



# Athletics

## Merit Badge Workbook

This workbook is not required but is designed to help you with this merit badge. No one can add or subtract from the Boy Scout Requirements #33215. Use page backs & add pages as needed. Please send comments to: [craig@craiglincoln.com](mailto:craig@craiglincoln.com). Requirements effective: January 1, 2007, Workbook updated: March 2007.

Scout's Name: \_\_\_\_\_ Unit: \_\_\_\_\_

Counselor's Name: \_\_\_\_\_ Counselor's Ph #: \_\_\_\_\_

1. **Show that you know first aid for injuries or illnesses that could occur while participating in athletic events, including sprains,** \_\_\_\_\_

\_\_\_\_\_

**sprains,** \_\_\_\_\_

\_\_\_\_\_

**contusions,** \_\_\_\_\_

\_\_\_\_\_

**abrasions,** \_\_\_\_\_

\_\_\_\_\_

**blisters,** \_\_\_\_\_

\_\_\_\_\_

**dehydration,** \_\_\_\_\_

\_\_\_\_\_

**and heat reactions.** \_\_\_\_\_

2. **Explain the following:**

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

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

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b. Discuss the importance of warming up \_\_\_\_\_

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and cooling down. \_\_\_\_\_

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c. Explain to your counselor what an amateur athlete is \_\_\_\_\_

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and the differences between an amateur and a professional athlete. \_\_\_\_\_

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d. Discuss the traits and importance of good sportsmanship. \_\_\_\_\_

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Tell what role sportsmanship plays in both individual and group athletic activities. \_\_\_\_\_

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

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



