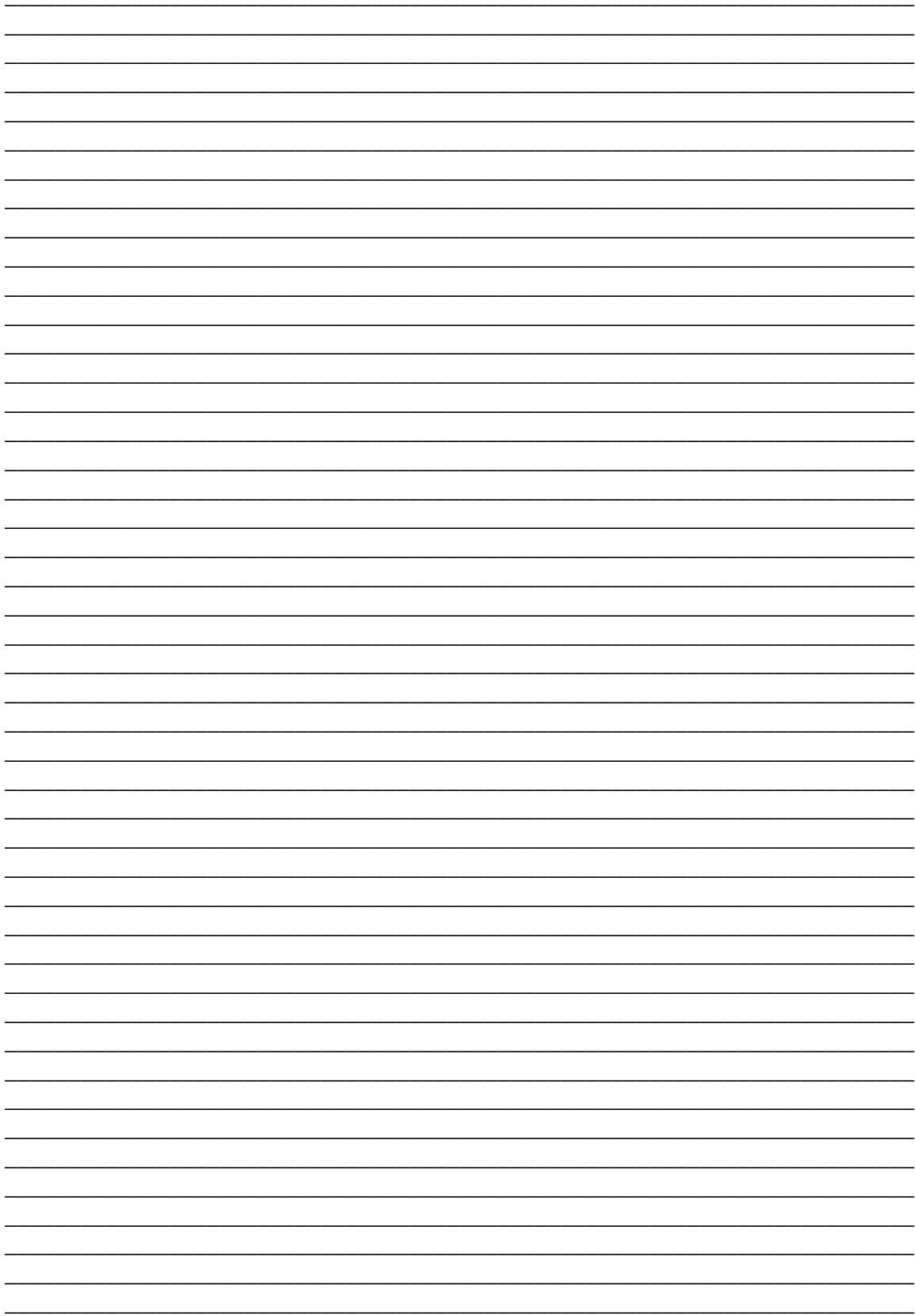
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Advisor Signature: _____

2. Write an essay of at least 500 words that explains sportsmanship and tells why it is important. Give several examples of good sportsmanship in sports. Relate at least one of these to everyday leadership off the sports field.







Advisor signature: _____

4. Organize and manage a sports competition, such as a softball game, between your crew and another crew, between two Cub Scout dens or packs, between two Boy Scout patrols or troops, or between any other youth groups. You must recruit at least two other people to help you manage the competition.

Name of sport: _____

Name of Groups competing: _____

Name of other people that helped you manage the competition(at least two): _____

Date: _____

Advisor Signature: _____

5. Make a set of training rules for a sport you pick. Design an exercise plan including selected exercises for this sport. Determine for this sport the appropriate target heart rates and desired training effects. Follow your training plan for at least 90 days, keeping a record showing your improvement.

Name of Sport: _____

Make a set of training rules for the sport: _____

Design an exercise plan including selected exercises for this sport:

(use this table to write down the certain exercises needed for the sport for one month.
Then just repeat the exercises for 90 days.)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Keep a record showing improvement:

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Date: _____

Advisor Signature: _____

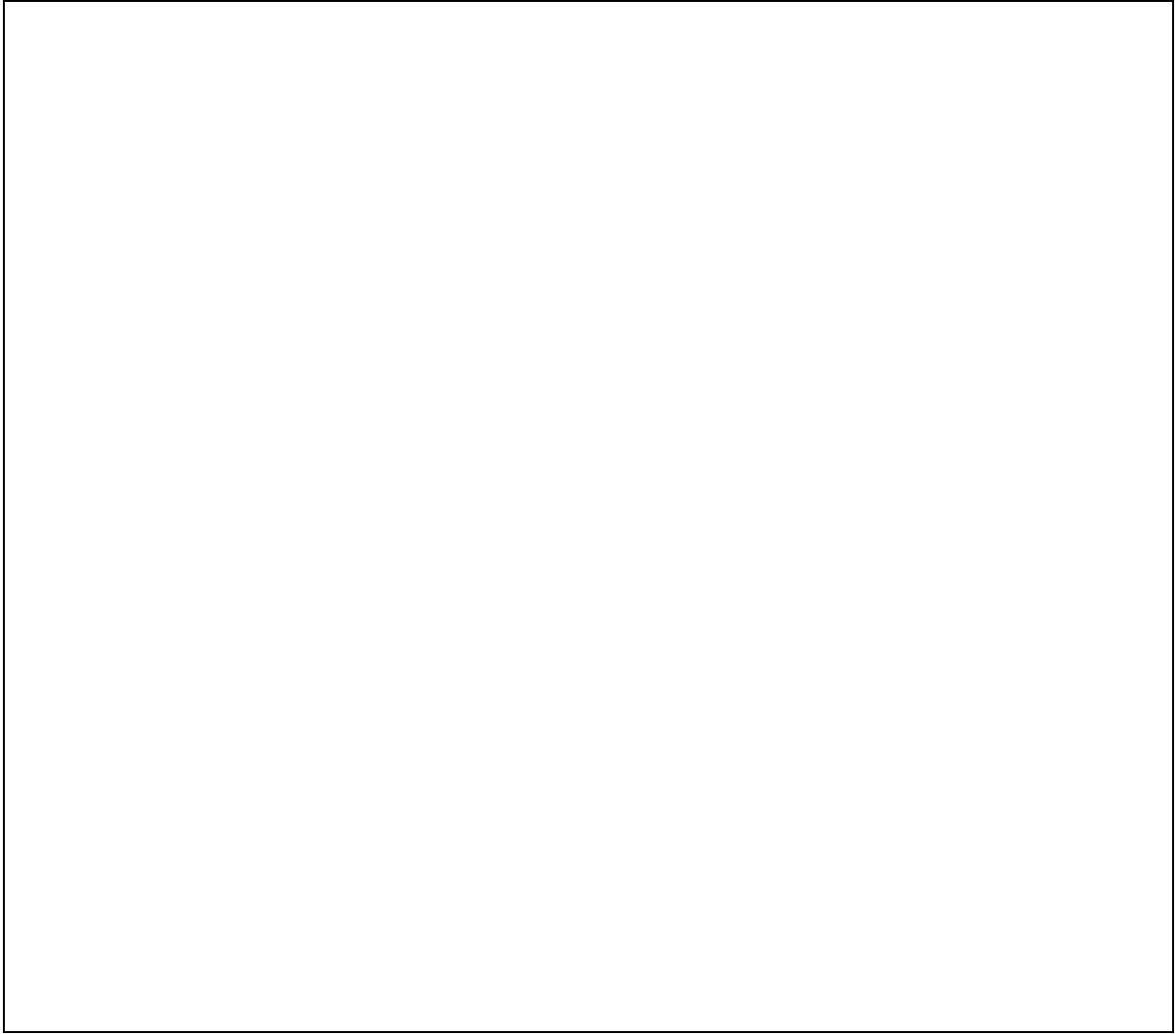
6. Make a tabletop display or give a presentation for your crew, another crew, a Cub Scout or Boy Scout group, or another youth group that explains the attributes of a good team leader and a good team player. Select athletes that exemplify these attributes.

Name of Group: _____

Names of athletes that exemplify these attributes: _____

Outline of Presentation:

Or Layout of
Presentation:



Date: _____

Advisor Signature: _____

7. Make a display or presentation on a selected sport for your crew or another group covering
 - a. etiquette for your sport,
 - b. equipment needed,
 - c. protective equipment needed and why it is needed,
 - d. history of the sport, and
 - e. basic rules.

Name of Sport: _____

Outline of Presentation:

Or Layout of
Presentation: _____

Date: _____

Advisor Signature: _____

8. Research and then, at a crew meeting or other youth group meeting, manage a discussion on drug problems as they relate to athletes.
- What drugs are banned?
 - What impact do these banned drugs have on the human body and mind?
 - Where can information about drugs be found?
 - How do some sports organizations fight sports drug abuse?
 - Cover at least the following drugs:

stimulants, painkillers, anabolic steroids, beta blockers,
diuretics, alcohol, marijuana, and cocaine.

Name of resources used for
research:_____

Layout of
Discussion:_____

Date:_____

Advisor Signature:_____

- 9. Research and then, at a crew meeting or other youth group meeting, manage a discussion on recent training techniques being used by world-class athletes.

Compare them to training techniques of 25 and 50 years ago. (This must be different than the discussion in requirement 8).

Name of resources used for
research: _____

Layout of
Discussion: _____

Date: _____

Advisor Signature: _____

10. Study ways of testing athletes for body density. Fat content can be measured by skin-fold calipers, body measurements, and hydrostatic weighing. Then recruit a consultant to assist you as you determine the body density and fat content for your fellow crew members at a crew meeting or special activity.

Study ways of testing athletes for body density. Fat content can be measured by skin-fold calipers, body measurements, and hydrostatic weighing: _____

Name of Consultant: _____

Date: _____

Advisor Signature: _____

11. Select a favorite Olympic athlete, a highly respected athlete in your city, or a favorite professional athlete and research his or her life. Make an oral presentation or tabletop display for your crew or another group.

Name of Athlete: _____

Outline of Presentation:

Or Layout of
Presentation: _____

Date: _____

Advisor Signature: _____

12. Explain the importance of proper nutrition as it relates to training for athletes.
Explain the common eating disorders anorexia and bulimia and why they are harmful to athletes.

Explain the importance of proper nutrition as it relates to training for athletes: _____

Explain the common eating disorders anorexia and bulimia and why they are harmful to athletes: _____

Date: _____

Advisor Signature: _____

[Activities or projects that are more available in your area may be substituted with your Advisor's approval for activities shown above.]