

SPORTS

Merit Badge Requirements

- 1) Show that you know first aid for injuries or illnesses that could occur while playing sports, including hypothermia; heatstroke; heat exhaustion; frostbite; dehydration; sunburn; blisters; hyperventilation; bruises; strains; sprains; muscle cramps; broken, chipped, loosened, or knocked-out teeth; bone fracture; nausea; and suspected injuries to the back, neck, and head.
- 2) Explain sportsmanship. Tell why it is important. Give several examples of good sportsmanship in sports. Relate at least one of these to everyday citizenship off the sports field.
- 3) Take part for one full season as a member of an organized team in ONE of the following sports: baseball, basketball, bowling, cross-country, diving, fencing, field hockey, football, golf, gymnastics, ice hockey, lacrosse, rugby, skating (ice or roller), soccer, softball, swimming, team handball, tennis, track and field, volleyball, water polo, or wrestling (or any other recognized team sport approved in advance by your counselor, except boxing and karate).
- 4) Take part in ONE of the following sports on a competitive basis in two organized meets or tournaments: archery, badminton, bait or fly casting, bowling, canoeing, cycling, diving, fencing, fishing, golf, gymnastics, handball, horsemanship, horseshoes, judo, orienteering, paddleball, rifle or shotgun shooting, sailing, skating (ice or roller), skiing, swimming, table tennis, tennis, track and field, water-skiing, or wrestling (or any other recognized sport approved in advance by your counselor, except boxing and karate).
***This cannot be the same sport used to meet requirement 3.*
- 5) Make a set of training rules for the sports you picked. Tell why these rules are important. Follow these rules. Design exercises for these sports. Keep a record of how you do in these sports for one season. Show how you have improved.
- 6) Show proper techniques in your two chosen sports.
- 7) Explain the attributes (qualities) of a good team leader and of a good team player.
- 8) Draw diagrams of the playing areas for your two sports.
- 9) Explain the rules and etiquette for your two sports. List the equipment needed. Describe the protective equipment. Tell why it is needed. Tell what it does.

Describe first aid for the following:

Hypothermia: _____

Heatstroke: _____

Heat Exhaustion: _____

Frostbite: _____

Dehydration: _____

Sunburn: _____

Blisters: _____

Hyperventilation: _____

Bruises: _____

Strains: _____

Sprains: _____

Muscle Cramps: _____

Broken, Chipped, Loosened, or Knocked-Out Teeth: _____

Bone Fracture: _____

Nausea: _____

Suspected Injuries to the Back, Neck and Head: _____

Requirement 2

What is Sportsmanship: _____

Why is sportsmanship important: _____

A few examples of good sportsmanship in sports are:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Relate one of the above examples to everyday citizenship off of the sports field: _____

Requirement 3

Circle the sport of which you have been, or will be, a member of an organized team for one full season:

- Baseball Basketball Bowling Cross-Country Diving Fencing Field Hockey Football Golf Gymnastics
Ice Hockey Lacrosse Rugby Skating (Ice or Roller) Soccer Softball Swimming Team Handball Tennis
Track and Field Volleyball Water Polo Wrestling (Other recognized team sport except Boxing and Karate)

Give a brief summary of your experience: _____

Requirement 4

Design and list exercises for these sports:

Sport 1 Exercise:

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Sport 2 Exercise:

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Requirement 6

__ Show your counselor that you know and understand proper techniques in your two chosen sports. Give a brief summary of the techniques: _____

Requirement 7

Explain the attributes (qualities) of a good team leader and of a good team player.

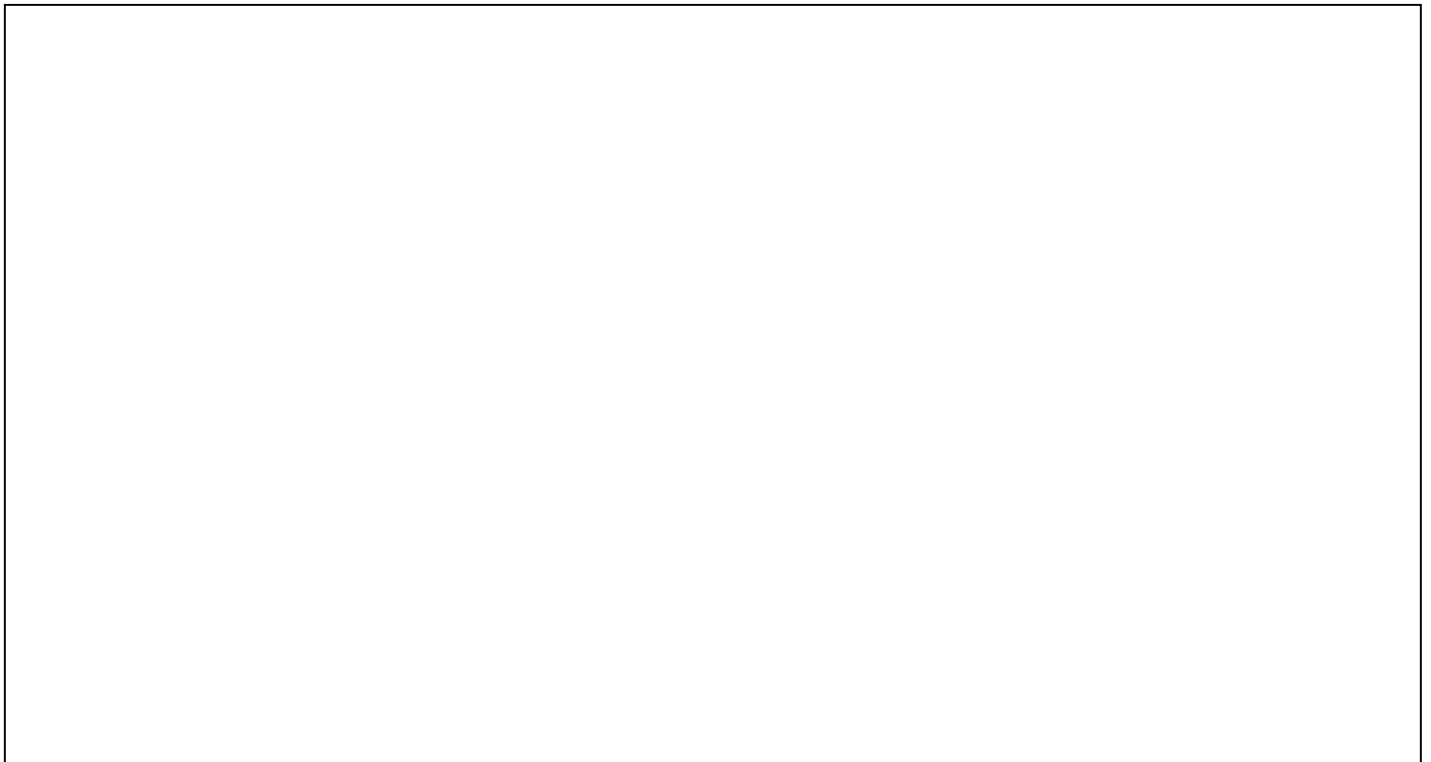
Team Leader: _____

Team Player: _____

Requirement 8

Use the following spaces to draw diagrams of the playing areas for your two sports:

SPORT 1:



SPORT 2:

Requirement 9

Explain the rules and etiquette for your two sports.

Sport 1 Rules and Etiquette: _____

Sport 2 Rules and Etiquette: _____

List the equipment needed for each sport:

Sport 1

Sport 2

Describe any of the protective equipment: _____

Tell why the protective equipment is needed: _____

Tell what the equipment does: _____
