



SCOUTMASTER BUCKY

Scouts participating in a Scoutmaster Bucky merit badge opportunity, whether online or in person, should consider using the Sports merit badge pamphlet for discovery and knowledge, along with the class preparation pages for clarifications, insights, and expectations.

<https://scoutmasterbucky.com/merit-badges/sports/sports-pamphlet.pdf>

<https://scoutmasterbucky.com/merit-badges/sports/sports-cpp.pdf>

THE ACTIVITIES USED TO FULFILL THE REQUIREMENTS FOR THE SPORTS MERIT BADGE MAY NOT BE USED TO HELP FULFILL REQUIREMENTS FOR OTHER MERIT BADGES.

REQUIREMENT 1a: Explain to your counselor the most likely risks you may encounter while participating in sports and what you should do to anticipate, help prevent, mitigate, and respond to these risks.

HAZARD #1

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



SCOUTMASTER BUCKY

HAZARD #2

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



SCOUTMASTER BUCKY

HAZARD #3

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



SCOUTMASTER BUCKY

HAZARD #4
Description:
Anticipate:
Help Prevent:
Mitigate:
Respond:



SCOUTMASTER BUCKY

HAZARD #5
Description:
Anticipate:
Help Prevent:
Mitigate:
Respond:



SCOUTMASTER BUCKY

HAZARD #6

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



SCOUTMASTER BUCKY

REQUIREMENT 1b:

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.

SPRAINS:

Prevention:

Symptoms:

Treatment:

STRAINS:

Prevention:

Symptoms:

Treatment:



SCOUTMASTER BUCKY

MUSCLE CRAMPS:

Prevention:

Symptoms:

Treatment:

CONTUSIONS:

Prevention:

Symptoms:

Treatment:



SCOUTMASTER BUCKY

ABRASIONS:

Prevention:

Symptoms:

Treatment:

BLISTERS:

Prevention:

Symptoms:

Treatment:



SCOUTMASTER BUCKY

DEHYDRATION:

Prevention:

Symptoms:

Treatment:

HEAT REACTIONS:

Prevention:

Symptoms:

Treatment:



SCOUTMASTER BUCKY

FRACTURES:

Prevention:

Symptoms:

Treatment:

INJURED TEETH:

Prevention:

Symptoms:

Treatment:



SCOUTMASTER BUCKY

HEAD INJURIES:

Prevention:

Symptoms:

Treatment:

NECK INJURIES:

Prevention:

Symptoms:

Treatment:



SCOUTMASTER BUCKY

BACK INJURIES:

Prevention:

Symptoms:

Treatment:

CONCUSSIONS:

Prevention:

Symptoms:

Treatment:



SCOUTMASTER BUCKY

REQUIREMENT 2a: Explain the importance of the physical exam.

Notes:

REQUIREMENT 2b: Explain the importance of maintaining good health habits for life (such as exercising regularly).

Notes:



SCOUTMASTER BUCKY

REQUIREMENT 2b: Explain how the use of tobacco products, alcohol, and other harmful substances can negatively affect your health and your performance in sports activities.

Notes:

REQUIREMENT 2c: Explain the importance of maintaining a healthy diet.

Notes:

REQUIREMENT 3a: Discuss the importance of warming up and cooling down.

Notes:



SCOUTMASTER BUCKY

REQUIREMENT 3b: Discuss the importance of weight training.

Notes:

REQUIREMENT 3c: Discuss what an amateur athlete is.

Notes:

REQUIREMENT 3c: Discuss the differences between an amateur and a professional athlete.

Notes:



SCOUTMASTER BUCKY

REQUIREMENT 3d: Discuss the attributes (qualities) of a good sport.

Notes:

REQUIREMENT 3d: Discuss the importance of sportsmanship.

Notes:

REQUIREMENT 3d: Discuss the traits of a good team leader and player who exhibits Scout spirit on and off the playing field.

Notes:



SCOUTMASTER BUCKY

REQUIREMENT 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, tackle football, table tennis, 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.

SELECTED SPORT #1:

Sport:

SELECTED SPORT #2:

Sport:

REQUIREMENT 5a: With guidance from your counselor, establish a suitable personal training program that you will follow throughout your competition season (or for three months).

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 5b: Create a chart or other tracking system, and document your training, practice, and development during this time.

You can use your own tracking sheets, or you may choose to use

[Scoutmaster Bucky's - Sports Merit Badge Tracking Sheets](#)

These sheets are for one sport for 16 weeks, so you will need to print two sets for your two sports selections

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 5c: Demonstrate proper technique to play each sport effectively and avoid injury.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 5d: List and describe the equipment needed for each sport, including protective equipment and any specialized clothing.

REQUIREMENT 5e: List and explain the rules and proper etiquette of each sport.

REQUIREMENT 5f: Draw and explain a diagram of the playing area for each sport.



SCOUTMASTER BUCKY

SELECTED SPORT #1: (should match what is selected in Requirement 4):

Sport:

Rules and Etiquette:

Equipment / Clothing Needed and Why:



SCOUTMASTER BUCKY

Draw Diagram of Playing Area (be sure to identify and name key items):



SCOUTMASTER BUCKY

SELECTED SPORT #2: (should match what is selected in Requirement 4):

Sport:

Rules and Etiquette:

Equipment / Clothing Needed and Why:



SCOUTMASTER BUCKY

Draw Diagram of Playing Area (be sure to identify and name key items):



SCOUTMASTER BUCKY

REQUIREMENT 5g: Participate in each sport as a competitive individual or as a member of an organized team for one season (or for three months).

Be sure to bring proof of completion to share with your counselor

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 5h: 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.

Don't forget to bring those tracking sheets

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

DO ONE OF THE FOLLOWING (6A or 6B) FOR REQUIREMENT 6

REQUIREMENT 6a: Identify three career opportunities that would use skills and knowledge related to a sport.

Career Opportunity #1:

Career Opportunity #2:

Career Opportunity #3:

REQUIREMENT 6: Pick one and research the training, education, certification requirements, experience, and expenses associated with entering the field.

Selected Career Opportunity:

Training Requirements:



SCOUTMASTER BUCKY

Education Requirements:

Certification Requirements:

Experience Requirements:

Expenses Associated with Entering this Field:



SCOUTMASTER BUCKY

REQUIREMENT 6: Research the prospects for employment, starting salary, advancement opportunities and career goals associated with this career.

Prospects for Employment:

Starting Salary:

Advancement Opportunities:

Associated Career Goals:

REQUIREMENT 6a: Discuss what you learned with your counselor and whether you might be interested in this career.

Notes:



SCOUTMASTER BUCKY

REQUIREMENT 6b: Identify how you might use skills and knowledge related to a sport to pursue a personal hobby and/or healthy lifestyle.

Notes:

REQUIREMENT 6b: Research the additional training required, expenses, and affiliation with organizations that would help you maximize the enjoyment and benefit you might gain from it.

Additional Training:

Expenses:

Affiliations / Organizations:

REQUIREMENT 6b: Discuss what you learned with your counselor and share what short-term and long-term goals you might have if you pursued this.

Notes: