

Strains:

Contusions:

Abrasions:

Fractures:

Blisters:

Muscle cramps:

Injured teeth:

Dehydration:

Heat and cold reactions:

Concussions	
Other suspected injuries to the head	
Other suspected injuries to the neck:	
Other suspected injuries to the back:	

2. Explain the importance of the following:

a. The importance of the physical exam

b. 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:

Use of alcohol:

Use of other harmful substances:

c. The importance of maintaining a healthy diet

The importance of sportsmanship:

The traits of a good team leader and player:

- 4. With guidance from your counselor, establish a personal training program suited to the activities you choose for requirement 5. Then do the following:
 - a. Create a chart and use it to track your training, practice, and development in these sports for one season (or four months).
 - b. Demonstrate proper technique for your two chosen sports.
 - c Sport 1
 - c Sport 2
 - c. At the end of the season, share your completed chart with your counselor and discuss how your participation in the sports you chose has affected you mentally and physically.

c 5. 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, field hockey, football, ice hockey, golf, gymnastics, lacrosse, soccer, softball, table tennis, tennis, volleyball, water polo. Your counselor may approve in advance other recognized sports, but not any sport that is restricted and not authorized by the Boy Scouts of America.

- c Baseball
- c Basketball
- c Bowling
- c Cross-Country
- c Field Hockey
- c Football
- c Golf

- c Gymnastics
- c Ice Hockey
- c Lacrosse
- c Soccer
- c Softball
- c Swimming
- c Table Tennis

- c Tennis
- c Track and field
- c Volleyball
- c Water Polo
- c Wrestling

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 areas for your two sports.

Sport 1: Season Began Season Ended

a. Give the rules and etiquette

b. List the equipment needed.

c. Diagram



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>.