



# 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. Merit Badge Workbooks and much more are below: [Online Resources](#). Send comments to the workbook developer: [craig@craiglincoln.com](mailto:craig@craiglincoln.com). Requirements revised: 2006, Workbook updated: May 2009.

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. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
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c. The importance of maintaining a healthy diet. \_\_\_\_\_

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b. Discuss the importance of warming up \_\_\_\_\_

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and cooling down. \_\_\_\_\_

c. Explain to your counselor what an amateur athlete is \_\_\_\_\_

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and the differences between an amateur and a professional athlete. \_\_\_\_\_

d. Discuss the traits and importance of good sportsmanship. \_\_\_\_\_

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Tell what role sportsmanship plays in both individual and group athletic activities. \_\_\_\_\_

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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"/> <b>Group 1: Sprinting</b>		
a. 100-meter dash		
b. 200-meter dash		
<input type="checkbox"/> <b>Group 2: Long-Distance Running</b>		
a. 3k run		
b. 5k run		
<input type="checkbox"/> <b>Group 3: Long Jump OR High Jump</b>		
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"/> <b>Group 4: Swimming</b>		
a. 100-meter swim		
b. 200-meter swim		
<input type="checkbox"/> <b>Group 5: Pull-Ups AND Push-Ups</b>		
a. Pull-ups in two minutes		
b. Push-ups in two minutes		
<input type="checkbox"/> <b>Group 6: Baseball Throw</b>		
a. Baseball throw for accuracy, 10 throws		
b. Baseball throw for distance, five throws (total distance)		
<input type="checkbox"/> <b>Group 7: Basketball Shooting</b>		
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"/> <b>Group 8: Football Kick OR Soccer Kick</b>		
a. Goals from the 10-yard line, eight kicks		
b. Football kick or soccer kick for distance, five kicks (total distance)		
<input type="checkbox"/> <b>Group 9: Weight Training</b>		
a. Chest/bench press, two sets of 15 repetitions each		
b. Leg curls, two sets of 15 repetitions each		



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**Online Resources:** *(Use any Internet resource with caution and only with your parent's or guardian's permission.)*

**Boy Scouts of America:** ► [scouting.org](http://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](http://usscouts.org) -or- [meritbadge.org](http://meritbadge.org)    **Merit Badge Books:** [www.scoutstuff.org](http://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](http://en.wikipedia.org/wiki/Baseball_rules)
- Field Hockey: <http://www.usfieldhockey.com/hockey/rules.htm>
- Ice Hockey: [http://en.wikipedia.org/wiki/Ice\\_hockey\\_rules](http://en.wikipedia.org/wiki/Ice_hockey_rules)
- Soccer: <http://soccer.org/Resources/RulesRegulations/>
- Tennis: <http://en.wikipedia.org/wiki/Tennis>
- Basketball: [http://en.wikipedia.org/wiki/Basketball\\_rules](http://en.wikipedia.org/wiki/Basketball_rules)
- Football: [http://en.wikipedia.org/wiki/American\\_football\\_rules](http://en.wikipedia.org/wiki/American_football_rules)
- Lacrosse: <http://en.wikipedia.org/wiki/Lacrosse>
- Softball: [http://www.asasoftball.com/about/asa\\_code.asp](http://www.asasoftball.com/about/asa_code.asp)
- Volleyball: <http://www.volleyball.com/rules.aspx>

### General Resources

Amateur Athletic Union: <http://www.ausports.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>