

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.

•	ract from the official requirements found in Boy Scout Requirements (Pub. 33216 – SKU 637685). ts were last issued or revised in 2017 • This workbook was updated in May 2017.
Scout's Name:	Unit:
	Counselor's Phone No.:
	http://www.USScouts.Org • http://www.MeritBadge.Org rs, omissions, comments or suggestions about this workbook to: Workbooks@USScouts.Org for changes to the requirements for the merit badge should be sent to: Merit.Badge@Scouting.Org
	elor the most likely hazards you may encounter while participating in athletics activities, and what ipate, help prevent, mitigate, and respond to these hazards.
Hazards:	
What you should do:	

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sprains, strains, contusions, abrasions, blisters, dehydration, and heat reactions. Sprains: Strains: Contusions: Abrasions: Blisters: Dehydration: Heat reactions:

b. Show that you know first aid for injuries or illnesses that could occur while participating in athletic events, including

 $\hfill \Box$ Follow this training program for four months.

b. Create a chart to monitor your progress during this time.

Date	Progress	
	1	

c. Explain to the counselor the equipment necessary to participate in this activity, and the appropriate clothing for the time of year,

Equipment:	
Clothing:	

progress you have made of	during training. Tell how your development has affected you mentally and physically.
Progress:	
Montal and Dhysical offsat	
Mental and Physical effect	S.
4. Do the following:	
	etic activities, one of which is the activity you chose for requirement 3.
Activity 1:	
Rules:	

d. At the end of four months, review the chart you created for requirement 3b, and, discuss with your counselor what

	Activity 2:
	Rules:
b.	Discuss the importance of warming up and cooling down.
	Warming up:
	Cooling down:
^	Explain to your counceler what an ametour athlete is and the differences between an ametour and a prefereignal athlete
C.	Explain to your counselor what an amateur athlete is and the differences between an amateur and a professional athlet

Amateur:
Professional
Differences between amateur and professional:
Discuss the traits and importance of good sportsmanship.

d.

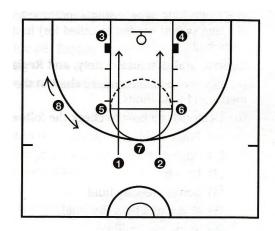
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Individual	
Group	

5. Complete the activities in FOUR of the following groups and show improvement over a three-month period:

Activities	Beginning	Three Months Later
Group 1: Sprinting		
a. 100-meter dash		
b. 200-meter dash		
Group 2: Long-Distance Running		
a. 3k run		
b. 5k run		
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)		
Group 4: Swimming		
a. 100-meter swim		
b. 200-meter swim		
Group 5: Pull-Ups AND Push-Ups		
a. Pull-ups in two minutes		
b. Push-ups in two minutes		
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)		

Group 7: Basketball Shooting	
a. Basketball shot for accuracy, 10 free-throw shots	
b. Basketball throw for skill and agility, the following shots as show	n on the diagram (on next page)
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	
Anywhere along the three-point line.	
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	
Group 9: Weight Training	
a. Chest/bench press, two sets of 15 repetitions each	
b. Leg curls, two sets of 15 repetitions each	



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th your parent tion. Tell your	t's and counselor's a r counselor about y	approval, serve as a our responsibilities	an official or voluntee at the meet and disc	er at a sports meet to uss what you learned	observe officials in

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.