

BOY SCOUTS OF AMERICA
MERIT BADGE SERIES

ATHLETICS



"Enhancing our youths' competitive edge through merit badges"



BOY SCOUTS OF AMERICA®

Requirements

If meeting any of the requirements for this merit badge is against the Scout's religious convictions, the requirement does not have to be done if the Scout's parents and the proper religious advisors state in writing that to do so would be against religious convictions. The Scout's parents must also accept full responsibility for anything that might happen because of this exemption.

1. Do the following:
 - a. Explain to your counselor the most likely hazards you may encounter during athletic 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.
2. Do the following:
 - a. Before completing requirements 3 and 5, have your health-care practitioner give you a physical examination, using the Scout medical examination form.
 - b. Explain the importance of a physical exam.
 - c. Explain the importance of maintaining 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.
 - d. Explain the importance of maintaining 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.
 - b. Create a chart to monitor your progress during this time.
 - c. Explain to your counselor the equipment necessary to participate in this activity and the appropriate clothing for the time of year.

- d. At the end of three months, review the chart you created for requirement 3b, and discuss with your counselor what progress you have made during training. Tell how your development has affected you mentally and physically.
4. Do the following:
 - a. Give 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.
 - 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. Tell what role sportsmanship plays in both individual and group athletic activities.
 5. Complete the activities in FOUR of the following groups and show improvement over a three-month period:

Group 1: Sprinting

- a. 100-meter dash
- b. 200-meter dash

Group 2: Long-Distance Running

- a. 3k run
- b. 5k run

Group 3: Long Jump OR High Jump

- a. Running long jump OR running high jump
(best of three tries)
- b. Standing long jump OR standing high jump
(best of three tries)

Group 4: Swimming

- a. 100-meter swim
- b. 200-meter swim

Group 5: Pull-Ups AND Push-Ups

- a. Pull-ups in two minutes
- b. Push-ups in two minutes

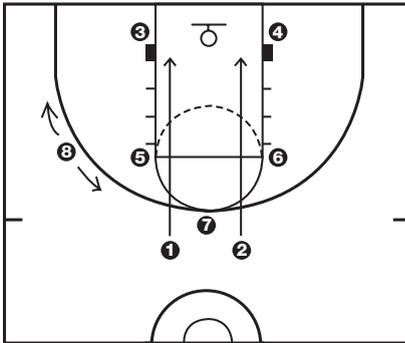
Group 6: Baseball Throw

- a. 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
- b. Baseball throw for distance, five throws (total distance)

Group 7: Basketball Shooting

- 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

Group 8: Football Kick OR Soccer Kick

- a. Goals from the 10-yard line, eight kicks
- b. Football kick or soccer kick for distance, five kicks (total distance)

Group 9: Weight Training

- a. Chest/bench press, two sets of 15 repetitions each
- b. Leg curls, two sets of 15 repetitions each
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'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.

Athletics Resources

Scouting Literature

Deck of First Aid; Emergency First Aid pocket guide; *Backpacking, Canoeing, Climbing, Cooking, Cycling, First Aid, Fishing, Fly-Fishing, Golf, Hiking, Horsemanship, Kayaking, Personal Fitness, Rowing, Skating, Small-Boat Sailing, Snow Sports, Sports, Swimming, Water Sports*, and *Whitewater* merit badge pamphlets.

With your parent's permission, visit the Boy Scouts of America's official retail website, www.scoutshop.org, for a complete listing of all merit badge pamphlets and other helpful Scouting materials and supplies.

Books

- American College of Sports Medicine. *ACSM Fitness Book*, 3rd ed. Human Kinetics Publishers, 2003.
- American Red Cross. *First Aid/CPR/AED Participant's Manual*, 2nd ed. American Red Cross, 2016.
- Bompa, Tudor, and Carrera, Michael. *Conditioning Young Athletes*. Human Kinetics Publishers, 2015.
- Carr, Gerry. *Fundamentals of Track and Field*, 2nd ed. Human Kinetics Publishers, 1999.
- Dawes, Jay. *Developing Agility and Quickness*, 2nd ed. Human Kinetics Publishers, 2019.
- Dintiman, George Blough. *Speed Improvement for Young Athletes: How to Sprint Faster in Your Sport in 30 Workouts*, 2nd ed. National Association of Speed and Explosion, 2006.
- Ellis, Joseph, D.P.M. *Running Injury-Free*, 2nd ed. Rodale Books, 2013.
- Fortin, Francois, ed. *Sports: The Complete Visual Reference*. Firefly Books Ltd., 2003.
- Greene, Larry, and Russ Pate. *Training for Young Distance Runners*, 3rd ed. Human Kinetics Publishers, 2014.
- Jackson, Colin. *Young Track and Field Athlete*. Dorling Kindersley Publishing, 1996.

Organizations and Websites

Amateur Athletic Union

National Headquarters
P.O. Box 22409
Lake Buena Vista, FL 32830
Telephone: 407-934-7200
Website: <https://aausports.org>

American Academy of Physical Medicine and Rehabilitation

9700 W. Bryn Mawr Ave., Suite 200
Rosemont, IL 60018
Telephone: 847-737-6000
Website: www.aapmr.org

American College of Sports Medicine

401 W. Michigan St.
Indianapolis, IN 46202
Telephone: 317-637-9200
www.acsm.org

Mayo Clinic

200 First St. SW
Rochester, MN 55905
Telephone: 507-284-2511
Website: www.mayoclinic.com

National Strength and Conditioning Association

1885 Bob Johnson Drive
Colorado Springs, CO 80906
Toll-free telephone: 800-815-6826
Website: www.nasca.com

President's Council on Sports, Fitness & Nutrition

1101 Wootton Parkway, Suite 560
Rockville, MD 20852
Telephone: 240-276-9567
Website: www.fitness.gov

SHAPE America (Society of Health and Physical Educators)

1900 Association Drive
Reston, VA 20191
Toll-free telephone: 800-213-7193
Website: www.shapeamerica.org

USA Track & Field

132 E. Washington St., Suite 800
Indianapolis, IN 46204
Telephone: 317-261-0500
Website: www.usatf.org

U.S. Olympic Training Center

National Headquarters
One Olympic Plaza
Colorado Springs, CO 80909
Telephone: 719-632-5551
Website: www.teamusa.org

Youth Sports Safety Alliance

Telephone: 214-637-6282
Website:
www.youthsportssafetyalliance.org