



SPORTS MERIT BADGE WORKSHEET (BYU/UVSC PowWow)

Scout's Name

Instructor's Name

Scout's Address

City

State

Zip

The Scout is to review the merit badge book before the first week and bring to class this worksheet, paper, pencil or pen, and any other items asked for.

Instructions

- 1) The Scout is to review the merit badge book before the first week of the PowWow.
- 2) Complete the worksheet for each requirement before each week of the PowWow.
- 3) Bring this worksheet, paper, and pen or pencil each week.
- 4) The Scout should be prepared to pass off requirements 2, 3, 4, 7, 8, and 9 the first week.
- 5) The Scout should be prepared to pass off requirements 1, 5, and 6 the second week.
- 6) Requirements not passed off the first week may be passed off the second week.

Requirement 1

Initial

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

Hypothermia:

Dehydration:

Heat Exhaustion:

Muscle Cramps:

Heatstroke:

Sunburn:

Frostbite:

Hyperventilation:

Blisters:

Bruises:

Strains:

Sprains:

Broken, chipped, loosened, or knocked-out teeth:

Bone fracture:

Nausea:

Suspected injuries to the back, neck, and head:

Requirement 2

Initial

What is sportsmanship?

Why is sportsmanship important?

Name five examples of good sportsmanship:

- 1.
- 2.
- 3.
- 4.
- 5.

Use one of the examples above and relate it to everyday citizenship (off the sports field):

Requirement 3

Initial

Bring a signed statement from your coach, parent, or scoutmaster stating that you have taken part for one full season as a member of an organized team in ONE of the team sports listed in the Sports merit badge book.

Which sport have you been a member of for one complete season?

Give a brief summary of your experience:

Requirement 4

Initial

Bring a signed statement from your coach, parent, or scoutmaster stating that you have taken part in ONE of the individual sports listed in the Sports merit badge book on a competitive basis in two organized meets or tournaments.

Which sport did you use to meet this requirement?

Give a brief summary of your experience:

Requirement 5**Initial**

Make a list of training guidelines to be used for the two sports you selected in requirements 3 and 4 (see *Training Schedules* in the merit badge book).

Sport 1:***Sport 2:***

Why are the training guidelines important?

List several exercises that can be used to improve physical conditioning for the two sports you selected.

Sport 1:***Sport 2:*****Requirement 6****Initial**

Show your counselor proper techniques for specific skills used in the two sports you selected in requirements 3 and 4. Give a brief summary of the techniques:

Requirement 7**Initial**

Explain the attributes (qualities) of a good team leader and of a good team player:

Team Leader:

Team Player:

Requirement 8**Initial**

Use the back of this page or another paper to draw diagrams of the playing area, field, or court used in the two sports you selected in requirements 3 and 4.

Requirement 9**Initial**

Explain some of the rules and etiquette for the two sports you selected in requirements 3 and 4:

Sport 1:***Sport 2:***

List the equipment needed for the two sports you selected in requirements 3 and 4:

Sport 1:***Sport 2:***

Describe the protective equipment used in the two sports you selected in requirements 3 and 4:

Tell why the protective equipment is needed:

Tell what the protective equipment does:

Merit badge worksheets 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 worksheet and their official application card to their local merit badge counselors for completion.