Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet.

This Workbook can help you organize your thoughts as you prepare to meet with your merit badge counselor

Merit Badge Counselors may not require the use of this or any similar workbooks.

You still must satisfy your counselor that you can demonstrate each skill and have learned the information. You should use the work space provided for each requirement to keep track of which requirements have been completed, and to make notes for discussing the item with your counselor, not for providing full and complete answers.

If a requirement says that you must take an action using words such as "discuss", "show",

"tell", "explain", "demonstrate", "identify", etc, that is what you must do.

No one may add or subtract from the official requirements found on Scouting.org.

autrements were lest insued or revised in 2022.

	i ne requirements we	re last issued or revised in 2023 • Tr	is workbook was updated in <u>December 2022</u> .
Scout's Nar	ne:	U	nit:
Counselor's	Name:	Phone No.:	Email:
	s or suggestions for cha	nges to the <u>requirements</u> for the <u>me</u>	ut this <u>workbook</u> to: <u>Workbooks@USScouts.Org</u> rit badge should be sent to: <u>Merit.Badge@Scouting.Org</u>
Note: T	he activities use		s for the Sports merit badge may not be
1. Do	the following:		
a.		elor the most likely risks you may end vent, mitigate, and respond to these r	ounter during athletics activities, and what you should do isks.
b.			r injuries that could occur while participating in athletics, sions, blisters, dehydration, heat reactions, and
	Sprains:		

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	Scout's Name:
Strains:	
Muscle Cramps	
Contusions:	
Contaciono.	
Abrasions:	
Blisters:	
Dehydration:	
Denyaration.	
Heat reactions:	
Concussions	
The importance of me	pintoining a healthy diet
c. The importance of ma	aintaining a healthy diet.

Sports		Scout's Name:
	Exp	plain 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
	b.	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.
		Maintaining good health habits:
		Use of tobacco products:

Sports Scout's Name: _____

Use of alcohol:	
	_
Use of other harmful substances:	
Ose of other narmini substances.	
Explain the importance of maintaining a healthy diet	

C.

- 3. Discuss the following:
 - a. The importance of warming up and cooling down

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b. The importance of weight training

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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.

Attributes (qualities) of a good sport:

Sports			Scout	's Name:	
	The importance of sportsman	ship:			
	The traits of a good team lead	der and player:			
4. Tal	ke part for one season (or four	months) as a compe	etitive individual or as ameml	ber of an organized	team in TWO of the
	owing sports: baseball, basketb				
	ckey, lacrosse, soccer, softball, ter polo and wrestling, and/or b				
	sen sports do the following:	aummon. Tour cou	niseioi mayappiove in advan	ice other recognized	sports. Then with your
	as prohibited as official Scoutir	ng activities intramu	ral. interscholastic. or club-si	port competitions or	activities. However, thev
car	be acceptable for your individ				
COL	ınselor.				
	Baseball		Gymnastics		Tennis
	Basketball		Ice Hockey		Track & Field
	Bowling		Lacrosse		Volleyball
	Cross-Country		Soccer		Water Polo
Ц	Diving		Softball		Wrestling
	Field Hockey		Spirit.Cheerleading		Badminton
	Flag Football		Swimming		
	Flagteam		Table Tennis		
	Golf		Tackle Football	_ _	

Scout's Name:

Then with your chosen sports do the following:

- Give the rules and etiquette for the two sports you picked.
- 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.

				Scou	t's Name:	
t 1:			Season Began		Season Ended	
Give	the rules and e	etiquette			_	
List t	he equipment r	needed.				
		tive equipment	and appropriate clothir	ng (if any) and expla	ain why it is needed.	
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c. Diagram	 	's Name:	

			Scout's Name:	
ist the equipment needed.	2:	Season Began	Season Ended	
	Give the rules and etiquette			
List the equipment needed. Describe the protective equipment and appropriate clothing (if any) and explain why it is needed.				
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	Describe the protective equipment of the equipment of the protective equipment of the eq	nent and appropriate clothing (if	any) and explain why it is needed.	

Sports		Scout's Name:
	c. D	iagram

Sports		Scout's Name:
5.	acti	n guidance from your counselor and before beginning requirement 4, establish a personal training program suited to the vities you chose for requirement 4. 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.
		□ Sport 1 □ Sport 2
	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.

When working on merit badges, Scouts and Scouters should be aware of some vital information in the current edition of the *Guide to Advancement* (BSA publication 33088).Important excerpts from that publication can be downloaded from http://usscouts.org/advance/docs/GTA-Excerpts-meritbadges.pdf.

You can download a complete copy of the Guide to Advancement from http://www.scouting.org/filestore/pdf/33088.pdf.