



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 #33215. Merit Badge Workbooks and much more are below: [Online Resources](#).

Workbook developer: craig@craiglincoln.com. Requirements revised: 2006, Workbook updated: November: 2008.

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. _____

c. The importance of maintaining a healthy diet. _____

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		
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: bsatrop780.org -or- meritbadge.org Merit Badge Books: www.scoutstuff.org
 ► [Leave No Trace](#) ► [Outdoor Code](#) ► [Wilderness Use Policy](#) ► [Youth Protection Training](#)

Requirement Resources

- 1: **First Aid:** See http://meritbadge.org/wiki/index.php/First_Aid for these links and more:
[First Aid Videos: Basics - Basics2](#) [Wilderness First Aid](#) [CPR Basics](#) [Venomous Snake Bite](#) [First Aid Kits](#)
 Other First Aid Links: [Mayo Clinic First Aid Guide](#) [Class 1 Exam](#) [Class 3](#) [Warning Signs of Cancer - Heart Disease](#)

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>