

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 #33216. Each Scout must do each requirement. Merit Badge Workbooks and more: Online Resources. Send comments to the workbook developer: craig@craiglincoln.com. Requirements revised: 01/1/10, Workbook updated: 02/10.

Scou	ut's Name:	Unit:				
		Counselor's Ph #:				
		now that you know first aid for injuries or illnesses that could occur while participating in athletic events, including rains,				
st	etrains,					
CC	contusions,					
al	brasions,					
bl						
de						
ar	and heat reactions.					
- 2. E	Explain the following:					
a.	The importance of the physical exam					
b.	The importance of maintaining good health ha	abits, especially during training				
	- and how the use of tobacco products,					
	alcohol,					
	and other harmful autotaness can possible	affect your health and performance in athletic activities				
	and other narmidi substances can negatively	affect your health and performance in athletic activities	•			

letics p. 2	Merit Badge Workbook	Scout's Name:
c. The impor	rtance of maintaining a healthy diet.	
Select an ath Then do the	nletic activity to participate in for one season (or four mo following:	nths)
a. With guida	ance from your counselor, establish a personal training progr	ram suited to the activity you have chosen.
o. Organize	a chart for this activity and monitor your progress during this	time. (Sample chart to monitor weekly progress.,
Date	Progress	
	1	

etics p. 3	Merit Badge Workbook	Scout's Name:				
and the appropriate cloth	ning for the season and the locale.					
	t the end of the season, discuss with your counselor the progress you have made during training and competition					
and how your developme	ent has affected you mentally and physically					
Oo the following:						
Activity:	nletic activities, one of which is the activity you c	· 				
Rules:						
Activity:Rules:						

letic	es p. 4	Merit Badge Workbook	Scout's Name:		
D . 1	Discuss the importance of warming up				
;	and cooling down.				
•					
c. I	Explain to your counselor what an ama	teur athlete is			
i	and the differences between an amate	ur and a professional athlete			
d. I	Discuss the traits and importance of go	ood sportsmanship.			
	Tell what role sportsmanship plays in both individual and group athletic activities.				

b. Leg curls, two sets of 15 repetitions each

5. Complete the activities in FOUR of the following groups and show improvement over a three-month period. Activities Beginning **Three Months Later** Group 1: Sprinting a. 100-meter dash b. 200-meter dash Group 2: Long-Distance Running a. 3k run b. 5k run Group 3: Long Jump OR High Jump a. Running long jump OR running high jump (best of three tries) b. Standing long jump OR standing high jump (best of three tries) Group 4: Swimming a. 100-meter swim b. 200-meter swim Group 5: Pull-Ups AND Push-Ups a. Pull-ups in two minutes b. Push-ups in two minutes Group 6: Baseball Throw a. Baseball throw for accuracy, 10 throws b. Baseball throw for distance, five throws (total distance) Group 7: Basketball Shooting 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. Group 8: Football Kick OR Soccer Kick a. Goals from the 10-yard line, eight kicks b. Football kick or soccer kick for distance, five kicks (total distance) Group 9: Weight Training a. Chest/bench press, two sets of 15 repetitions each

6. Do the following

he groups mentioned equire.	ducting a sports meet or field day that includes 10 activities, at least five of which must come fr I in requirement 5. Outline the duties of each official needed and list the equipment the meet wi

Boy Scouts of America: ► scouting.org	Athletics p. 7	Merit Ba	adge Workbook	Scout's Na	ame:	
Boy Scouts of America: ► scouting.org ► Guide to Safe Scouting ► Age-Appropriate Guidelines ► Safe S ► Scout ► Tenderfoot ► Second Class ► First Class ► Rank Videos ► Safety Boy Scout Merit Badge Workbooks: usscouts.org -or-meritbadge.org						ls in action
Boy Scouts of America: ► scouting.org ► Guide to Safe Scouting ► Age-Appropriate Guidelines ► Safe S ► Scout ► Tenderfoot ► Second Class ► First Class ► Rank Videos ► Safety Boy Scout Merit Badge Workbooks: usscouts.org -or- meritbadge.org Requirement Resources These resources and much more are at: http://meritbadge.org/wiki/index.php/Athletics 1: First Aid: Sprains - Strains - Bruises (contusions) - Abrasions - Blisters - Dehydration - Heat Reactions Your handbook is your primary reference. See First Aid Skills for step-by-step instructions and lesson video link 3: Take part in one season ExpertVillage.com Lesson Videos: ► Warm Up ► Stretching ► Running ► Pull-Ups Push-Ups ► Basketball ► Baseball ► Football ► Bench Press ► Leg Curls 4: Rules, etiquette, equipment, diagram of playing area: • Baseball: http://en.wikipedia.org/wiki/Baseball rules • Field Hockey: http://www.usfieldhockey.com/hockey/rules.htm • Ice Hockey: http://www.usfieldhockey.com/hockey/rules.htm • Football: http://en.wikipedia.org/wiki/American for Lacrosse: http://en.wikipedia.org/wiki/American for Lacrosse: http://en.wikipedia.org/wiki/Lacrosse • Soccer: http://soccer.org/Resources/RulesRegulations/ • Tennis: http://en.wikipedia.org/wiki/Tennis • Volleyball: http://www.asasoftball.com/rules.aspx General Resources Amateur Athletic Union: http://www.aausports.org American Council on Exercise: http://www.acefitne Inst. Intl Sports: http://www.useff.org American Council on Exercise: http://www.acefitne Inst. Intl Sports: http://www.useff.org American Council on Exercise: http://www.acefitne Inst. Intl Sports: http://www.useff.org Pull-Ups Baseball: http://www.useff.org American Council on Exercise: http://www.acefitne Inst. Intl Sports: http://www.useff.org Baseball: http://www.useff.org						
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## Push-Ups	3: Take part in one season			•		
4: Rules, etiquette, equipment, diagram of playing area: Baseball: http://en.wikipedia.org/wiki/Baseball rules Field Hockey: http://www.usfieldhockey.com/hockey/rules.htm Ice Hockey: http://en.wikipedia.org/wiki/Ice hockey rules Soccer: http://soccer.org/Resources/RulesRegulations/ Tennis: http://en.wikipedia.org/wiki/Tennis Softball: http://en.wikipedia.org/wiki/Lacrosse Softball: http://www.asasoftball.com/about/asa of the Volleyball: http://www.volleyball.com/rules.aspx General Resources Amateur Athletic Union: http://www.aausports.org American Sport Education Program: http://www.asep.com Mayo Clinic: http://www.mayoclinic.com The President's Council on Fitness: http://fitness.gov Basketball: http://en.wikipedia.org/wiki/Basketball Football: http://en.wikipedia.org/wiki/Lacrosse Softball: http://en.wikipedia.org/wiki/Lacrosse Softball: http://www.asasoftball.com/about/asa of the Volleyball: http://www.volleyball.com/rules.aspx American Council on Exercise: http://www.acefitnetherationalsport.com/ Nat. Youth Sports Safety Found.: http://www.nyssf	ExpertVillage.com Lesson \	<u>/ideos:</u> ≝ Warm Up	Stretching	E Running	Pull-Ups	
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