

Athletics

Merit Badge Workbook



Merit badges are earned by doing: reading the pamphlet, practicing the skills, and showing your counselor what you have learned.
This workbook gives you a place to organize your notes and track your progress along the way.
Merit badge counselors may not require the use of this or any similar workbook.
You still must satisfy your counselor that you can demonstrate each skill and have learned the information.
Use the space under each requirement to note what you have done and what you want to talk about, not to write out full answers.
When a requirement says discuss, show, tell, explain, or demonstrate, that is what you must do.
No one may add to or subtract from the official requirements found on scouting.org (Guide to Advancement 7.0.4.8).
Scouting America last updated this badge's requirements page on December 31, 2025.
Requirements change from time to time. Double-check scouting.org before you start.

Scout's name: _____ Unit: _____ Date started: _____

Counselor's name: _____ Phone no.: _____ Email: _____

Links marked "Scouting America resources" are the ones Scouting America shares on its official badge page.
This workbook is unofficial and not endorsed by Scouting America.

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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.

Scouting America resources: Preventing Injuries in Youth Athletes (video)

Hazards in athletics activities

Hazard	How I anticipate and help prevent it	How I mitigate and respond to it

(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.

Scouting America resources: Using the RICE Method for Injuries - Rest, Ice, Compress, Elevate (video)
How To Treat Cuts & Scrapes (video) · Top 10 Most Common Sports Injuries (and How To Prevent Them!) (video)

First aid for athletics injuries and illnesses

Injury or illness	First aid I can show
sprains	
strains	
contusions	
abrasions	
blisters	

First aid for athletics injuries and illnesses (continued)

Injury or illness	First aid I can show
dehydration	
heat reactions	
concussions	

Requirement 1 completed on _____ counselor initials _____

2. Do the following with your counselor:

(a) Discuss the importance of having a physical examination each year. Discuss why overall health, immunizations, medications, allergies, and medical history are covered during an examination. Tell your counselor when you last underwent a physical examination.

Scouting America resources: Annual Physical Exam (website)

Why a physical exam each year is important

What the exam covers

Covered in the exam	Why it is covered
overall health	
immunizations	
medications	
allergies	
medical history	

My last physical exam was on _____

(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.

Scouting America resources: Nutrition Tips for High School Athletes (video) · Refusing Use of Harmful Substances (video)

How I keep good health habits, especially during training

Harmful substances

Substance	How it can affect my health	How it can affect my performance
tobacco products		
alcohol		
other harmful substances		

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

The elements of a nutritious, balanced diet

What I do to maintain a healthy diet

Requirement 2 completed on _____ counselor initials _____

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

Scouting America resources: Which Sport Are You Made for? Take Our 60-Second Test (website)

The athletic activity I selected _____

(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.

Scouting America resources: Keys to Sport-Specific Training (video)

Program start date _____ Three months later _____

My personal training program

Exercise or drill	How often	How much (sets, time, or distance)	What it builds

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

Scouting America resources: 7 Powerful Journaling Ideas for Youth Sports Athletes (website)

My progress chart

Week	Dates	What I did	My results
Week 1			
Week 2			
Week 3			
Week 4			
Week 5			
Week 6			

My progress chart (continued)

Week	Dates	What I did	My results
Week 7			
Week 8			
Week 9			
Week 10			
Week 11			
Week 12			
Week 13			

(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.

Scouting America resources: Equipment Needed to Play Various Sports (website)

Equipment I need

Equipment	What it is for

Clothing for this 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. Tell how your development has affected you mentally and physically.

Scouting America resources: How Do You Measure Progress? (video)

Progress I made, comparing my records from 3(b)

How my development affected me mentally and physically

Requirement 3 completed on _____ counselor initials _____

4. Do the following:

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

Scouting America resources: Rules of Sports (website)

Activity 1 (from requirement 3) | Activity 2

Rules for activity 1

Rules for activity 2

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

Scouting America resources: Stretching and Warming Up (video)

Why warming up and cooling down matter

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

Scouting America resources: What Is an Amateur (PDF)

What an amateur athlete is

Amateur and professional athletes

Amateur athlete	Professional athlete

(d) Discuss the traits and importance of good sportsmanship. Tell what role sportsmanship plays in both individual and group athletic activities.

Scouting America resources: What Is Good Sportsmanship? (video)

Olympians' Display of Sportsmanship Fosters Positive Attitudes (video) · What Does Sportsmanship Mean to You (video)

Traits of good sportsmanship, and why it is important

The role of sportsmanship

Type of activity	What role sportsmanship plays
Individual activities	
Group activities	

Requirement 4 completed on _____ counselor initials _____

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

☐ **Option A—Sprinting. Do ALL of the following:**

Scouting America resources: How To Sprint (video)

(1) 100-meter dash

	Start	Month 1	Month 2	Month 3
Date				
My time				

(2) 200-meter dash

	Start	Month 1	Month 2	Month 3
Date				
My time				

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

Scouting America resources: Improving Your Running Form (video)

(1) 3k run

	Start	Month 1	Month 2	Month 3
Date				
My time				

(2) 5k run

	Start	Month 1	Month 2	Month 3
Date				
My time				

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

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

Scouting America resources: Running Long Jump (video) · Running High Jump (video)

The jump I chose (long or high) _____

	Start	Month 1	Month 2	Month 3
Date				
Best of three tries				

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

Scouting America resources: Standing Long Jump (video) · Standing High Jump (video)

The jump I chose (long or high) _____

	Start	Month 1	Month 2	Month 3
Date				
Best of three tries				

☐ **Option D—Swimming. Do ALL of the following:**

(1) 100-meter swim

Scouting America resources: How To Swim Laps (video)

	Start	Month 1	Month 2	Month 3
Date				
My time				

(2) 200-meter swim

Scouting America resources: Best Way To Swim a 200m (video)

	Start	Month 1	Month 2	Month 3
Date				
My time				

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

(1) Pull-ups in two minutes

Scouting America resources: How To Do a Pull-Up (video)

	Start	Month 1	Month 2	Month 3
Date				
How many I did				

(2) Push-ups in two minutes

Scouting America resources: How To Do a Push-Up (video)

	Start	Month 1	Month 2	Month 3
Date				
How many I did				

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

Scouting America resources: How to Throw a Baseball (video)

(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

Target distance for my age

	Start	Month 1	Month 2	Month 3
Date				
Hits out of 10 throws				

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

	Start	Month 1	Month 2	Month 3
Date				
Total distance of five throws				

☐ **Option G—Basketball Shooting. Do ALL of the following:**

Scouting America resources: How To Shoot a Free Throw (video) · How To Shoot a Layup (video) How To Shoot a Basketball (video)

(1) Basketball shot for accuracy, 10 free-throw shots

	Start	Month 1	Month 2	Month 3
Date				
Free throws made out of 10				

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

(a) Left-side layup

Start Month 1 Month 2 Month 3

(b) Right-side layup

Start Month 1 Month 2 Month 3

(c) Left side of hoop, along the key line

Start Month 1 Month 2 Month 3

(d) Right side of hoop, along the key line

Start Month 1 Month 2 Month 3

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

Start | Month 1 | Month 2 | Month 3

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

Start | Month 1 | Month 2 | Month 3

(g) Top of the key

Start | Month 1 | Month 2 | Month 3

(h) Another spot along the three-point line

Start | Month 1 | Month 2 | Month 3

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

(1) Goals from the 10-yard line, eight kicks

Scouting America resources: Shooting a Soccer Free Kick (video)

The kick I chose (football or soccer)

	Start	Month 1	Month 2	Month 3
Date				
Goals out of eight kicks				

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

Scouting America resources: Kick a Football Field Goal (video)

The kick I chose (football or soccer)

	Start	Month 1	Month 2	Month 3
Date				
Total distance of five kicks				

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

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

Scouting America resources: How To Bench Press (video)

	Start	Month 1	Month 2	Month 3
Date				
Weight for two sets of 15				

(2) Leg curls, two sets of 15 repetitions each

Scouting America resources: How To Do Leg Curls (video)

	Start	Month 1	Month 2	Month 3
Date				
Weight for two sets of 15				

Requirement 5 completed on | counselor initials

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.

Scouting America resources: Planning a Field Day (video)

Ten activities for my sports meet or field day

Activity	From a requirement 5 group?
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Officials needed

Official	Duties

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.

Scouting America resources: How To Serve as a Swim Meet Timer (video) · Rules of a Swim Meet (video)

Sports meet _____ Date _____ My role _____

☐ Parent or guardian approved

☐ Counselor approved

My responsibilities at the meet

What I learned from watching the officials

Requirement 6 completed on _____ counselor initials _____

7. Do ONE 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.

Scouting America resources: A Career as an Athletic Trainer (video)

Three careers related to athletics

Career	What it involves

Career area I researched _____ How (interview, site visit, other) _____

What I learned

Topic	My findings
Training	
Education	
Expenses	
Job outlook	
Salary	
Advancement	

My career interest

☐ **(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.

Scouting America resources: Making Athletics a Habit (video)

Area of athletics I explored

How it could contribute to a hobby or healthy lifestyle

What I researched

Topic	My findings
Education	
Costs	
Organizations	

My goals

Requirement 7 completed on counselor initials

Counselor sign-off

Your counselor signs your blue card or approves the badge in Scoutbook, and your unit records it. This line is for your own records.

Counselor's signature Date completed

Official Scouting America resources

Scouting America resources: Athletics merit badge page (requirements and resources) · Athletics merit badge pamphlet (free PDF)
All merit badges

Made by Cole at ScoutSmarts.com, an Eagle Scout who loves helping Scouts.
Spot an error or a requirement change? Tell me at scoutsmarts.com/contact.
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