

Troop 236

Sports Merit Badge

1. Show that you know first aid for injuries or illnesses that could occur while playing sports, including hypothermia; heatstroke; heat exhaustion; frostbite; dehydration; sunburn; blisters; hyperventilation; bruises; strains; sprains; muscle cramps; broken, chipped, loosened, or knocked-out teeth; bone fracture; nausea; and suspected injuries to the back, neck, and head.
2. Explain sportsmanship. Tell why it is important. Give several examples of good sportsmanship in sports. Relate at least one of these to everyday citizenship off the sports field.
3. Take part for one full season as a member of an organized team in a recognized team sport.
4. take part in ONE of the following sports on a competitive basis in two organized meets or tournaments in an individual sport.
5. Make a set of training rules for the sports you picked. Tell why these rules are important. Follow these rules. Design exercises for these sports. Keep a record of how you do in these sports for one season. Show how you have improved.
6. Show proper techniques in your two chosen sports.

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

8. Draw diagrams of the playing areas for your two sports.

9. Explain the rules and etiquette for your two sports. List the equipment needed. Describe the protective equipment. Tell why it is needed. Tell what it does.