

# MERIT BADGE SERIES



# ATHLETICS



BOY SCOUTS OF AMERICA®



STEM-Based

BOY SCOUTS OF AMERICA  
MERIT BADGE SERIES

# ATHLETICS



*"Enhancing our youths' competitive edge through merit badges"*



BOY SCOUTS OF AMERICA®

# Requirements

1. Do the following:
  - 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 athletic events, including sprains, strains, 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—and how the use of tobacco products, alcohol, and other harmful substances can negatively affect your health and your performance in athletic activities.
  - c. 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 four 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 four 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

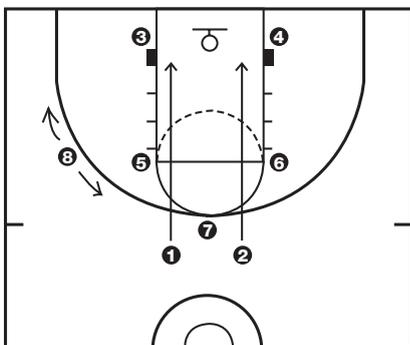
- a. Baseball throw for accuracy, 10 throws at a target (distance to be determined by age): ages 11 to 12, 20 feet; ages 13 to 15, 30 feet; ages 16 to 17, 40 feet
- b. Baseball throw for distance, five throws (total distance)

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.

Visit the Boy Scouts of America's official retail website at <http://www.scoutstuff.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, 2014.
- Burke, Edmund R., Ph.D., ed. *Precision Heart Rate Training*. Human Kinetics Publishers, 1998.
- Carr, Gerry. *Fundamentals of Track and Field*, 2nd ed. Human Kinetics Publishers, 1999.
- Dintiman, George Blough. *Speed Improvement for Young Athletes: How to Sprint Faster in Your Sport in 30 Workouts*. National Association of Speed and Explosion, 2002.
- 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: 800-228-4872  
 Website: <http://www.aausports.org>

**American Academy of Physical Medicine and Rehabilitation**

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

**Mayo Clinic**

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

**President's Council on Fitness, Sports, & Nutrition**

1101 Wootton Parkway, Suite 560  
 Rockville, MD 20852  
 Telephone: 240-276-9567  
 Website: <http://fitness.gov>

**USA Track & Field**

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

**U.S. Olympic Training Center**

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

**Youth Sports Safety Alliance**

Telephone: 214-637-6282  
 Website: <http://www.youthsports-safetyalliance.org>

**Acknowledgments**

The Boy Scouts of America is grateful to personal trainers John Charles and Jeremy Duke of Womack's Personal Training Gym, Keller, Texas, for their expertise and assistance during the production of this revised edition of the *Athletics* merit badge pamphlet. The BSA also thanks the management and staff of Womack's for the use of its facility for a photo shoot.

The BSA is grateful to Tracy Boone of Better Bodies, Denver, Colorado, and personal trainer Rose Bily of Dallas, Texas, for their assistance and for their expertise in reviewing the pamphlet.

The Boy Scouts of America is grateful to the men and women serving on the Merit Badge Maintenance Task Force for the improvements made in updating this pamphlet.