



Personal Health Syllabus

Course Details

Course Code: 340200CH

Subject: Health and Physical Education

Required Prerequisites: The South Carolina Comprehensive Health Education Act requires students to complete 8th grade to be eligible for this course.

Suggested Prerequisites: None

Recommended Grade Levels: Summer after completing 8th grade through 12th grade year

Duration: Semester

Course Availability: A listing of when this course is offered in the current school year can be found on the [VirtualSC Current Course Offerings page \(opens in a new window\)](#).

Class Times: This course has scheduled instructional meetings. Information on scheduled meetings for each course is communicated by the teacher. Recordings of these meetings will be available for students unable to attend. Students should expect to spend 7-9 hours a week working on this course independently, in addition to any live meetings, and are expected to meet the deadlines posted in the course pacing guide.

Textbook: *Glencoe Health*

Required Course Materials: None

Outside Websites: A list of links to websites and online textbooks used in this course can be found here: [VSC Course Links Document Folder \(opens in a new window\)](#). Students will need to be able to access all of these links to access all course materials.

Final Exam: Students in this course take a VirtualSC final exam. Details on scheduling and taking final exams can be found on the [Final Exam page \(opens in a new window\)](#) of the VirtualSC webpage.

Course Description

In Personal Health, students will have the opportunity to explore topics and issues that will affect their personal health and wellness for their entire life. The exploration of issues affecting health and wellness will provide students with the knowledge to make quality personal health decisions. Mental health, personal relationships, health risk behaviors, consumer health, goal setting and decision making are some of the topics that students will use to participate in online projects and interactive assignments. Students will use web-based applications and the most current health related resources to collaborate with the instructor and their peers in the learning process.

The curriculum used in this course is guided by the [South Carolina Academic Standards for Health and Safety Education \(opens in a new window\)](#).

Scope and Sequence

- Orientation & Introduction
- Unit 1: Personal and Community Health
- Unit 2: Mental Health
- Unit 3: Growth, Development, Sexual Health, and Responsibility
- Unit 4: Health, Food, and Nutrition
- Unit 5: Alcohol, Tobacco, and Other Drugs
- Unit 6: Injury Prevention and Safety
- Final Exam

Students will be sent a full list of assignments and their due dates at the beginning of the course.

Current pacing guides for this course can be found on the [Current Course Offerings page \(opens in a new window\)](#) on the VirtualSC website.

Course Grades

The final grade in this course results from the following:

- Coursework: 80%
- Final Exam: 20%

VirtualSC Details

Information on VirtualSC student guidelines, policies and technology requirements can be found in the [VirtualSC Student Support Portal \(opens in a new window\)](#).

