

# FACEY FITNESS CHALLENGES

Students also have the opportunity to take on the Facey Fitness Challenges during class time. This is outside of the regular workouts and if completed students earn a free t-shirt.

## Facey Elite Challenge

Pushups,: 25 (W) 40 (M)

Pull Ups,: 3(W) 12 (M)

Wall Sit: 1:30 (W) 2:00 (M)

Rowing : 500m in 2:30 (W) 2:00 (M)

Sit: Ups: 65 (W) 70 (M)

## Facey Extreme Challenge

Push Ups: 40 (W) 60 (M)

Pull Ups: 8 (W) 20 (M)

Wall Sit: 3:00 (W) 4:00 (M)

Rowing: 1000m in 4:30 (W) 4:00 (M)

Plank:: 3:30

Burpees: 1 minute 20 (W) 26 (M)

Flexibility: Touch Toes Straight Leg

Facey Big Boy Challenge: includes:

Plyo Box Jump: 2 foot landing

Two arm Hang /Plate Hold

Body Hold

Sled Push and Pull

Ball Up and Over



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#trueblue



# BEV FACEY

Community High School

## Personal Fitness, Sports Medicine & CrossFit

COMMITMENT



DEDICATION



ENTHUSIASM



LOYALTY



RESPECT

## Personal Fitness 10, 20, 30 (5 credits)

This exciting co-ed course is intended to provide learning opportunities for students with a passion for athletics, wellness and healthy living. Those who register include people who want to: improve their sports performance, get in shape or just want to maintain good health. Some students take this course to build a foundation, in order to pursue a career in the area of athletics or health and wellness. Students who do well in this course have a passion for fitness, are self-directed and self-motivated. The purpose of this course is to focus on wellness in life both inside and outside of school. Students improve upon their balance, coordination, speed, flexibility, strength, agility and power. We focus on the latest training principles and elements of safety, which we apply to our workouts during regular class time.



## PE10 and Personal Fitness combined (6 credits)

This co-ed Physical Education/Personal Fitness combination class will be designed to give instructional time in both Physical Education 10 and Personal Fitness 10. Students will get three credits in Physical Education and three credits in Personal Fitness upon successful completion of each course.

# SPORTS PERFORMANCE TOPICS

Health Services Foundations  
Foundations for Training  
Musculoskeletal System  
Cardiovascular System  
Injury Management  
Sports Psychology  
Leadership in Sport  
Nutrition and Sport  
Human Movement  
Training and Conditioning  
Resistance Training Leadership  
Sport and Society



## Sports Medicine 25, 35 (5 credits)

The main goal of the Sports Medicine course is to provide students with an opportunity to learn a wide variety of knowledge, skills, and attitudes regarding the immediate care, taping and strapping practical application, injury rehabilitation exercise, assessment for injury prevention and rehabilitation of athletic injuries. Through the combination of theory and practical experience students will acquire the knowledge and skills necessary for attaining peak performance.



## CrossFit® Personal Fitness 10, 20, 30 (5 credits)

Stronger. Fitter. Faster. Students will learn and execute high intensity workouts and fitness testing made up of safe, functional movement with a teacher and CrossFit® Level 1 Trainer. Functional movements include movements from weight training, running, rowing and gymnastics. Students will learn how to safely perform the following as well as others: squat, front squat, back squat, overhead squat, press, push-press, push-jerk, clean, dead lift, pull-ups, dips, body rows, push-ups, sit-ups, skip, row and run. These exercises along with others will be included in the workouts that will physically challenge the students.

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