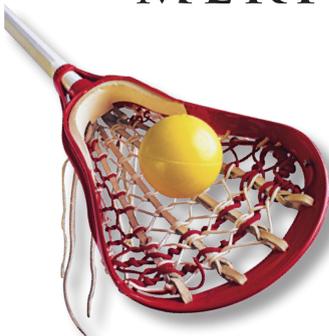


MERIT BADGE SERIES



SPORTS



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SPORTS



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Requirements

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. Do the following:
 - a. Explain to your counselor the most likely risks you may encounter during athletics activities and what you should do to anticipate, help prevent, mitigate, and respond to these risks.
 - b. Show that you know first aid or understand the treatment for injuries that could occur while participating in athletics, including sprains, strains, muscle cramps, contusions, abrasions, blisters, dehydration, heat reactions, and concussions.
2. Explain the following:
 - a. Before completing requirements 4 and 5, show that you have received a physical examination from your health care practitioner within the last 12 months.
 - b. Explain the importance of the physical exam.
 - c. Explain 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.
 - d. Explain 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, and the traits of a good team leader and player who exhibits Scout spirit on and off the playing field.
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, golf gymnastics, ice hockey, lacrosse, soccer, softball, swimming, table tennis, tennis, track and field, volleyball, water polo, wrestling, cheerleading, and/or badminton. Your counselor may approve in advance other recognized sports, but not any sport that is restricted and not authorized by the BSA:

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.
 - c. Draw diagrams of the playing area for your two sports.
5. With guidance from your counselor and before beginning requirement 4, establish a personal training program suited to the activities you chose for requirement 4. Do the following:
- a. Organize a chart and track your training, practice, and development in the sports for one season or four months
 - b. Demonstrate proper technique for your two chosen sports.
 - 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.



Sports Resources

Scouting Literature

Scouts BSA Handbook; *Emergency First Aid* pocket guide; *Be Prepared First Aid Book*; *Archery, Athletics, Canoeing, Climbing, Cycling, First Aid, Golf, Horsemanship, Kayaking, Personal Fitness, Rowing, Safety, Scuba Diving, Skating, Small-Boat Sailing, Snow Sports, Swimming*, and *Water Sports* merit badge pamphlets

For more information about Scouting-related resources, visit the BSA's online retail catalog (with your parent's permission) at <http://www.scoutstuff.org>.

Books

- Bauer, Gerhard. *New Soccer Techniques, Tactics & Teamwork*. Sterling Publishing, 2002.
- Dearing, Joel. *Volleyball Fundamentals*. Human Kinetics, 2003.
- Dintiman, George Blough. *Speed Improvement for Young Athletes: How to Sprint Faster in Your Sport in 30 Workouts*. National Association of Speed and Explosion, 2006.
- Driver, Bruce. *The Baffled Parent's Guide to Coaching Youth Hockey*. International Marine/Ragged Mountain Press, 2004.
- Faigenbaum, Avery D., and Wayne L. Westcott. *Youth Strength Training: Programs for Health, Fitness and Sport*. Human Kinetics, 2009.
- Fortin, Francois. *Sports: The Complete Visual Reference*. Firefly Books, 2003.
- Greene, Larry. *Training for Young Distance Runners*. Human Kinetics, 2004.
- Hammond, Tim. *Sports*. Dorling Kindersley Eyewitness Books, 2005.
- Heitzmann, Ray. *Careers for Sports Nuts & Other Athletic Types*. McGraw-Hill, 2004.
- Lancaster, Scott. *Athletic Fitness for Kids*. Human Kinetics, 2007.
- McIntosh, Ned. *Managing Little League*. McGraw-Hill, 2008.
- Micheli, Lyle, and Mark Jenkins. *The Sports Medicine Bible for Young Athletes*. Source Books Inc., 2001.
- Paye, Burrall, and Patrick Paye. *Youth Basketball Drills*. Human Kinetics, 2000.

Plays, F.B. *Unbeatable Flag Football Plays*. Kindle Edition, 2011.

Werner, Doug. *Bowler's Start-up: A Beginner's Guide to Bowling*. Tracks Publishing, 1995.

Organizations and Websites

American College of Sports Medicine

401 West Michigan St.
Indianapolis, IN 46202-3233
Telephone: 317-637-9200
Website: <http://www.acsm.org>

American Council on Exercise

Toll-free telephone: 888-825-3636
Website: <http://www.acefitness.org>

Centers for Disease Control and Prevention

Brain Injury Website:
<http://www.cdc.gov/HeadsUp/>

Human Kinetics Coach Education

Telephone: 217-351-5076
Website: <http://www.asep.com>

Institute for International Sport— National Sportsmanship Day

Website: <https://internationalsport.org/national-sportsmanship-day>

National Federation of State High School Associations

P.O. Box 690
Indianapolis, IN 46206
Telephone: 317-972-6900
Website: <http://www.nfhs.org>

National Youth Sports Health & Safety Institute

Website: <http://www.nyshsi.org>

United States Olympic Committee

One Olympic Plaza
Colorado Springs, CO 80909
Website: <http://www.teamusa.org>

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