



# 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](#).

Workbook developer: [craig@craiglincoln.com](mailto:craig@craiglincoln.com). Requirements revised: 2006, Workbook updated: November 2008.

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

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

**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. 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 importance of the physical exam \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

b. The importance of maintaining good health habits for life (such as exercising regularly), \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

and how the use of tobacco products, \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

alcohol, \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

and other harmful substances can negatively affect your health and your performance in sports activities \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

c. The importance of 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, \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



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

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

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c. Diagram







**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)  
 ► [Leave No Trace](#) ► [Outdoor Code](#) ► [Wilderness Use Policy](#) ► [Youth Protection Training](#)

### **Requirement Resources**

**1-2: First Aid:** See <http://meritbadge.org/wiki/index.php/Sports> 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](#)

**3-4: 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)
- Basketball: [http://en.wikipedia.org/wiki/Basketball\\_rules](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](http://en.wikipedia.org/wiki/American_football_rules)
- Ice Hockey: [http://en.wikipedia.org/wiki/Ice\\_hockey\\_rules](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](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>