



Athletics

Scouts BSA · Sports

Name

Started

Completed

Athletics is about getting stronger, faster, and healthier through steady practice. Over three months you'll train, track your progress, and see real improvement. You'll also learn what it means to compete with good sportsmanship.

Requirements

Every official requirement, in plain language. Check the official wording when you sign off (scouting.org/merit-badges/athletics/). Tips and examples are ideas, not extra requirements.

1 Safety and first aid

Tips for this section: Think about the injuries that can happen in sports you like, such as sprains or heat problems, and learn the first aid for each.

- ☐ **1a** Explain to your counselor the likeliest hazards in athletics and how to anticipate, help prevent, reduce, and respond to them

- ☐ **1b** Show your counselor you know first aid for athletics injuries and illnesses, including sprains, strains, bruises (contusions), scrapes (abrasions), blisters, dehydration, heat reactions, and concussions

2 Health habits

Tips for this section: Keep a simple food and sleep log for a week and look for ways to make healthy choices before and after workouts.

Example for this section: Keep a one-week food and sleep log, then talk about one change, like eating a banana and drinking water an hour before practice instead of chips, or getting nine hours of sleep the night before a meet.

- ☐ **2a** Discuss with your counselor why a yearly physical exam matters and why it covers overall health, shots, medications, allergies, and medical history; tell when your last physical was

- ☐ **2b** Explain to your counselor how you keep healthy habits, especially while training, and how tobacco, alcohol, and other harmful substances hurt your health and athletic performance

- ☐ **2c** Describe to your counselor what makes a balanced, nutritious diet and what you do to eat healthily

3 Personal training program

Tips for this section: Write your training plan on a calendar you'll see every day. Ask a coach or PE teacher to look it over.

Example for this section: A sample plan: Mondays and Thursdays sprint work (six 50-yard dashes with walking rests), Tuesdays and Saturdays a 20-minute run, Wednesdays push-ups, sit-ups, and stretching, Fridays and Sundays rest. Log each session and adjust every month.

- ☐ **3a** Pick an athletic activity you enjoy; with your counselor's guidance, set up a personal training program for it and follow it for 3 months

- ☐ **3b** Track your progress during those 3 months with a chart or other method

- ☐ **3c** Explain to your counselor the equipment your activity needs and the right clothing for it and for the season

- ☐ **3d** After 3 months, review your records from 3b with your counselor, discuss your progress, and tell how training affected you mentally and physically

4 Rules, warm-ups, and sportsmanship

Tips for this section: Show your warm-up routine to your counselor. Think of a time you saw good sportsmanship and what made it stand out.

Example for this section: Show your warm-up: five minutes of light jogging, then dynamic moves like leg swings, high knees, and arm circles. Then share a real sportsmanship moment, like a runner who stopped to help a fallen opponent.

- ☐ **4a** Explain the rules of two athletic activities, including the one you chose for requirement 3

- ☐ **4b** Discuss why warming up before and cooling down after every training session or event matters

- ☐ **4c** Tell your counselor what makes someone an amateur athlete and how amateurs differ from professionals

- ☐ **4d** Discuss what good sportsmanship looks like, why it matters, and its role in both individual and team sports

5 Four events, improving over three months: Choose 4 of 9

Tips for this section: Test yourself at the start, then train steadily. Record each result so you can see your improvement over the three months.

Example for this section: If your four options are a sprint, a jump, a long run, and an upper-body event like pull-ups, test all four in the first week, retest at six weeks, and test again at three months. A simple chart of the three results makes your progress easy to see.

5a Option A: sprinting

- ☐ **5a1** 100-meter dash: show improvement over 3 months

- ☐ **5a2** 200-meter dash: show improvement over 3 months

5b Option B: long-distance running

- ☐ **5b1** 3k run: show improvement over 3 months

- ☐ **5b2** 5k run: show improvement over 3 months

5c Option C: long jump or high jump

- ☐ **5c1** Running jump (long jump or high jump), best of 3 tries: show improvement over 3 months

- ☐ **5c2** Standing jump (long jump or high jump), best of 3 tries: show improvement over 3 months

5d Option D: swimming

- ☐ **5d1** 100-meter swim: show improvement over 3 months

- ☐ **5d2** 200-meter swim: show improvement over 3 months

5e Option E: pull-ups and push-ups

- ☐ **5e1** Pull-ups in 2 minutes: show improvement over 3 months

- ☐ **5e2** Push-ups in 2 minutes: show improvement over 3 months

5f Option F: baseball throw

- ☐ **5f1** Baseball accuracy throw, 10 throws at a target from 20 ft (ages 11–12), 30 ft (ages 13–15), or 40 ft (ages 16–17): show improvement over 3 months

- ☐ **5f2** Baseball throw for distance, total of 5 throws: show improvement over 3 months

5g Option G: basketball shooting

- ☐ **5g1** Basketball accuracy, 10 free throws: show improvement over 3 months

5g2 Skill and agility shots

- ☐ **5g2a** Left-side layup

- ☐ **5g2b** Right-side layup

- ☐ **5g2c** Shot from the left side of the hoop along the key line

- ☐ **5g2d** Shot from the right side of the hoop along the key line

- ☐ **5g2e** Shot from the left spot where the key line meets the free-throw line

- ☐ **5g2f** Shot from the other spot where the key line meets the free-throw line

- ☐ **5g2g** Shot from the top of the key

- ☐ **5g2h** Shot from another spot on the 3-point line

5h Option H: football or soccer kick

- ☐ **5h1** Goals from the 10-yard line, 8 kicks (football or soccer): show improvement over 3 months

- ☐ **5h2** Football or soccer kick for distance, total of 5 kicks: show improvement over 3 months

5i Option I: weight training

- ☐ **5i1** Chest/bench press, 2 sets of 15 reps: show improvement over 3 months

- ☐ **5i2** Leg curls, 2 sets of 15 reps: show improvement over 3 months

6 Sports meet

Tips for this section: Plan your sports meet with friends or your patrol. Learn the rules well before you serve as an official.

Example for this section: To plan a meet or field day: pick 10 events, at least five from the requirement 5 options, recruit timers and judges, list each official's duties and the equipment you'll need, draw a course map, and set a rain plan. As an official, explain the rules at the start and call every race the same way.

- ☐ **6a** Plan a sports meet or field day with 10 events, at least five from the requirement 5 options; outline each official's duties and list the equipment needed

- ☐ **6b** With approval from a parent or guardian and your counselor, volunteer or work as an official at a sports meet and watch the officials in action; tell your counselor your duties and what you learned

7 Careers or healthy lifestyle: Choose 1 of 2

Tips for this section: Look into jobs like athletic trainer, coach, or sports official, or keep up a sport as a lifelong hobby.

- ☐ **7a** Explore three athletics careers; research one (through an expert interview, site visit, or other sources) for training, education, costs, job outlook, pay, and advancement, then discuss it and your interest with your counselor

- ☐ **7b** Explore how an area of athletics could become a hobby or part of a healthy lifestyle; research related education, costs, and organizations, then talk over what you found and your goals with your counselor