



# Sports

## Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet.

The work space provided for each requirement should be used by the Scout to make notes for discussing the item with his counselor, not for providing the full and complete answers. Each Scout must do each requirement.

No one may add or subtract from the official requirements found in **Boy Scout Requirements** (Pub. 33216 – SKU 34765).

The requirements were last issued or revised in 2011 • This workbook was updated in June 2012.

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

Counselor's Name: \_\_\_\_\_ Counselor's Phone No.: \_\_\_\_\_

<http://www.USScouts.Org> • <http://www.MeritBadge.Org>

Please submit errors, omissions, comments or suggestions about this **workbook** to: [Workbooks@USScouts.Org](mailto:Workbooks@USScouts.Org)  
Comments or suggestions for changes to the **requirements** for the **merit badge** should be sent to: [Merit.Badge@Scouting.Org](mailto:Merit.Badge@Scouting.Org)

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**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.

Sprains: \_\_\_\_\_

\_\_\_\_\_

Strains: \_\_\_\_\_

\_\_\_\_\_

Contusions: \_\_\_\_\_

\_\_\_\_\_

Abrasions: \_\_\_\_\_

\_\_\_\_\_

Fractures: \_\_\_\_\_

\_\_\_\_\_

Blisters: \_\_\_\_\_

\_\_\_\_\_

Muscle cramps: \_\_\_\_\_

\_\_\_\_\_

Dehydration: \_\_\_\_\_

\_\_\_\_\_

Heat and cold reactions: \_\_\_\_\_

\_\_\_\_\_

Injured teeth: \_\_\_\_\_

\_\_\_\_\_

Nausea: \_\_\_\_\_  
\_\_\_\_\_

Suspected injuries to the head: \_\_\_\_\_  
\_\_\_\_\_

Suspected injuries to the neck: \_\_\_\_\_  
\_\_\_\_\_

Suspected injuries to the back: \_\_\_\_\_  
\_\_\_\_\_

2. Explain the importance of the following:

a. The importance of the physical exam \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

b. The importance of 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.

Maintaining good health habits: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Use of tobacco products: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Use of alcohol: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Use of other harmful substances: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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 \_\_\_\_\_

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

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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.

Attributes (qualities) of a good sport: \_\_\_\_\_

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The importance of sportsmanship, : \_\_\_\_\_

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The traits of a good team leader and player: \_\_\_\_\_

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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.

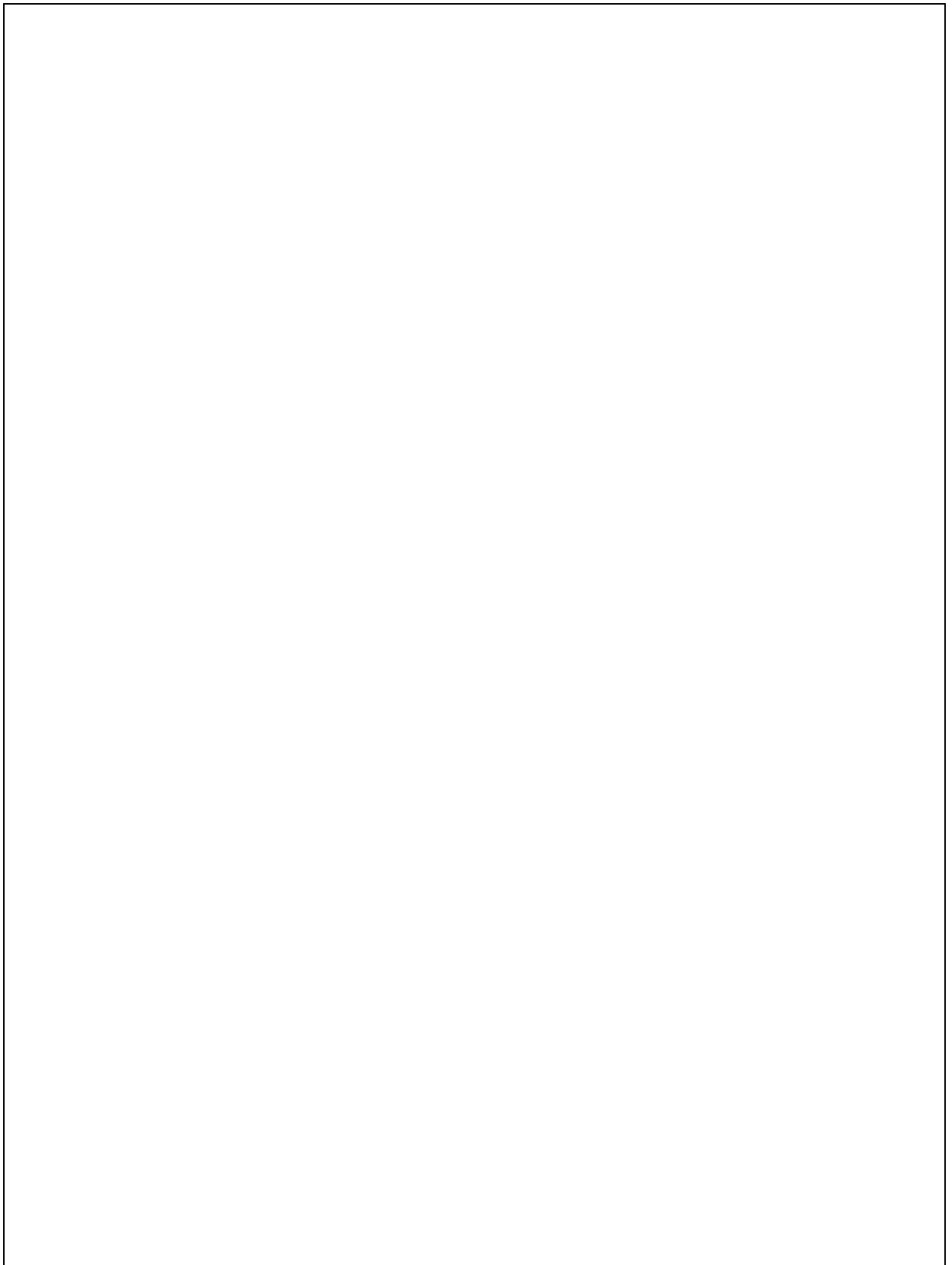
Then with your chosen sports do the following:

- 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.



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c. Diagram



Sport 2: \_\_\_\_\_ (Season Began: \_\_/\_\_/\_\_ Season Ended: \_\_/\_\_/\_\_)

a. Give the rules and etiquette \_\_\_\_\_



A large, empty rectangular box with a thin black border, occupying most of the page. It is intended for a drawing or a written response related to the 'Sports' merit badge.





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 sports you chose has affected you mentally and physically. \_\_\_\_\_

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**Requirement resources can be found here:**  
[http://www.meritbadge.org/wiki/index.php/Sports#Requirement\\_resources](http://www.meritbadge.org/wiki/index.php/Sports#Requirement_resources)

## Important excerpts from the [‘Guide To Advancement’](#), No. 33088:

Effective January 1, 2012, the ‘Guide to Advancement’ (which replaced the publication ‘Advancement Committee Policies and Procedures’) is now the *official* Boy Scouts of America source on advancement policies and procedures.

- **[ Inside front cover, and 5.0.1.4 ] — Unauthorized Changes to Advancement Program**  
***No council, committee, district, unit, or individual has the authority to add to, or subtract from, advancement requirements.***  
(There are limited exceptions relating only to youth members with disabilities. For details see section 10, “Advancement for Members With Special Needs”.)
- **[ Inside front cover, and 7.0.1.1 ] — The [‘Guide to Safe Scouting’](#) Applies**  
Policies and procedures outlined in the ‘Guide to Safe Scouting’, No. 34416, apply to all BSA activities, including those related to advancement and Eagle Scout service projects. [Note: Always reference the online version, which is updated quarterly.]
- **[ 7.0.3.1 ] — The Buddy System and Certifying Completion**  
Youth members must not meet one-on-one with adults. Sessions with counselors must take place where others can view the interaction, or the Scout must have a buddy: a friend, parent, guardian, brother, sister, or other relative —or better yet, another Scout working on the same badge— along with him attending the session. When the Scout meets with the counselor, he should bring any required projects. If these cannot be transported, he should present evidence, such as photographs or adult certification. His unit leader, for example, might state that a satisfactory bridge or tower has been built for the Pioneering merit badge, or that meals were prepared for Cooking. If there are questions that requirements were met, a counselor may confirm with adults involved. Once satisfied, the counselor signs the blue card using the date upon which the Scout completed the requirements, or in the case of partials, initials the individual requirements passed.
- **[ 7.0.3.2 ] — Group Instruction**  
It is acceptable—and sometimes desirable—for merit badges to be taught in group settings. This often occurs at camp and merit badge midways or similar events. Interactive group discussions can support learning. The method can also be attractive to “guest experts” assisting registered and approved counselors. Slide shows, skits, demonstrations, panels, and various other techniques can also be employed, but as any teacher can attest, not everyone will learn all the material.  
  
There must be attention to each individual’s projects and his fulfillment of *all* requirements. We must know that every Scout — actually and *personally*— completed them. If, for example, a requirement uses words like “show,” “demonstrate,” or “discuss,” then every Scout must do that. It is unacceptable to award badges on the basis of sitting in classrooms *watching* demonstrations, or remaining silent during discussions. Because of the importance of individual attention in the merit badge plan, group instruction should be limited to those scenarios where the benefits are compelling.
- **[ 7.0.3.3 ] — Partial Completions**  
Scouts need not pass all requirements with one counselor. The Application for Merit Badge has a place to record what has been finished — a “partial.” In the center section on the reverse of the blue card, the counselor initials for each requirement passed. In the case of a partial completion, he or she does not retain the counselor’s portion of the card. A subsequent counselor may choose not to accept partial work, but this should be rare. A Scout, if he believes he is being treated unfairly, may work with his Scoutmaster to find another counselor. An example for the use of a signed partial would be to take it to camp as proof of prerequisites. Partials have no expiration except the 18th birthday.