SPORTS BRONZE AWARD REQUIREMENTS

	Date	Advisor's Initials
Do nine of the following:		
1. Demonstrate by means of a presentation at a crew meeting, Cub Scout or Boy Scout meeting, or other group meeting 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 fractures; nausea; and suspected injuries to the back, neck, and head.	_____	_____
2. Write an essay of at least 500 words that explains sportsmanship and tells why it is important. Give several examples of good sportsmanship in sports. Relate at least one of these to everyday leadership off the sports field.	_____	_____
OR		
Make a presentation to your crew or a Cub Scout or Boy Scout group of at least 30 minutes with the same requirements as for the essay.	_____	_____
3. Take part as a member of an organized team in one of the following sports: baseball, basketball, bowling, cross-country, diving, fencing, field hockey, football, golf, gymnastics, lacrosse, rugby, skating (ice or roller), soccer, softball, swimming, team handball, tennis, track and field, volleyball, water polo, or wrestling (or any other recognized sport approved in advance by your Advisor except boxing and karate).	_____	_____
4. Organize and manage a sports competition, such as a softball game, between your crew and another crew, between two Cub Scout dens or packs, between two Boy Scout patrols or troops, or between any other youth groups. You must recruit at least two other people to help you manage the competition.	_____	_____
5. Make a set of training rules for a sport you pick. Design an exercise plan including selected exercises for this sport. Determine for this sport the appropriate target heart rates and desired training effects. Follow your training plan for at least 90 days, keeping a record showing your improvement.	_____	_____

	Date	Advisor's Initials
6. Make a tabletop display or give a presentation for your crew, another crew, a Cub Scout or Boy Scout group, or another youth group that explains the attributes of a good team leader and a good team player. Select athletes that exemplify these attributes.	_____	_____
7. Make a display or presentation on a selected sport for your crew or another group covering (a) etiquette for your sport, (b) equipment needed, (c) protective equipment needed and why it is needed, (d) history of the sport, and (e) basic rules.	_____	_____
8. Research and then, at a crew meeting or other youth group meeting, manage a discussion on drug problems as they relate to athletes. What drugs are banned? What impact do these banned drugs have on the human body and mind? Where can information about drugs be found? How do some sports organizations fight sports drug abuse? Cover at least the following drugs: stimulants, painkillers, anabolic steroids, beta blockers, diuretics, alcohol, marijuana, and cocaine.	_____	_____
9. Research and then, at a crew meeting or other youth group meeting, manage a discussion on recent training techniques being used by world-class athletes. Compare them to training techniques of 25 and 50 years ago. (This must be different than the discussion in requirement 8.)	_____	_____
10. Study ways of testing athletes for body density. Fat content can be measured by skin-fold calipers, body measurements, and hydrostatic weighing. Then recruit a consultant to assist you as you determine the body density and fat content for your fellow crew members at a crew meeting or special activity.	_____	_____
11. Select a favorite Olympic athlete, a highly respected athlete in your city, or a favorite professional athlete and research his or her life. Make an oral presentation or tabletop display for your crew or another youth group.	_____	_____
12. Explain the importance of proper nutrition as it relates to training for athletes. Explain the common eating disorders anorexia and bulimia and why they are harmful to athletes.	_____	_____

(Activities or projects that are more available in your area may be substituted with your Advisor's approval for activities shown above.)