

SPORTS MERIT BADGE WORKBOOK

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

Consider also using the Sports 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/sports/>

Scout's
Name:

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.

REQUIREMENT 1: Do the following:

REQUIREMENT 1 A: Explain to your counselor the most likely hazards you may encounter while playing sports, 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 sports, including sprains, strains, contusions, abrasions, fractures, blisters, muscle cramps, injured teeth, dehydration, heat and cold reactions, and concussions or other suspected injuries to the head, neck, and back.

Sprains, strains

Contusions, abrasions

Fractures

Blisters

Muscle cramps

Injured teeth

Dehydration

Heat and cold reactions

Concussions or other suspected injuries to the head, neck, and back

REQUIREMENT 2: Explain the importance of the following:

REQUIREMENT 2 A: The importance of the physical exam.

REQUIREMENT 2 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.

REQUIREMENT 2 C: The importance of maintaining a healthy diet.

REQUIREMENT 3: Discuss the following:

REQUIREMENT 3 A: The importance of warming up and cooling down.

REQUIREMENT 3 B: The importance of weight training.

REQUIREMENT 3 C: What an amateur athlete is and the differences between an amateur and a professional athlete.

REQUIREMENT 3 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.

REQUIREMENT 4: With guidance from your counselor, establish a personal training program suited to the activities you choose for requirement 5. Then do the following:

REQUIREMENT 4 A: Create a chart and track your training, practice, and development in the sports for one season (or four months).

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REQUIREMENT 4 B: Demonstrate proper technique for your two chosen sports.

First sport demonstrated

Second sport demonstrated

REQUIREMENT 4 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 5: 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, diving, field hockey, flag football, flag team, golf, gymnastics, ice hockey, lacrosse, soccer, softball, spirit/cheerleading, swimming, tackle football, table tennis, tennis, track & field, volleyball, water polo and wrestling, and/or badminton. Your counselor may approve in advance other recognized sports.* Then with your chosen sports do the following:

** The BSA has prohibited as official Scouting activities intramural, interscholastic, or club-sport competitions or activities. However, they can be acceptable for your organized school, league, or club activity if approved by your counselor.*

First sport

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Second sport

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REQUIREMENT 5 A: Give the rules and etiquette for the two sports you picked.

First sport

Second sport

REQUIREMENT 5 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.

First sport

Second sport

REQUIREMENT 5 C: Draw diagrams of the playing areas for your two sports.

First sport

Second sport