Athletics Merit Badge Worksheet	
Requirement 1	19183 I
Write a 300-word article on how to train for an athletic event.	

\_\_\_\_\_ Unit # \_\_\_\_\_ Date \_\_\_\_\_

Scout Name \_

Requirement 2	
Give the rules for two track and two field events.	
TRACK EVENT NAME:	TRACK EVENT NAME:
RULES:	RULES:
FIELD EVENT NAME:	FIELD EVENT NAME:
RULES:	RULES:

\_\_\_\_\_ Unit # \_\_\_\_\_ Date \_\_\_\_\_

Scout Name \_

Scout Name		Unit #	Date
Tell what an amateur athlete is:			
Ten what an amateur atmete is.			
	J 25		
	7		
Requirement 3			
Dropara plans for the holding	of an athletic meet, specify duties of each	official	
in Frepare plans for the holding	of an admene meet, specify duties of each	official.	
Official	Specify Duties		

Scout N	ame		Unit #	Date
Requi	rement 4			
Demons	strate the pro	oper form in:		
□ Runn	ing			
□ High	Jump			
□ Over	hand Throw			
☐ Shotp	out			
Requi	rement 5	5		
Do the f	following:			
	Requirem	ent 5A		
	Prepare a d	laily drill of ten (10) exercises for Scouts – giving p	proper exercise for the whole body.	
	#	Name of Exercise	Part of the Body Targeted	
	1			
_	2			

#	Name of Exercise	Part of the Body Targeted
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Presenting evidence of having taught the same for two or more boys for a period of three months.

Month 1	Month 2	Month 3
List of Boys	List of Boys	List of Boys

lame	Unit #	Date
Requirement 5B		
☐ Demonstrate reasonable skill in at least two outdoor games requ	iring physical development.	
Name of Outdoor Game # 1		
Name of Outdoor Game # 2		
Requirement 5C		
☐ Walk ten (10) kilometers in two hours without appreciable exha	ustion.	
Time to Walk Ten (10) Kilometers		

Qualify (according to your weight) in each of the groups on the next page.

Cook Hailo Date	Scout Name _		<u> </u>	Unit # _	Date	
-----------------	--------------	--	----------	----------	------	--

Indicate your weight (in pounds) \_\_\_\_\_\_lbs

GROUP 1	Qualifying Record	Date Qualified	Under 75lbs	Under 95lbs	Under 100lbs	Under 125lbs	Under 140lbs	Under 160lbs	Under 175lbs
Running Board Jump			10'2"	11'6"	12'	13'	14'	15'	16'
Running High Jump	1		3'2"	3'6"	3'9"	4'	4'3"	4'2"	4'
Standing Board Jump			5'10"	6'3"	6'9"	7'2"	7'4"	7'6"	7'4"

GROUP 2	Qualifying Record	Date Qualified	Under 75lbs	Under 95lbs	Under 100lbs	Under 125lbs	Under 140lbs	Under 160lbs	Under 175lbs
50-Yard			8 sec	7.8 sec	7.6 sec	7.2 sec	7 sec	6.6 sec	6 sec
Dash			o see	7.0 sec	7.0 sec	7.2 sec	7 300	0.0 sec	0 sec
100-Yard						13 sec	12.6 sec	12.4 sec	12.67 sec
Dash			-	-	-	13 sec	12.6 sec	12.4 sec	12.07 sec

GROUP 3	Qualifying Record	Date Qualified	Under 75lbs	Under 95lbs	Under 100lbs	Under 125lbs	Under 140lbs	Under 160lbs	Under 175lbs
20-Yard Swim			19.5 sec	18.4 sec	17.8 sec	17.2 sec	16.6 sec	16 sec	15 sec
40-Yard Swim			47 sec	40 sec	39 sec	38 sec	37 sec	36 sec	35 sec

GROUP 4	Qualifying Record	Date Qualified	Under 75lbs	Under 95lbs	Under 100lbs	Under 125lbs	Under 140lbs	Under 160lbs	Under 175lbs
Pull-Ups			3x	5x	6x	8x	10x	12x	10x
Shot-Put			15'	20'	24'	28'	32'	34'	36'
Push-Up from Floor			7x	9x	10x	12x	14x	16x	17x
Rope Climb 18'			29 sec	17 sec	15 sec	13 sec	11 sec	14 sec	17 sec

GROUP 5	Qualifying Record	Date Qualified	Under 75lbs	Under 95lbs	Under 100lbs	Under 125lbs	Under 140lbs	Under 160lbs	Under 175lbs
Baseball									
Throw for			42'	48'	51'	54'	57'	67'	70'
Accuracy (3			42	40	31	34	37	07	70
of 6)									
Baseball									
Throw			120'	150'	175'	195'	210'	220'	230'
(Distance)									
Basketball									
Shooting			5 in 8	5 in 8	6 in 9	7 in 10	8 in 11	9 in 12	10 in 13
(30 sec)									