



Sports

Scouts BSA · Sports

Name

Started

Completed

Sports is about staying active, playing fair, and getting better at something you enjoy. You will learn how to train safely, take care of your body, and track your progress in two sports. It's a great way to set goals and see yourself improve.

Requirements

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

1 Sports safety and first aid

Tips for this section: Think about injuries common in the sports you play and the first aid you'd give.

- ☐ **1a** Explain to your counselor the risks you're most likely to face in sports and how to anticipate, prevent, reduce, and respond to them

- ☐ **1b** Show you know first aid for sports injuries, including blisters, scrapes (abrasions), bruises (contusions), cramps, sprains, strains, fractures, injured teeth, dehydration, heat reactions, concussions, and head, neck, and back injuries

2 Health and fitness

Tips for this section: Talk with a parent about the last physical exam you had, and think about what you eat before a game.

Example for this section: Explain what a sports physical checks, like heart, lungs, and joints, and why it matters before a season. Then describe a day of eating that fuels you, like oatmeal before practice and water instead of soda during games.

- ☐ **2a** Explain why a physical exam is important

- ☐ **2b** Explain why lifelong good health habits like regular exercise matter, and how tobacco, alcohol, and other harmful substances hurt your health and sports performance

- ☐ **2c** Explain why a healthy diet is important

3 Training and sportsmanship

Tips for this section: Ask your coach to show you good warm-ups, and talk about what fair play means to you.

Example for this section: Show a warm-up for your sport, like jogging, leg swings, and high knees, and explain why it's better than just stretching cold. Share an example of good sportsmanship you saw, like helping up an opponent.

- ☐ **3a** Discuss why warming up and cooling down matter

- ☐ **3b** Discuss why weight training matters

- ☐ **3c** Discuss what makes an athlete an amateur and how amateurs differ from professionals

- ☐ **3d** Discuss the qualities of a good sport, why sportsmanship matters, and what makes a good team leader and player who shows Scout spirit on and off the field

- ☐ **4** Pick TWO sports from this list: 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, or wrestling, or another recognized sport your counselor preapproves, never one Scouting America bans. Discuss with your counselor how you'll do 5a–5h in each. Each sport needs regular practice and at least four officiated, scored games, meets, or matches against other competitors

Tip: Choose two sports you enjoy and meet with your counselor to make a plan.

Example: Your plan might be: for soccer, improve your weaker-foot passing; for swimming, take 10 seconds off a 100-yard time. List how often you'll practice and how you'll measure progress.

5 Your season in two sports

Tips for this section: Keep a simple log of your practices and improvements, and show your skills to your counselor.

Example for this section: Use a log with columns for date, what you practiced, and a measurement like free throws made out of 20 or your mile time. Bring it to your counselor and show the skills you've improved.

- ☐ **5a** With your counselor's help, set up a personal training plan and follow it for your whole competition season (or three months)

- ☐ **5b** Make a chart or other tracker and record your training, practice, and progress during that time

- ☐ **5c** Show correct technique for playing each sport well and avoiding injury

- ☐ **5d** List and describe the equipment each sport needs, including protective gear and any special clothing

- ☐ **5e** List and explain each sport's rules and etiquette

- ☐ **5f** Draw a diagram of each sport's playing area and explain it

- ☐ **5g** Compete in each sport as an individual or on an organized team for one season (or three months)

- ☐ **5h** When the season ends, review your finished chart with your counselor and discuss how playing these sports has affected you mentally and physically

6 Sports after the season: Choose 1 of 2

Tips for this section: Ask a coach, trainer, or sports reporter how they made sports part of their work.

- ☐ **6a** Name three careers that use sports skills or knowledge. Research one: training, education, certification, experience, costs, job outlook, starting pay, and advancement. Discuss what you found with your counselor and whether it interests you

- ☐ **6b** Find ways sports skills could support a hobby or healthy lifestyle. Research the extra training, costs, and organizations that would help you get the most from it. Discuss with your counselor, including your short- and long-term goals