

ATHLETICS MERIT BADGE WORKBOOK

This Scoutmaster Bucky Merit Badge Workbook is based off the current *Scouts BSA Requirements*.

Consider also using the Athletics merit badge class preparation page for clarification and expectations when participating in a Scoutmaster Bucky merit badge opportunity ([online](#) or [in-person](#)).

<https://scoutmasterbucky.com/merit-badges/athletics/>

Scout's
Name:

REQUIREMENT 1: Do the following:

REQUIREMENT 1 A: Explain to your counselor the most likely hazards you may encounter during athletic activities, and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.

Anticipate hazards

Prevent hazards

Mitigate hazards

Respond to hazards

REQUIREMENT 1 B: Show that you know first aid for injuries or illnesses that could occur while participating in athletics events, including sprains, strains, contusions, abrasions, blisters, dehydration, heat reactions, and concussions.

Sprains and strains
Contusions and abrasions
Blisters
Dehydration
Heat reactions
Concussions

REQUIREMENT 2: Do the following:

REQUIREMENT 2 A: Before completing requirements 3 and 5, have your health-care practitioner give you a physical examination, using the Scout medical examination form.

_____	_____
Parent Name	Phone
_____	_____
Parent Signature	Date
	<input type="checkbox"/> Completed

REQUIREMENT 2 B: Explain the importance of a physical exam.

REQUIREMENT 2 C: Explain the importance of maintaining good health habits, especially during training--and how the use of tobacco products, alcohol, and other harmful substances can negatively affect your health and your performance in athletic activities.

REQUIREMENT 2 D: Explain the importance of maintaining a healthy diet.

REQUIREMENT 3: Select an athletic activity that interests you, then do the following:

Athletic activity

REQUIREMENT 3 A: With guidance from your counselor, establish a personal training program suited to the activity you have chosen. Follow this training program for three months.

REQUIREMENT 3 B: Create a chart to monitor your progress during this time.

REQUIREMENT 3 C: Explain to your counselor the equipment necessary to participate in this activity and the appropriate clothing for the time of year.

REQUIREMENT 3 D: At the end of three months, review the chart you created for requirement 3b, and discuss with your counselor what progress you have made during training. Tell how your development has affected you mentally and physically.

REQUIREMENT 4: Do the following:

REQUIREMENT 4 A: Give the rules for two athletic activities, one of which is the activity you chose for requirement 3.

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REQUIREMENT 4 B: Discuss the importance of warming up and cooling down.

Blank area for discussing the importance of warming up and cooling down.

REQUIREMENT 4 C: Explain to your counselor what an amateur athlete is and the differences between an amateur and a professional athlete.

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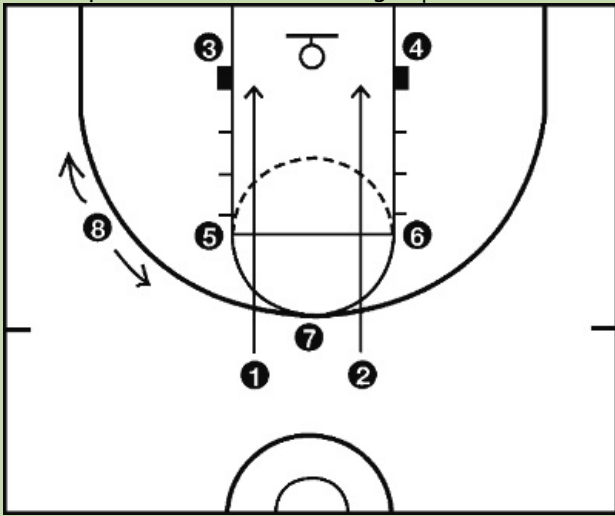
REQUIREMENT 4 D: Discuss the traits and importance of good sportsmanship. Tell what role sportsmanship plays in both individual and group athletic activities.

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REQUIREMENT 5: Complete the activities in FOUR of the following groups and show improvement over a three-month period:

Group 1: Sprinting -	
100-meter dash	200-meter dash
Group 2: Long-Distance Running -	
3k run	5k run
**Group 3: Long Jump OR High Jump ** -	
Running long jump OR running high jump (best of three tries)	Standing long jump OR standing high jump (best of three tries)
Group 4: Swimming -	
100-meter swim	200-meter swim
Group 5: Pull-Ups AND Push-Ups -	
Pull-ups in two minutes	Push-ups in two minutes
Group 6: Baseball Throw -	
Throw for accuracy	Throw for distance

****Group 7: Basketball Shooting ****-



Left-side layup

Right-side layup

Left side of hoop, along the key line

Right side of hoop, along the key line

Where key line and free-throw line meet, left side

Where key line and free-throw line meet, right side

Top of the key

Three-point line

****Group 8: Football Kick OR Soccer Kick****-

Goals from the 10-yard line, eight kicks

Five kicks for distance (total distance)

****Group 9: Weight Training****-

Chest/bench press, two sets of 15 repetitions each

Leg curls, two sets of 15 repetitions each

REQUIREMENT 6: Do the following:

REQUIREMENT 6 A: Prepare plans for conducting a sports meet or field day that includes 10 activities, at least five of which must come from the groups mentioned in requirement 5. Outline the duties of each official needed and list the equipment the meet will require.

REQUIREMENT 6 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.

_____	_____
Sport Activity Organizer Name	Phone
_____	_____
Sport Activity Organizer Signature	Date
	<input type="checkbox"/> Approved

Responsibilities and what was learned