



# Sports

## Merit Badge Workbook

This workbook is not required but is designed to help you with this merit badge. No one can add or subtract from the Boy Scout Requirements #33215. Use page backs & add pages as needed. Please send comments to: [craig@craiglincoln.com](mailto:craig@craiglincoln.com). Requirements revised: 1996, Workbook updated: January 2004.

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 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 fracture; \_\_\_\_\_

nausea; \_\_\_\_\_

and suspected injuries to the back, neck, and head. \_\_\_\_\_

2) Explain sportsmanship. \_\_\_\_\_

Tell why it is important. \_\_\_\_\_

Give several examples of good sportsmanship in sports. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Relate at least one of these to citizenship off the sports field. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

3) Take part for one full season 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, ice hockey, lacrosse, rugby, skating (ice or roller)soccer, softball, swimming, team handball, tennis, track and field, volleyball, water polo, or wrestling (Or any other recognized team sport approved in advance by your counselor, except boxing and karate.)

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

4) Take part in ONE of the following sports on a competitive basis in two organized meets or tournaments: archery, badminton, bait or fly casting, bowling, canoeing, cycling, diving, fencing, fishing, golf, gymnastics, handball, horsemanship, horseshoes, judo, orienteering, paddleball, rifle or shotgun shooting, sailing, skating (ice or roller), skiing, swimming, table tennis, track and field, water-skiing, and wrestling. (Or any other recognized sport approved in advance by your counselor, except boxing and karate.) \* This cannot be the same sport used to meet requirement 3.

Sport: \_\_\_\_\_ (Meet or Tournament 1: \_\_\_/\_\_\_/\_\_\_ Meet or Tournament 2: \_\_\_/\_\_\_/\_\_\_)

5) Make a set of training rules for the sports you picked.

Sport from Requirement 3 above: \_\_\_\_\_

Tell why these rules are important. Follow these rules. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Design exercises for these sports. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Keep a record of how you do in these sports for one season. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Show how you have improved. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Sport from Requirement 4 above: \_\_\_\_\_

Tell why these rules are important. Follow these rules. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Design exercises for these sports. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Keep a record of how you do in these sports for one season. \_\_\_\_\_

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Show how you have improved. \_\_\_\_\_

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6) Show proper technique in your two picked sports. \_\_\_\_\_

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7) Explain the attributes (qualities) of a good team leader \_\_\_\_\_

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and a good team player. \_\_\_\_\_

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8) Draw diagrams of the playing areas for your two sports.

Sport from Requirement 3:	Sport from Requirement 4:

9) Explain the rules and etiquette for your two sports. List the equipment needed. Describe the protective equipment. Tell why it is needed. Tell what it does.

Sport from Requirement 3 above: \_\_\_\_\_

Rules and Etiquette: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Equipment needed: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Describe the protective equipment. Tell why it is needed. Tell what it does.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Sport from Requirement 3 above: \_\_\_\_\_

Rules and Etiquette: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Equipment needed: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Describe the protective equipment. Tell why it is needed. Tell what it does.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_