



# Athletics

## Merit Badge Worksheet

2007 Rev. Created  
by Craig Long 2010

Scouts Name \_\_\_\_\_

Date \_\_\_\_\_

Counselor's Name \_\_\_\_\_

Counselor's Phone # \_\_\_\_\_

Complete

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

Complete

2. Explain the following:

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

b. The importance of maintaining good health habits, especially during training \_\_\_\_\_

c. The importance of maintaining a healthy diet \_\_\_\_\_

Complete

3. Select an athletic activity to participate in for one season (or four months). Then do the following:

a. With guidance from your counselor, establish a personal training program suited to the activity you have chosen. \_\_\_\_\_

b. Organize a chart for this activity and monitor your progress during this time

Fitness	Initial	Goals	Week 2	Week 4	Week 6	Week 8	Week 10	Week 12	Week 14	END

c. Explain to your counselor the equipment necessary to participate in this activity, and the appropriate clothing for the season and the locale. \_\_\_\_\_

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d. At the end of the season, discuss with your counselor the progress you have made during training and competition and how your development has affected you mentally and physically. \_\_\_\_\_

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Complete

4 Do the following:

a. Give the rules for two athletic activities, one of which is the activity you chose for requirement 3. \_\_\_\_\_

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b. Discuss the importance of warming up and cooling down. \_\_\_\_\_

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c. Explain to your counselor what an amateur athlete is and the differences between an amateur and a professional athlete. \_\_\_\_\_

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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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Complete

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

Group 1: Sprinting

	Initial	Month 1	Month 2	Month 3	Final	Improve ?
1. 100-meter dash						
2. 200-meter dash						

Group 2: Long-Distance Running

	Initial	Month 1	Month 2	Month 3	Final	Improve ?
1. 3k run						
2. 5k run						

Group 3: Long Jump OR High Jump (Best of 3 Tries)

	Initial	Month 1	Month 2	Month 3	Final	Improve ?
Running long jump or running high jump						
Standing long jump or standing high jump						

Group 4: Swimming

	Initial	Month 1	Month 2	Month 3	Final	Improve ?
1. 100-meter swim						
2. 200-meter swim						

Group 5: Pull-Ups AND Push-Ups

	Initial	Month 1	Month 2	Month 3	Final	Improve ?
Pull-ups in 2 minutes						
Push-ups in 2 minutes						

Group 6: Baseball Throw

	Initial	Month 1	Month 2	Month 3
Baseball throw for accuracy 10 balls				
Baseball throw for distance 5 balls				

## Group 7: Basketball Shooting

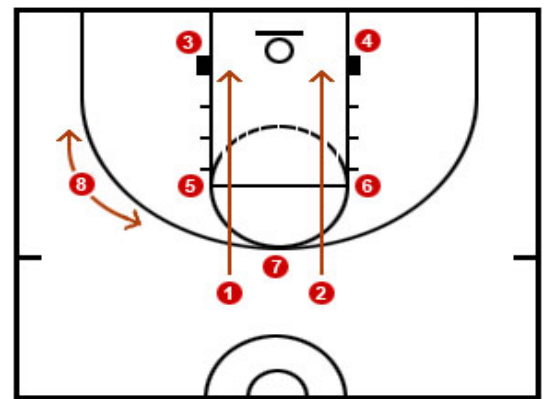
### 1. Basketball shot for accuracy, 10 free-throw shots

Free throws	Month 1	Month 2	Month 3	Improvement
Shots Made	of 10	of 10	of 10	

2. Basketball throw for skill and agility, the following shots as shown on the diagram:

1. Left-side lay up
2. Right-side lay up
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

	Month 1	Month 2	Month 3	Improve ?
1				
2				
3				
4				
5				
6				
7				
8				



## Group 8: Football Kick OR Soccer Kick

	Initial	Month 1	Month 2	Month 3
Goals from the 10-yard line, eight kicks	of 8	of 8	of 8	of 8
Football kick/soccer kick 5 kicks Distance				

## Group 9: Weight Training

	Initial	Month 1	Month 2	Month 3
Chest/bench press, two sets of 15 repetitions each				
Leg curls, two sets of 15 repetitions each				

6. Do the following:

1. 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. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. 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. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Resources

Scouting Literature

Backpacking, Canoeing, Climbing, Cooking, Cycling, Fishing, Fly-Fishing, Golf, Hiking, Horsemanship, First Aid, Personal Fitness, Rowing, Skating, Small-Boat Sailing, Snow Sports, Sports, Swimming, Waterskiing, and Whitewater merit badge pamphlets.

Organizations and Web Sites

Amateur Athletic Union

Web site: <http://www.aausports.org>

National Youth Sports Safety Foundation Inc.

Web site: <http://www.nyssf.org>

The President's Council on Physical Fitness and Sports

Web site: <http://fitness.gov>

USA Track and Field

Web site: <http://www.usatf.org>