



Athletics

Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33216. Each Scout must do each requirement. Merit Badge Workbooks and more: [Online Resources](#).

Send comments to the workbook developer: craig@craiglincoln.com.

Requirements revised: 2012, Workbook updated: January 2012.

Scout's Name: _____ Unit: _____

Counselor's Name: _____ Counselor's Ph #: _____

1. Do the following:

a. Explain to your counselor the most likely hazards you may encounter while participating in astronomy activities, _____

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 athletic events, including sprains,

strains, _____

contusions, _____

abrasions, _____

blisters, _____

dehydration, _____

and heat reactions. _____

Activity: _____

Rules: _____

b. Discuss the importance of warming up _____

and cooling down. _____

c. Explain to your counselor what an amateur athlete is _____

and the differences between an amateur and a professional athlete. _____

d. Discuss the traits and importance of good sportsmanship. _____

Tell what role sportsmanship plays in both individual and group athletic activities. _____

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

Activities	Beginning	Three Months Later
<input type="checkbox"/> Group 1: Sprinting		
a. 100-meter dash		
b. 200-meter dash		
<input type="checkbox"/> Group 2: Long-Distance Running		
a. 3k run		
b. 5k run		
<input type="checkbox"/> 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)		
<input type="checkbox"/> Group 4: Swimming		
a. 100-meter swim		
b. 200-meter swim		
<input type="checkbox"/> Group 5: Pull-Ups AND Push-Ups		
a. Pull-ups in two minutes		
b. Push-ups in two minutes		
<input type="checkbox"/> Group 6: Baseball Throw		
a. Baseball throw for accuracy, 10 throws		
b. Baseball throw for distance, five throws (total distance)		
<input type="checkbox"/> Group 7: Basketball Shooting		

- b. With your parent's and counselor's approval, serve as an official or volunteer at a sports meet to observe officials in action. Tell your counselor about your responsibilities at the meet and discuss what you learned.

Online Resources: *(Use any Internet resource with caution and only with your parent's or guardian's permission.)*

Boy Scouts of America: ► scouting.org ► [Guide to Safe Scouting](#) ► [Age-Appropriate Guidelines](#) ► [Safe Swim Defense](#)
 ► [Scout](#) ► [Tenderfoot](#) ► [Second Class](#) ► [First Class](#) 📺 [Rank Videos](#) ► [Safety Afloat](#)

Boy Scout Merit Badge Workbooks: usscouts.org -or- meritbadge.org **Merit Badge Books:** www.scoutstuff.org

Requirement Resources

These resources and much more are at: <http://meritbadge.org/wiki/index.php/Athletics>

1: First Aid: [Sprains](#) - [Strains](#) - [Bruises \(contusions\)](#) - [Abrasions](#) - [Blisters](#) - [Dehydration](#) - [Heat Reactions](#)

Your handbook is your primary reference. See [First Aid Skills](#) for step-by-step instructions and lesson video links.

3: Take part in one season...

[ExpertVillage.com Lesson Videos:](#) 📺 [Warm Up](#) 📺 [Stretching](#) 📺 [Running](#) 📺 [Pull-Ups](#)
 📺 [Push-Ups](#) 📺 [Basketball](#) 📺 [Baseball](#) 📺 [Football](#) 📺 [Bench Press](#) 📺 [Leg Curls](#)

4: Rules, etiquette, equipment, diagram of playing area:

- Baseball: http://en.wikipedia.org/wiki/Baseball_rules
- Basketball: http://en.wikipedia.org/wiki/Basketball_rules
- Field Hockey: <http://www.usfieldhockey.com/hockey/rules.htm>
- Football: http://en.wikipedia.org/wiki/American_football_rules
- Ice Hockey: http://en.wikipedia.org/wiki/Ice_hockey_rules
- Lacrosse: <http://en.wikipedia.org/wiki/Lacrosse>
- Soccer: <http://soccer.org/Resources/RulesRegulations/>
- Softball: http://www.asasoftball.com/about/asa_code.asp
- Tennis: <http://en.wikipedia.org/wiki/Tennis>
- Volleyball: <http://www.volleyball.com/rules.aspx>

General Resources

Amateur Athletic Union: <http://www.aausports.org>

American Sport Education Program: <http://www.asep.com>

Mayo Clinic: <http://www.mayoclinic.com>

The President's Council on Fitness: <http://fitness.gov>

U.S. Olympic Training Center: <http://www.usoc.org>

American Council on Exercise: <http://www.acefitness.org>

Inst. Intl Sports: <http://www.internationalsport.com/nsd/nsd.cfm>

Nat. Youth Sports Safety Found.: <http://www.nyssf.org>

USA Track and Field: <http://www.usatf.org>