MERIT BADGE SERIES

SPORTS
SPORTS

“Enhancing our youths’ competitive edge through merit badges”
(b) Using magazine photographs, news clippings, and electronic articles (such as from the internet), make a scrapbook about a current planetary mission.

(c) Design a robotic mission to another planet or moon that will return samples of its surface to Earth. Name the planet or moon your spacecraft will visit. Show how your design will cope with the conditions of the planet’s or moon’s environment.

6. Describe the purpose, operation, and components of ONE of the following:
   (a) Space shuttle or any other crewed orbital vehicle, whether government-owned (U.S. or foreign) or commercial
   (b) International Space Station

7. Design an inhabited base located within our solar system, such as Titan, asteroids, or other locations that humans might want to explore in person. Make drawings or a model of your base. In your design, consider and plan for the following:
   (a) Source of energy
   (b) How it will be constructed
   (c) Life-support system
   (d) Purpose and function

8. Discuss with your counselor two possible careers in space exploration that interest you. Find out the qualifications, education, and preparation required and discuss the major responsibilities of those positions.

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**Sports**

**Note:** The activities used to fulfill the requirements for the Sports merit badge may not be used to help fulfill requirements for other merit badges.

1. Do the following:
   
   (a) Explain to your counselor the most likely hazards you may encounter while playing sports, 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 sports, including sprains, strains, contusions, abrasions, fractures, blisters, muscle cramps, injured teeth, dehydration, heat and cold reactions, and concussions or other suspected injuries to the head, neck, and back.
2. Explain the importance of the following:
   (a) The importance of the physical exam
   (b) 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
   (c) The importance of maintaining a healthy diet

3. Discuss the following:
   (a) The importance of warming up and cooling down
   (b) The importance of weight training
   (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

4. With guidance from your counselor, establish a personal training program suited to the activities you choose for requirement 5. Then do the following:
   (a) Create a chart and use it to track your training, practice, and development in these sports for one season (or four months).
   (b) Demonstrate proper technique for your two chosen sports.
   (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.

5. Take part for one season (or four months) as a competitive individual or as a member of an organized team in TWO of the following sports: baseball, basketball, bowling, cross-country, field hockey, football, golf, gymnastics, ice hockey, lacrosse, soccer, softball, swimming, table tennis, tennis, track and field, volleyball, water polo, wrestling. Your counselor may approve in advance other recognized sports, but not any sport that is restricted and not authorized by the Boy Scouts of America. Then with your chosen sports do the following:
   (a) Give the rules and etiquette for the two sports you picked.
   (b) 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 areas for your two sports.
Sports Resources

Scouting Literature

Boy Scout Handbook; Deck of First Aid; Emergency First Aid pocket guide; Be Prepared First Aid Book; Archery, Athletics, Canoeing, Climbing, Cycling, First Aid, Golf, Horsemanship, Kayaking, Personal Fitness, Rowing, Safety, Scuba Diving, Skating, Small-Boat Sailing, Snow Sports, Swimming, and Water Sports merit badge pamphlets.

For more information about Scouting-related resources, visit the BSA’s online retail catalog (with your parent’s permission) at http://www.scoutstuff.org.

Books


**Organizations and Websites**

**American College of Sports Medicine**
401 West Michigan St.
Indianapolis, IN 46202-3233
Telephone: 317-637-9200
Website: http://www.acsm.org

**American Council on Exercise**
Toll-free telephone: 888-825-3636
Website: http://www.acefitness.org

**American Sport Education Program**
Telephone: 217-351-5076
Website: http://www.asep.com

**Institute for International Sport—National Sportsmanship Day**
Website: http://www.internationalsport.com/nsd/nsd.cfm

**National Youth Sports Safety Foundation**
One Beacon St., Suite 3333
Boston, MA 02108
Telephone: 617-277-1171
Website: http://www.nyssf.org

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