



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 in Scouts BSA Requirements (Pub.# 33216) and/or on Scouting.org.
The requirements were last issued or revised in 2023 • This workbook was updated in February 2024.

Scout's Name: _____ Unit _____ Date Started _____

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 hazards you may encounter while playing sports, 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 sports, including sprains, strains, contusions, abrasions, fractures, blisters, muscle cramps, injured teeth, dehydration, heat and cold reactions, and concussions or other suspected injuries to the head, neck, and back.

Sprains:

Workbook © Copyright 2024 - U.S. Scouting Service Project, Inc. - All Rights Reserved
Requirements © Copyright, Boy Scouts of America (Used with permission.)

This workbook may be reproduced and used locally by Scouts and Scouters for purposes consistent with the programs of the Boy Scouts of America (BSA), the World Organization of the Scout Movement (WOSM) or other Scouting and Guiding Organizations.
However it may NOT be used or reproduced for electronic redistribution or for commercial or other non-Scouting purposes without the express permission of the U. S. Scouting Service Project, Inc. (USSSP).

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

- c. 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:

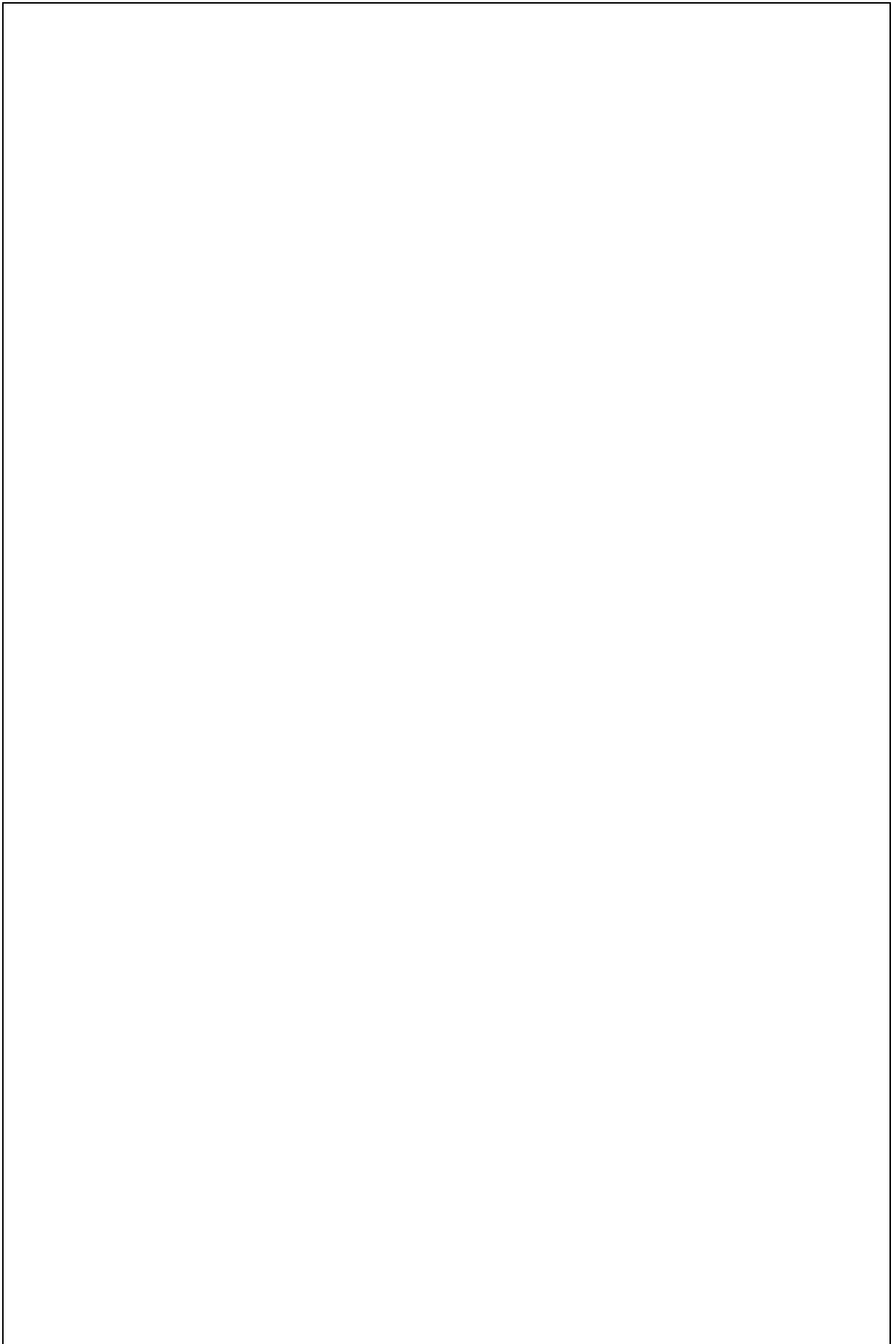
* The BSA has prohibited as official Scouting activities intramural, interscholastic, or club-sport competitions or activities. However, they can be acceptable for your individual participation in an organized school, league, or club activity if approved by your counselor.

- | | | |
|--|--|--|
| <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 | |

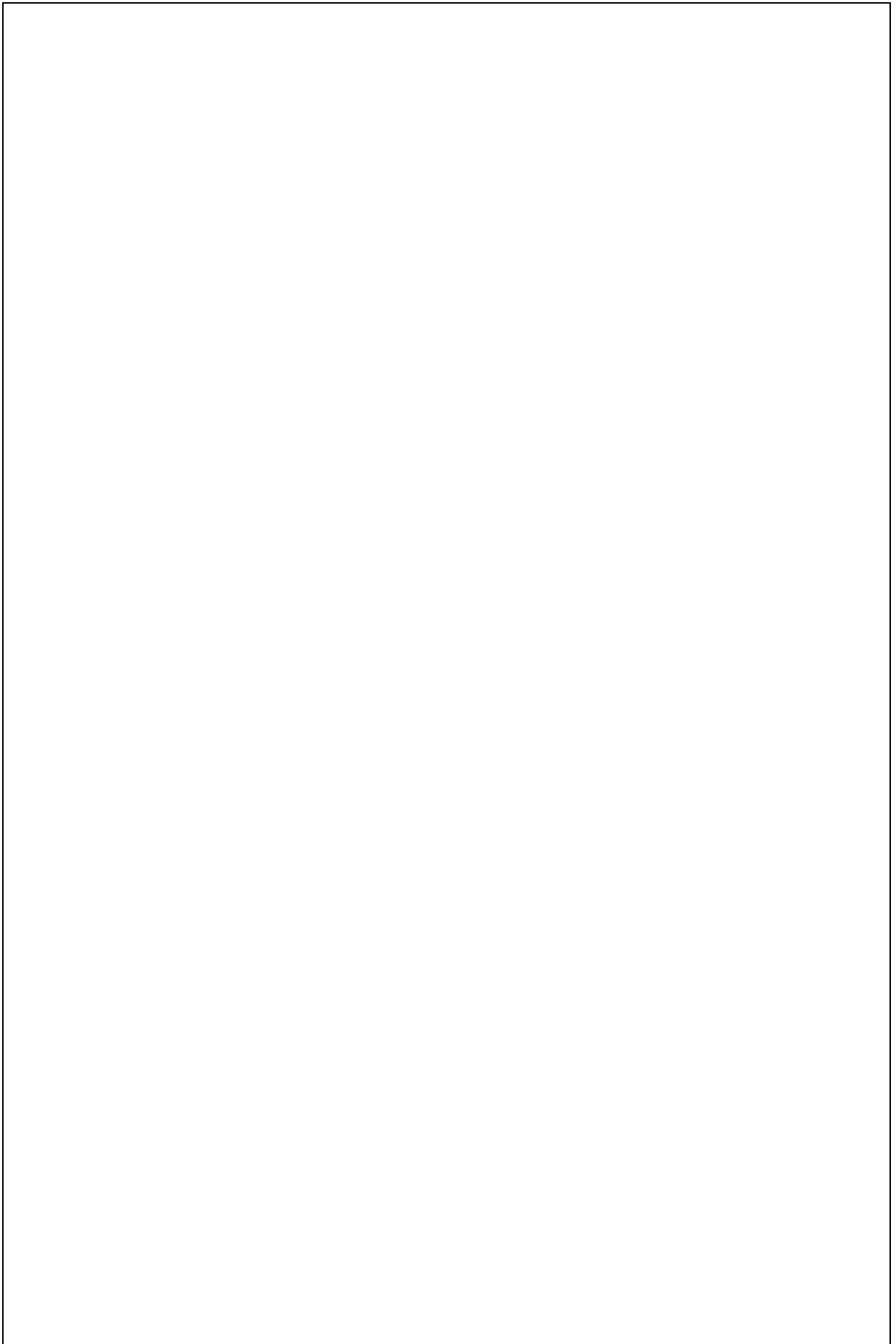
Then with your chosen sports do the following:

- 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 drawing a diagram. It occupies the central portion of the page.

c. Diagram

A large, empty rectangular box with a thin black border, intended for drawing a diagram. It occupies the central portion of the page.

