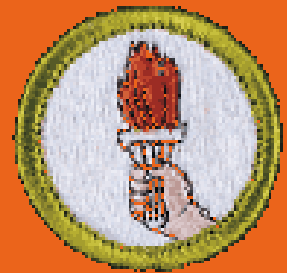


2010

SPORTS PROGRAM OVERVIEW & WORKBOOK



TBA

MERIT BADGE UNIVERSITY

OVERLAND TRAILS COUNCIL

7/31/2010

TABLE OF CONTENTS

PROGRAM OVERVIEW

MERIT BADGE REQUIREMENTS

*(PRE-REQUISITE REQUIREMENTS IN **BOLD RED UNDERLINED ITALICS**)*

WORKBOOK PART ONE

(COMPLETE BEFORE ATTENDING MBU)

WORKBOOK PART TWO

(WILL BE COMPLETED DURING CLASS)

ADDITIONAL RESOURCES

APPLICATION for MERIT BADGE

(MUST HAVE UNIT LEADER SIGNATURE PRIOR TO CLASS)



FEBRUARY 2010

Information in this booklet was accurate at the time of publishing.
Boy Scouts Requirements 2010, Copyrighted Boy Scouts of America
Program Overview & Workbook was reviewed by
MBU Staff/Committee.

SPORTS PROGRAM OVERVIEW

COUNSELOR: tba

C/O: Overland Trails Council
PO Box 1361
Grand Island, NE 68802-1361

LOCATION: tba

TRANSPORTATION: Transportation is provided

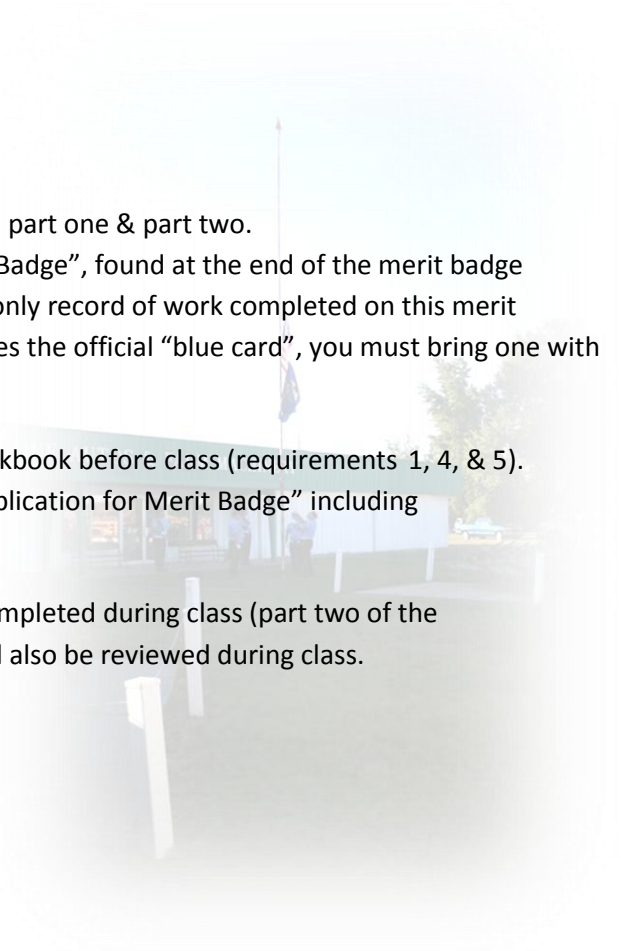
ADDITIONAL COSTS: None

CLASS SIZE: 10

BRING TO CLASS: Sports merit badge pamphlet.
Sports merit badge workbook, part one & part two.
Signed "Application for Merit Badge", found at the end of the merit badge workbook. (This will be your only record of work completed on this merit badge.) If your Council requires the official "blue card", you must bring one with you to class.

PRE-REQUISITES: Complete Part One of the workbook before class (requirements 1, 4, & 5).
Complete information on "Application for Merit Badge" including Scoutmasters signature.

CURRICULUM: Requirements 2 & 3 will be completed during class (part two of the workbook). Pre-requisites will also be reviewed during class.





PRE-REQUISITE REQUIREMENTS ARE PRINTED IN **ITALICS & RED** MUST BE COMPLETED BEFORE CLASS.

Note: The activities used to fulfill the requirements for the Sports merit badge may not be used to help fulfill requirements for other merit badges.

1. **Show that you know first aid for and how to prevent injuries or illnesses that could occur while playing sports, including sprains, strains, contusions, abrasions, fractures, blisters, muscle cramps, dehydration, heat and cold reactions, injured teeth, nausea, and suspected injuries to the head, neck and back.**
2. Explain the importance of the following:
 - a) The physical exam
 - b) Maintaining good health habits, especially during training
 - c) Maintaining a healthy diet
3. Discuss the following:
 - a) The importance of warming up and cooling down
 - b) The importance of weight training
 - c) What an amateur athlete is and the differences between an amateur and a 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
4. **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, crow-country, field hockey, football, ice hockey, lacrosse, soccer, softball, table tennis, tennis, volleyball, water polo. Your counselor 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:**
 - a) **Give the rules and etiquette for the two sports you picked.**
 - b) **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.**
 - c) **Draw diagrams of the playing areas for your two sports.**
5. **With guidance from your counselor, establish a personal training program suited to the activities you chose for requirement 4. Then do the following:**
 - a) **Organize a chart to track your training, practice, and development in these sports for one season (or four months).**
 - b) **Demonstrate proper technique for your two chosen sports.**
 - c) **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.**

SPORTS WORKBOOK

PART ONE, PRE-REQUISITIES



Name _____
 Unit # _____ District _____
 Council _____

Part One of the workbook must be completed before class.

Bring the entire workbook (part one and part two) with you to class.

Also bring the "Application for Merit Badge" signed by your scoutmaster (included at the end of the workbook).

1. Show that you know first aid for and how to prevent injuries or illnesses that could occur while playing sports, including sprains, strains, contusions, abrasions, fractures, blisters, muscle cramps, dehydration, heat and cold reactions, injured teeth, nausea, and suspected injuries to the head, neck and back.

Prevention of and Treatment for:

<i>Sprains</i>	
<i>Strains</i>	
<i>Contusions</i>	
<i>Abrasions</i>	
<i>Fractures</i>	
<i>Blisters</i>	
<i>Muscle cramps</i>	
<i>Dehydration</i>	
<i>Heat and cold reactions</i>	
<i>Injured teeth</i>	
<i>Nausea</i>	
<i>Suspected injuries to the head, neck and back.</i>	

SPORTS WORKBOOK, PART ONE, p.2

Name _____

- 4. 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, crow-country, field hockey, football, ice hockey, lacrosse, soccer, softball, table tennis, tennis, volleyball, water polo. Your counselor 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:

Sport one:

_____ *Initial:* _____ *date:* _____

Sport two:

_____ *Initial:* _____ *date:* _____

- a) Give the rules and etiquette for the two sports you picked.
- b) 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.
- c) Draw diagrams of the playing areas for your two sports.

To help you complete this requirement, a "SPORT OUTLINE" can be found at the end of this workbook.

- 5. With guidance from your counselor, establish a personal training program suited to the activities you chose for requirement 4. Then do the following:
 - a) Organize a chart to track your training, practice, and development in these sports for one season (or four months).

Attach your "Training Charts" to this workbook.

- b) Demonstrate proper technique for your two chosen sports.

Demonstrate proper technique for sport number one:

_____ *Initial:* _____ *date:* _____

Demonstrate proper technique for sport number two:

_____ *Initial:* _____ *date:* _____



SPORTS WORKBOOK PART TWO, CLASS CURRICULUM

Name _____
Unit # _____ District _____
Council _____

Part Two of the workbook will be completed during class.

2. Explain the importance of the following:
 a) The physical exam

Physical exam:

- b) Maintaining good health habits, especially during training

Good health habits:

- c) Maintaining a healthy diet

Healthy diet:

Name _____

- 3. Discuss the following:
 - a) The importance of warming up and cooling down

Warming up and cooling down:

- b) The importance of weight training

Weight training:

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

What an amateur athlete is:

Differences between an amateur and a professional:

Name _____

3. continued

- 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

Attributes of a good sport:

Importance of sportsmanship:

Traits of a good team leader and player who exhibits Scout spirit on and off the field:

ORGANIZATIONS and WEB SITES

(Whenever you go online, be sure you have your parent's permission first.)

American Council on Exercise

<http://www.acefitness.org>

American Sport Education Program

<http://www.asep.com>

Institute for International Sport—

National Sportsmanship Day

<http://www.internationalsport.com/nsd/nsd.cfm>

National Youth Sports Safety Foundation

<http://www.nyssf.org>

Sportsmanship by Sam B. Palmyra, P.A.

<http://www.teenink.com/Past/9899?October/Sports/Sportsmanship.html>

SPORTS WORKBOOK

Notes



APPLICATION FOR MERIT BADGE

Name: _____

Address: _____

City: _____

State: _____

Is a registered _____ Boy Scout,
 _____ Varsity Scout,
 _____ Venturer,

of _____ No. _____
Troop, team, crew, ship

District: _____

Council: _____

MERIT BADGE UNIVERISTY

Merit Badge: **Sports**

Counselor: _____

Address: Overland Trails Council

PO Box 1361

2808 O'Flannagan

Grand Island, NE 68802-1361

Phone: 308-382-3717

email: mbuotc@yahoo.com

and is qualified to begin working for this merit badge and has completed the following pre-requisite requirements:

PRE-REQUISITE REQUIREMENTS

Requirement No. and letter	Date of Approval	Counselor Initial	Requirement No. and letter	Date of Approval	Counselor Initial
1					
4					
5					

The applicant has personally appeared before me and demonstrated to my satisfaction that he has met all pre-requisites requirements for the above stated merit badge and is ready to attend his assigned MBU class.

Signature of Unit Leader _____ Date _____

APPLICANTS RECORD

Requirement No. and letter	Date of Approval	Counselor Initial	Requirement No. and letter	Date of Approval	Counselor Initial
2					
3					

The applicant has personally appeared before me and demonstrated to my satisfaction that he has completed all requirements above for the

Merit Badge: **Sports**

Name of Counselor: _____

Signature of Counselor _____ Date _____

SCOUT INSTRUCTIONS

- Complete your name, address, city, unit type & number, district, & council on the Application for Merit Badge.
- Your unit leader must sign the Application for Merit Badge before attending class.
- All other information is already printed on the Application for Merit Badge; please make sure all information is correct.
- The merit badge counselor is registered & approved for this merit badge and is on the MBU Counselor's List.
- Read the merit badge pamphlet.
- Attend the merit badge class.
- Always meet with your counselor along with a buddy (a Scout, friend, or parent)
- Have your merit badge worksheet with you when you attend class.
- **If the merit badge pre-requisites are not completed before class, you will not be able to complete the merit badge during this weekend event, you will have to follow up with your Unit's Advancement Chair when you return home**
- **PLEASE BE AWARE THAT SOME COUNSELORS WILL NOT ALLOW YOU TO ATTEND THEIR CLASS WITHOUT PRE-REQUISITES COMPLETED—CLASS CURRICULUM IS DEPENDENT ON PRE-REQUISITE WORK BEING COMPLETED!**

COUNSELOR INSTRUCTIONS

- Never meet alone with a Scout.
- Verify all information & merit badge name on Application for Merit Badge is correct.
- Sign your name on the line at the bottom of **"SECTION B APPLICANTS RECORD"**.

“SPORT OUTLINE”
(rules, etiquette, equipment, clothing)

Sport:

Rules:

Etiquette:

Protective equipment:

Appropriate clothing:

Why is it needed:

“SPORT OUTLINE”
(playing areas)

Sport:

Playing area:

“SPORT OUTLINE”
(rules, etiquette, equipment, clothing)

Sport:

Rules:

Etiquette:

Protective equipment:

Appropriate clothing:

Why is it needed:

“SPORT OUTLINE”
(playing areas)

Sport:

Playing area: