

Athletics Merit Badge

Fillable Worksheet

<https://merit-badge.university/merit-badges/athletics/requirements/>

Scout Name

Unit

Date

1. Do the following with your counselor:

a. Explain to your counselor the most likely hazards you may encounter during athletics activities, and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.

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

Completed

2. Do the following with your counselor:

a. Discuss the importance of having a physical examination each year.

Discussed with counselor

Discuss why overall health, immunizations, medications, allergies, and medical history are covered during an examination.

Discussed with counselor

Tell your counselor when you last underwent a physical examination.

Discussed with counselor

b. Explain how you maintain good health habits, especially during training, and how the use of tobacco products, alcohol, and other harmful substances can negatively affect your health and your performance in athletic activities.

c. Describe the elements of a nutritious, balanced diet, and explain what you do to maintain a healthy diet.

3. Select an athletic activity that interests you, then do the following:

a. With guidance from your counselor, establish a personal training program suited to the activity you have chosen. Follow this training program for three months.

Completed

b. Use a chart or other tracking method to monitor your progress during this time.

Completed

c. Explain to your counselor the equipment necessary to participate in this activity and the appropriate clothing for the activity and the time of year.

d. At the end of three months, review your records from requirement 3(b), and discuss with your counselor what progress you have made during training.

Discussed with counselor

Tell how your development has affected you mentally and physically.

4. Do the following:

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

b. Discuss the importance of warming up and cooling down before and after each training session or event.

Discussed with counselor

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

d. Discuss the traits and importance of good sportsmanship.

Discussed with counselor

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

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

Complete 4 of the following:

Option A—Sprinting. Do ALL of the following:

1. 100-meter dash

Completed

2. 200-meter dash

Completed

Option B—Long-Distance Running. Do ALL of the following:

1. 3k run

Completed

2. 5k run

Completed

Option C—Long Jump OR High Jump. Do ALL of the following:

1. Running long jump OR running high jump (best of three tries)

Completed

2. Standing long jump OR standing high jump (best of three tries)

Completed

Option D—Swimming. Do ALL of the following:

1. 100-meter swim

Completed

2. 200-meter swim

Completed

Option E—Pull-Ups AND Push-Ups. Do ALL of the following:

1. Pull-ups in two minutes

Completed

2. Push-ups in two minutes

Completed

Option F—Baseball Throw. Do ALL of the following:

1. Baseball throw for accuracy, 10 throws at a target (distance to be determined by age): ages 11 to 12, 20 feet; ages 13 to 15, 30 feet; ages 16 to 17, 40 feet

Completed

2. Baseball throw for distance, five throws (total distance)

Completed

Option G—Basketball Shooting.

Do ALL the following:

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

Completed

2. Basketball throw for skill and agility, the following shots:

Completed

- a. Left-side layup

Completed

- b. Right-side layup

Completed

- c. Left side of hoop, along the key line

Completed

- d. Right side of hoop, along the key line

Completed

- e. Where key line and free-throw line meet, left side

- f. Where key line and free-throw line meet, left side

- g. Top of the key

Completed

- h. Another spot along the three-point line

Completed

Option H—Football Kick OR Soccer Kick. Do ALL of the following:

1. Goals from the 10-yard line, eight kicks

Completed

2. Football kick or soccer kick for distance, five kicks (total distance)

Completed

Option I—Weight Training. Do ALL of the following:

1. Chest/bench press, two sets of 15 repetitions each

Completed

2. Leg curls, two sets of 15 repetitions each

Completed

6. Do the following:

a. 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.

b. With your parent or guardian'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.

Discussed with counselor

7. Do ONE of the following:

Complete 1 of the following:

a. Explore three careers related to athletics.

Research one career area by interviewing an expert in the field, visiting a site, or using other resources.

Learn about training, education, expenses, job outlook, salary, and advancement.

Discuss your findings and career interest with your counselor.

Discussed with counselor

b. Explore how an area of athletics could contribute to a hobby or healthy lifestyle.

Research education, costs, and organizations related to this activity.

Discuss your findings and goals with your counselor.

Discussed with counselor