

Sports

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 September 19, 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.
Links marked "ScoutSmarts" open the matching part of Cole's guide. This workbook is unofficial and not endorsed by Scouting America.

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1. Do the following:

(a) Explain to your counselor the most likely risks you may encounter while participating in sports and what you should do to anticipate, prevent, mitigate, and respond to those risks.

Scouting America resources: Sports Injuries and Prevention (video) · Preventing Sports Injuries in Children (video) Safety Tips - Popular Sports (video) · **ScoutSmarts:** Requirement 1a explained

Risks in sports

Risk	How I anticipate and prevent it	How I mitigate and respond to it

(b) Show that you know first aid or understand the treatment for injuries that could occur while participating in sports, including sprains; strains; muscle cramps; contusions; abrasions; blisters; dehydration; heat reactions; fractures; injured teeth; head, neck, and back injuries; and concussions.

Scouting America resources: Strains, Tears, and Sprains (video) · First Aid for Fractures (video) · Dehydration (video)
ScoutSmarts: Requirement 1b explained

First aid for sports injuries

Injury	Treatment I can show or explain
sprains	
strains	
muscle cramps	
contusions	
abrasions	
blisters	
dehydration	
heat reactions	
fractures	
injured teeth	
head, neck, and back injuries	
concussions	

Requirement 1 completed on _____ counselor initials _____

2. Explain the following:

(a) The importance of the physical exam

Scouting America resources: Annual Physical Exam (website) · **ScoutSmarts:** Requirement 2a explained

Why the physical exam is important

(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

Scouting America resources: Benefits of Playing Sports (video) · **ScoutSmarts:** Requirement 2b explained

Good health habits for life, and why they matter

Harmful substances

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

(c) The importance of maintaining a healthy diet

Scouting America resources: How To Manage Your Mood With Food (video) · **ScoutSmarts:** Requirement 2c explained

Why a healthy diet is important

Requirement 2 completed on _____ counselor initials _____

3. Discuss the following:

(a) The importance of warming up and cooling down

Scouting America resources: Stretching and Warming Up (video) · **ScoutSmarts:** Requirement 3a explained

Why warming up and cooling down matter

(b) The importance of weight training

Scouting America resources: Benefits of Strength Training (website) · **ScoutSmarts:** Requirement 3b explained

Why weight training is important

(c) What an amateur athlete is and the differences between an amateur and a professional athlete

Scouting America resources: What Is an Amateur (PDF) · **ScoutSmarts:** Requirement 3c explained

What an amateur athlete is

Differences between amateur and professional athletes

Amateur athlete	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

Scouting America resources: What Is Good Sportsmanship? (video) · **ScoutSmarts:** Requirement 3d explained

Being a good sport

Topic	My notes
Attributes (qualities) of a good sport	
The importance of sportsmanship	
Traits of a good team leader and player who exhibits Scout spirit on and off the playing field	

Requirement 3 completed on _____ counselor initials _____

4. Select TWO of the following sports and discuss with your counselor how you will complete the requirements in 5(a) through 5(h) for each sport: badminton, baseball, basketball, bowling, cross-country, diving, field hockey, flag football, flag team, golf, gymnastics, ice hockey, lacrosse, soccer, softball, spirit/cheerleading, swimming, table tennis, tackle football, tennis, track and field, volleyball, water polo, and/or wrestling. Your counselor may approve in advance other recognized sports, but not any sport that is prohibited by Scouting America. The sports you choose must include regular practice sessions and at least four structured, officiated, scored games, meets, or contests against other competitive individuals or organized teams during the period of participation.

The two sports I selected

Sport	Team, league, or club
Sport 1	
Sport 2	

How I will complete 5(a) through 5(h) for sport 1

How I will complete 5(a) through 5(h) for sport 2

Discussed with my counselor on _____

Requirement 4 completed on _____ counselor initials _____

5. Do the following:

(a) With guidance from your counselor, establish a suitable personal training program that you will follow throughout your competition season (or for three months).

Scouting America resources: How To PUSH UP (video) · How To PULL UP (video) · How To SQUAT (video)
ScoutSmarts: Requirement 5a explained

Program start date _____ End of season or three months later _____

My personal training program

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

(b) Create a chart or other tracking system, and document your training, practice, and development during this time.

Scouting America resources: 7 Powerful Journaling Ideas for Youth Sports Athletes (website) · **ScoutSmarts:** Requirement 5b explained

My training and practice chart

Week	Dates	Training and practice I did	My development
Week 1			
Week 2			
Week 3			
Week 4			
Week 5			
Week 6			
Week 7			
Week 8			
Week 9			
Week 10			
Week 11			
Week 12			
Week 13			

(c) Demonstrate proper technique to play each sport effectively and avoid injury.

ScoutSmarts: Requirement 5c explained

Techniques I demonstrated

Sport	Techniques I showed	Date
Sport 1		
Sport 2		

(d) List and describe the equipment needed for each sport, including protective equipment and any specialized clothing.

Scouting America resources: Equipment Needed To Play Various Sports (website) · **ScoutSmarts:** Requirement 5d explained

Equipment for sport 1

Equipment, protective gear, or clothing	What it is for

Equipment for sport 2

Equipment, protective gear, or clothing	What it is for

(e) List and explain the rules and proper etiquette of each sport.

Scouting America resources: Rules of Basketball (video) · How To Play Golf (video) · Rules of Soccer (video) How To Participate in Cheerleading Competitions (video) · Baseball Basics (video) · Rules of Fencing (video) American Football Rules (video) · How To Play Volleyball (video) · Rules of Ice Hockey (video) · **ScoutSmarts:** Requirement 5e explained

Rules and etiquette of sport 1

Rule or etiquette	What it means

Rules and etiquette of sport 2

Rule or etiquette	What it means

(f) Draw and explain a diagram of the playing area for each sport.

Scouting America resources: Fields of Play for Various Sports (website) · **ScoutSmarts:** Requirement 5f explained

Playing area for sport 1 (draw here or attach)

What my diagram shows

Playing area for sport 2 (draw here or attach)

What my diagram shows

(g) Participate in each sport as a competitive individual or as a member of an organized team for one season (or for three months).

ScoutSmarts: Requirement 5g explained

My season for each sport

Sport	From	To
Sport 1		
Sport 2		

My games, meets, or contests

Date	Sport	Opponent	Score or result

(h) 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.

ScoutSmarts: Requirement 5h explained

Shared my completed chart with my counselor on

How my sports affected me mentally

How my sports affected me physically

Requirement 5 completed on counselor initials

6. Do ONE of the following:

☐ **(a)** Identify three career opportunities that would use skills and knowledge related to a sport. Pick one and research the training, education, certification requirements, experience, and expenses associated with entering the field. Research the prospects for employment, starting salary, advancement opportunities and career goals associated with this career. Discuss what you learned with your counselor and whether you might be interested in this career.

Scouting America resources: Sports Jobs for Non-Athletes (video) · Career Advice for Pro Athletes (video)

Three careers related to a sport

Career	Skills and knowledge from the sport it uses

The career I picked

What I learned

Topic	My findings
Training	
Education	
Certification requirements	
Experience	
Expenses	
Prospects for employment	
Starting salary	
Advancement opportunities	
Career goals	

Whether I might be interested in this career, and why

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☐ **(b)** Identify how you might use skills and knowledge related to a sport to pursue a personal hobby and/or healthy lifestyle. Research the additional training required, expenses, and affiliation with organizations that would help you maximize the enjoyment and benefit you might gain from it. Discuss what you learned with your counselor and share what short-term and long-term goals you might have if you pursued this.

Scouting America resources: What Happens When You Start Eating Healthy? (video)

Sport _____ Hobby or healthy lifestyle _____

How I might use skills and knowledge from this sport

What I researched

Topic	My findings
Additional training	
Expenses	
Affiliation with organizations	

My goals

Kind of goal	What I might aim for
Short-term	
Long-term	

Requirement 6 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: Sports merit badge page (requirements and resources) · Sports merit badge pamphlet (free PDF)
All merit badges · **ScoutSmarts:** Sports Merit Badge Guide, Part 1 · Sports Merit Badge Guide, Part 2

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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