



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

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

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.

No one may add or subtract from the official requirements found on Scouting.org.

The requirements were last issued or revised in 2023 • This workbook was updated in December 2022.

Scout's Name: _____ Unit: _____

Counselor's Name: _____ Phone No.: _____ Email: _____

Please submit errors, omissions, comments or suggestions about this **workbook** to: Workbooks@USScouts.Org

Comments or suggestions for changes to the **requirements** for the **merit badge** should be sent to: 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 risks you may encounter during athletics activities, and what you should do to anticipate, help prevent, mitigate, and respond to these risks.

- b. Show that you know first aid or understand the treatment for injuries that could occur while participating in athletics, including sprains, strains, muscle cramps, contusions, abrasions, blisters, dehydration, heat reactions, and concussions.

Sprains:

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Strains:

Muscle Cramps

Contusions:

Abrasions:

Blisters:

Dehydration:

Heat reactions:

Concussions

c. The importance of maintaining a healthy diet.

2. Explain the following:

- a. Before completing requirements 4 and 5, show that you have received a physical examination from your health care practitioner within the last 12 months.
- b. Explain the importance of the physical exam

- b. Explain 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:

The importance of sportsmanship:

The traits of a good team leader and player:

4. 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, diving, field hockey, flag football, flagteam, golf, gymnastics, ice hockey, lacrosse, soccer, softball, spirit/cheerleading, swimming, tackle football, table tennis, tennis, track & field, volleyball, water polo and wrestling, and/or badminton. Your counselor may approve in advance other recognized sports.* Then with your chosen sports do the following:

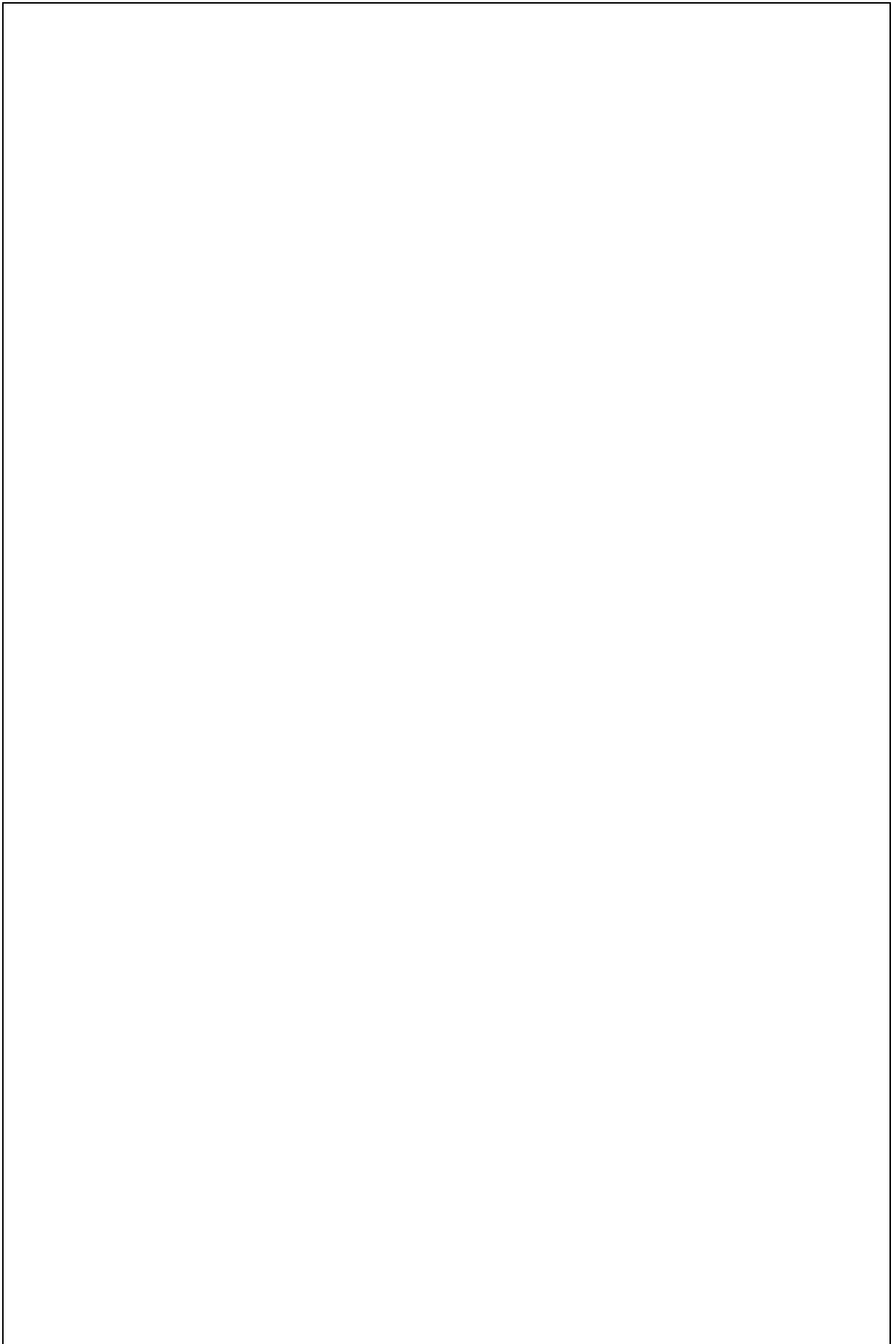
* The BSA has prohibited as official Scouting activities intramural, interscholastic, or club-sport competitions or activities. However, they can be acceptable for your individual participation in an organized school, league, or club activity if approved by your counselor.

- | | | |
|--|--|--|
| <input type="checkbox"/> Baseball | <input type="checkbox"/> Gymnastics | <input type="checkbox"/> Tennis |
| <input type="checkbox"/> Basketball | <input type="checkbox"/> Ice Hockey | <input type="checkbox"/> Track & Field |
| <input type="checkbox"/> Bowling | <input type="checkbox"/> Lacrosse | <input type="checkbox"/> Volleyball |
| <input type="checkbox"/> Cross-Country | <input type="checkbox"/> Soccer | <input type="checkbox"/> Water Polo |
| <input type="checkbox"/> Diving | <input type="checkbox"/> Softball | <input type="checkbox"/> Wrestling |
| <input type="checkbox"/> Field Hockey | <input type="checkbox"/> Spirit/Cheerleading | <input type="checkbox"/> Badminton |
| <input type="checkbox"/> Flag Football | <input type="checkbox"/> Swimming | <input type="checkbox"/> <table border="1" style="width: 100%; height: 20px;"></table> |
| <input type="checkbox"/> Flagteam | <input type="checkbox"/> Table Tennis | <input type="checkbox"/> <table border="1" style="width: 100%; height: 20px;"></table> |
| <input type="checkbox"/> Golf | <input type="checkbox"/> Tackle Football | |

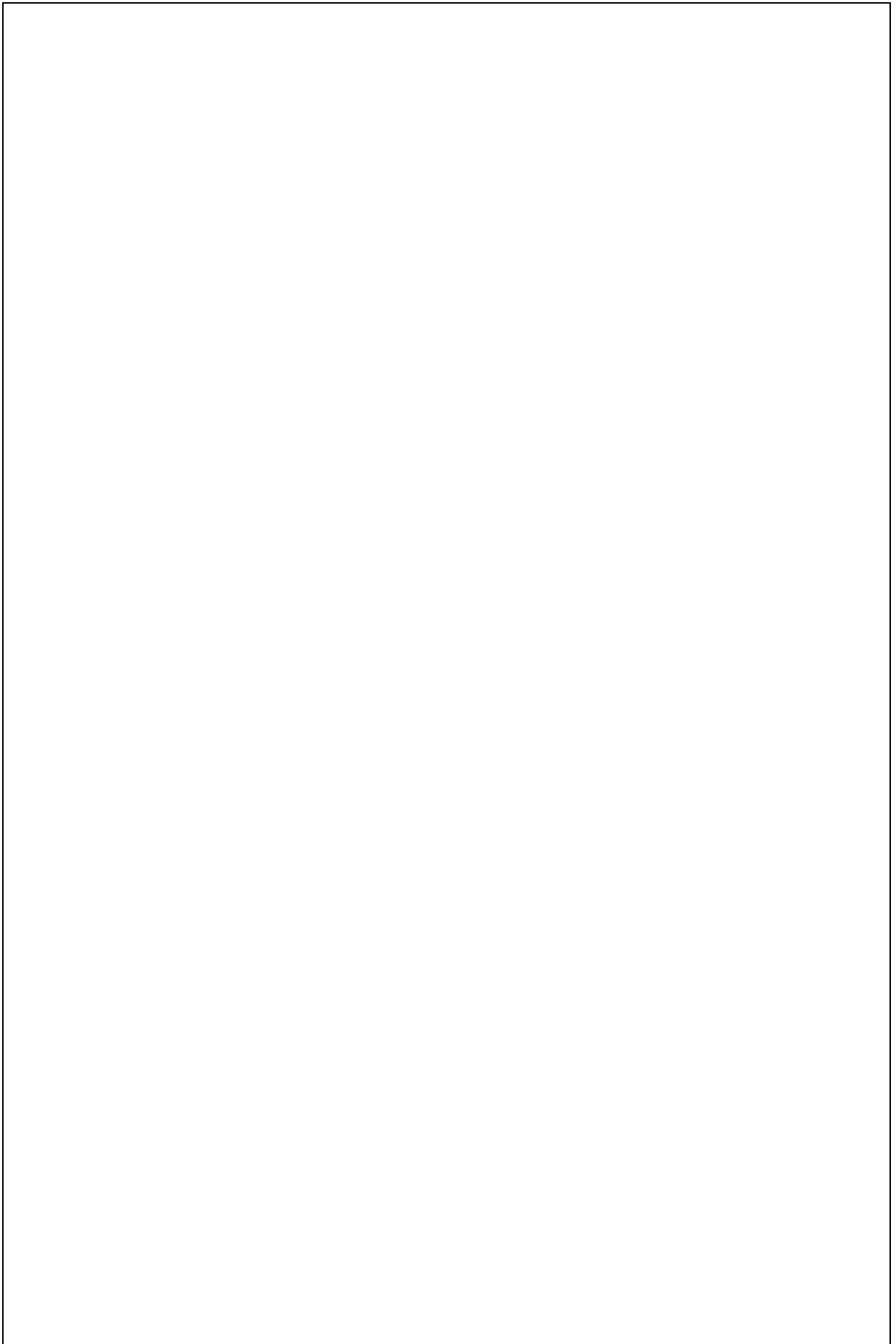
Then with your chosen sports do the following:

- 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 area for your two sports.

c. Diagram

A large, empty rectangular box with a thin black border, intended for the student to draw a diagram. The box occupies most of the page's vertical space.

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