



SPORTS MERIT BADGE WORK SHEET (BYU/UVU PowWow)

Scout's Name

Instructor's Name

Scout's Address

City

State

ZIP

Instructions

- 1) The Scout is to review the merit badge book before the first week of PowWow.
- 2) Bring this work sheet, paper, and pen or pencil each week.

Requirement Instructions*

- 1) Requirement 1 will be covered and should be passed off during the two sessions of PowWow.
- 2) Requirement 2 will be covered and should be passed off during the two sessions of PowWow.
- 3) Requirement 3 will be covered and should be passed off during the two sessions of PowWow.
- 4) Requirement 4 must be completed as **homework** before PowWow.
- 5) Requirement 5 must be completed as **homework** in the time between the two sessions of PowWow.

-Requirements not passed off the first week may be passed off the second week.

*All requirements may be subject to change by the merit badge counselor based on time constraints at the PowWow session. Please listen to all instructions given by the instructor to be aware of any changes.

Requirement 1

Initial

Show that you know first aid for injuries or illnesses that could occur while playing sports.

Sprains:

Strains:

Contusions:

Abrasions:

Fractures:

Blisters:

Muscle Cramps:

Dehydration:

Heat and Cold Reactions:

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

Nausea:

Suspected Injuries to the Back, Neck, and Head:

Requirement 2

Initial

What is the importance of a physical exam?

Why is maintaining good health habits important during training?

Explain the importance of maintaining a healthy diet.

Requirement 3

Initial

Discuss the following:

The importance of warming up and cooling down

The importance of weight training

What is an amateur athlete?

What is the difference between an amateur athlete and a professional athlete?

List the attributes/qualities of a good sport.

Why is sportsmanship important?

What traits does a good team leader exhibit?

What traits does a player with Scout spirit exhibit on and off the field?

Requirement 4

Initial

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, ice hockey, lacrosse, soccer, softball, table tennis, tennis, volleyball, or water polo. Your counselors 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:

Give the rules and etiquette for the two sports you picked.

Sport #1:

Sport #2:

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.

Sport #1:

Sport #2:

Draw diagrams of the playing areas for your two sports.

Sport #1:

Sport #2:

Requirement 5

Initial

With guidance from your counselor, establish a personal training program suited to the activities you chose for requirement 4.

Sport #1:

Sport #2:

On another piece of paper, organize a chart to track your training, practice, and development in your two sports for one season (or four months).

Demonstrate proper technique for your two chosen sports.

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.

Merit badge work sheets will not be accepted at the Council Office in place of the official Merit Badge Application Card. Those who do not complete all the requirements should take their partially completed merit badge work sheet and their official application card to their local merit badge counselors for completion.