



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: 01/1/10, Workbook updated: 02/10.

Scout's Name: _____ Unit: _____

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

1. 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. _____

2. Explain the following:

a. The importance of the physical exam _____

b. The importance of maintaining good health habits, especially during training _____

- and how the use of tobacco products, _____

alcohol, _____

and other harmful substances can negatively affect your health and performance in athletic activities. _____

c. The importance of maintaining a healthy diet. _____

3. Select an athletic activity to participate in for one season (or four months). _____

Then do the following:

a. With guidance from your counselor, establish a personal training program suited to the activity you have chosen. _____

b. Organize a chart for this activity and monitor your progress during this time. *(Sample chart to monitor weekly progress.)*

Date	Progress

c. Explain to the counselor the equipment necessary to participate in this activity, _____

and the appropriate clothing for the season and the locale. _____

d. At the end of the season, discuss with your counselor the progress you have made during training and competition _____

and how your development has affected you mentally and physically. _____

4. Do the following:

a. Give the rules for two athletic activities, one of which is the activity you chose for requirement 3.

Activity: _____

Rules: _____

Activity: _____

Rules: _____

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		
a. Basketball shot for accuracy, 10 free-throw shots		
b. Basketball throw for skill and agility, the following shots as shown on the diagram		
1. 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		
8. Anywhere along the three-point line.		
<input type="checkbox"/> 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 distance)		
<input type="checkbox"/> Group 9: Weight Training		
a. Chest/bench press, two sets of 15 repetitions each		
b. Leg curls, two sets of 15 repetitions each		

- 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>