



# 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](mailto:craig@craiglincoln.com). Requirements revised: 2006, Workbook updated: April 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. \_\_\_\_\_

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\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_



and the appropriate clothing for the season and the locale. \_\_\_\_\_

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d. At the end of the season, discuss with your counselor the progress you have made during training and competition \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

and how your development has affected you mentally and physically. \_\_\_\_\_

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\_\_\_\_\_

**4. Do the following:**

a. Give the rules for two athletic activities, one of which is the activity you chose for requirement 3.

Activity: \_\_\_\_\_

Rules: \_\_\_\_\_

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Activity: \_\_\_\_\_

Rules: \_\_\_\_\_

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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		



- 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.

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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)

[ExpertVillage First Aid Videos](#) 🎥 [Make a First Aid Kit](#) 🎥 [Basics](#) 🎥 [Basics2](#) 🎥 [CPR Basics](#) 🎥 [Venomous Snake Bite](#)

[ExpertVillage Swimming Lesson Videos](#) 🎥 [Tread Water](#) 🎥 [Basics](#) 🎥 [Freestyle](#) 🎥 [Breaststroke](#) 🎥 [Backstroke](#)

[ExpertVillage.com Lesson Videos:](#) 🎥 [Warm Up](#) 🎥 [Stretching](#) 🎥 [Running](#) 🎥 [Pull-Ups](#)

🎥 [Push-Ups](#) 🎥 [Basketball](#) 🎥 [Baseball](#) 🎥 [Football](#) 🎥 [Bench Press](#) 🎥 [Leg Curls](#)

Amateur Athletic Union: <http://www.aasports.org>

Mayo Clinic: <http://www.mayoclinic.com>

Nat. Youth Sports Safety Found.: <http://www.nyssf.org>

The President's Council on Fitness: <http://fitness.gov>

Teenagers Today: <http://teenagerstoday.com>

TeensHealth: <http://kidshealth.org/teen>

USA Track and Field: <http://www.usatf.org>

U.S. Olympic Training Center: <http://www.usoc.org>