

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.

"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 December 2022.

Scout's Name:

Unit:

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.

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Sprains:			

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Sports Scout's Name: _____ Strains: Contusions: Abrasions: Fractures: Blisters: Muscle cramps: Injured teeth: Dehydration:

Heat and cold reactions:

Sports		Scout's Name:
	Concussions	
	Other suspected injuries to the head	
	to the nead	
	011	
	Other suspected injuries to the neck:	
	Other suspected injuries	
	to the back:	
2. Ex a.	plain the importance of the fo The importance of the phys	
b.	products, alcohol, and othe activities.	ning good health habits for life (such as exercising regularly), and how the use of tobaccor harmful substances can negatively affect your health and your performance in sports
	Maintaining good health ha	bits:

Use of tobacco products:	Scout's Name:	
Use of alcohol:		
Use of other harmful substances:		
. The importance of maintaining a he	ealthy diet	

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Scout's Name:		
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3	Discuss	tha	foll	owing	١.
J.	DISCUSS	uie	IOII	OWILIC	Į.

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a.		oi waiiiiliu ui) aliu	COOIIIIG	uowii

	ortance of warming up and cooling down	
The imp	ortance of weight training	
Vhat an	amateur athlete is and the differences between an amateur and a professional athlete	
olayer w	butes (qualities) of a good sport, the importance of sportsmanship, and the traits of a good who exhibits Scout spirit on and off the playing field.	d team leader and
layer w	butes (qualities) of a good sport, the importance of sportsmanship, and the traits of a good ho exhibits Scout spirit on and off the playing field. (qualities) of a good sport:	d team leader and
olayer w	ho exhibits Scout spirit on and off the playing field.	d team leader and
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olayer w	ho exhibits Scout spirit on and off the playing field.	d team leader and
olayer w	ho exhibits Scout spirit on and off the playing field.	d team leader and

	Scout's Name: The importance of sportsmanship:
	The importance of sportsmanship.
	The traits of a good team leader and player:
	th guidance from your counselor, establish a personal training program suited to the activities you choose for require
a.	en do the following: Create a chart and use it to track your training, practice, and development in these sports for one season (or four
۵.	months).
b.	Demonstrate proper technique for your two chosen sports.
	☐ Sport 1 ☐ Sport 2
C.	At the end of the season, share your completed chart with your counselor and discuss how your participation in the you chose has affected you mentally and physically.

Sport	S															Scou	t's l	Name:						
	1	followi hockey water j	ng s /, la colc	sports:	basek , socc vrestlir	oall, b er, so ng, ar	aske oftbal nd/or	tball, I, spi	bowl rit/che	ing, c eerlea	ross- ading,	COU	ıntry, ⁄immi	divir ng, t	ual or as ng, field h ackle foo pprove in	nockey, otball, ta	, fla abl	g footb e tennis	oall, f s, ter	lagtea nnis, t	am, (rack	golf, gy (& field	mnast d, volle	ics, ice yball,
The	(can be	ac elor	ceptab								an c		zed	olastic, o school, s						prov			er, they
	[Bas	sketba	II							lo	е Но	ckey	1						Tr	ack &	Field	
	[Βον	wling								L	acros	se							Vo	olleyba	II	
	[Cro	ss-Co	untry							S	occer	•							W	ater Po	olo	
	[Div	ing								S	oftbal	I							W	restling	9	
	[$\overline{}$	Fie	ld Hoc	key						П	S	pirit.C	Chee	rleading					\Box	Ва	admint	on	
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	i	a. Gi b. Li: ar	ve t st th	and ex	es and ipmen plain v	l etiqu t need vhy it	uette ded f is ne	for the or the	ne two e two d.	sport	s you	ı ch	ose.		cribe the	protec	ctive	equip	men	t and	арр	ropriat	e cloth	ing (if
	(c. Di	aw	diagra	ıms of	the p	layin	g are	as fo	r you	r two	spc	orts.				_							
	(Sport 1	l:							Se	ason	Be	gan				3	Season	n End	led				
	;	a. Gi	ve l	the rul	es and	etiqu	uette																	
		_																						
	ı	b. Li	st th	ne equ	ipmen	t nee	ded.																	
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ts	Describe the contesting anniquement and appropriate plathing (if any) and employ this product
	Describe the protective equipment and appropriate clothing (if any) and explain why it is needed.
C.	Diagram
	1

				Scout's	Name:	
Spo	ort 2:		Season Began		Season Ended	
a.	Give the rul	les and etiquette				
		. , , , ,				
b.	List the equ	ipment needed.				
	Describe th	e protective equip	oment and appropriate cloth	ing (if any) and explain	n why it is needed	
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	Scout's Name:
. 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.

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