



# Sports

## 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](#).

Send comments to: [craig@craiglincoln.com](mailto:craig@craiglincoln.com). Requirements revised: 2006, Workbook updated: February 2008.

Scout's Name: \_\_\_\_\_ Unit: \_\_\_\_\_

Counselor's Name: \_\_\_\_\_ Counselor's Ph #: \_\_\_\_\_

1. Show that you know first aid for and how to prevent injuries or illnesses that could occur while playing sports, including

sprains, \_\_\_\_\_

\_\_\_\_\_

strains, \_\_\_\_\_

\_\_\_\_\_

contusions, \_\_\_\_\_

\_\_\_\_\_

abrasions, \_\_\_\_\_

\_\_\_\_\_

fractures, \_\_\_\_\_

\_\_\_\_\_

blisters, \_\_\_\_\_

\_\_\_\_\_

muscle cramps, \_\_\_\_\_

\_\_\_\_\_

dehydration, \_\_\_\_\_

\_\_\_\_\_

heat and cold reactions, \_\_\_\_\_

\_\_\_\_\_

injured teeth, \_\_\_\_\_

\_\_\_\_\_

nausea, \_\_\_\_\_

\_\_\_\_\_

and suspected injuries to the head, neck, and back. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. Explain the importance of the following:

A. The physical exam \_\_\_\_\_

B. Maintaining good health habits, especially during training \_\_\_\_\_

C. Maintaining a healthy diet \_\_\_\_\_

3. Discuss the following:

A. The importance of warming up and cooling down \_\_\_\_\_

B. The importance of weight training \_\_\_\_\_

C. What an amateur athlete is and the differences between an amateur \_\_\_\_\_

and a professional athlete \_\_\_\_\_

D. The attributes (qualities) of a good sport, \_\_\_\_\_

the importance of sportsmanship, \_\_\_\_\_

and the traits of a good team leader and player who exhibits Scout spirit on and off the playing field \_\_\_\_\_

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, field hockey, football, ice hockey, 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. 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.





List the equipment needed. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Describe the protective equipment and appropriate clothing (if any) and explain why it is needed. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Diagram

5. With guidance from your counselor, establish a personal training program suited to the activities you chose for requirement 4. Then do the following:

A. Organize a chart to track your training, practice, and development in these sports for one season (or four months).

Date (week)	Training, Practice, and Development

