

Mountain View Preparatory

Health Education Curriculum & Instructional Materials

2026–2027 School Year

Mountain View Preparatory provides health education instruction aligned with the South Carolina Academic Standards for Health and Safety Education. Health education is designed to provide students with age-appropriate knowledge and skills related to personal health, wellness, disease prevention, safety, mental and emotional health, healthy relationships, substance use prevention, and other health-related topics.

This page identifies the health education instructional materials used at Mountain View Preparatory for the 2026–2027 school year.

South Carolina Health Education Standards

Mountain View Preparatory follows the **South Carolina Academic Standards for Health and Safety Education**.

2017 South Carolina Academic Standards for Health and Safety Education

[South Carolina Academic Standards for Health and Safety Education](#)

Middle School Health Education

Grades 7–8

Instructional Material: *GHW Essential Health Skills for Middle School, 2nd Edition*

Publisher: Goodheart-Willcox

Publisher Grade Levels: Grades 6–8

Adoption: 2019 Adoption, Grades K–12

Subject: Health Education

Mountain View Preparatory uses *GHW Essential Health Skills for Middle School, 2nd Edition* as the primary health education instructional material for middle school students in grades 7–8.

The curriculum provides developmentally appropriate instruction designed to help students develop essential health knowledge and skills related to personal wellness, nutrition, physical activity, disease and injury prevention, growth and development, healthy relationships, substance abuse prevention, mental and emotional health, communication, and community health.

The instructional material is designed to help students make informed health decisions, understand the consequences of personal choices, develop healthy behaviors, and build skills that support lifelong health and wellness.

High School Physical Education & Health Education

Health Component of the Initial PE Requirement

At the high school level, Mountain View Preparatory incorporates health education into the physical education curriculum. Students completing the **initial required physical education/health unit for graduation purposes** receive health education instruction as part of this curriculum.

Health Education Instructional Material

Course/Component: Health Education

Grade Level: High School

Credit: 0.5 Credit

Instructional Provider/Publisher: Edmentum

Course: *Health – Course Overview and Syllabus*

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The Edmentum Health curriculum provides instruction related to personal health, nutrition, physical activity, disease and injury prevention, growth and development, healthy relationships, substance use prevention, mental and emotional health, communication, healthcare services, and community health.

The course is organized into five major units.

Unit 1: Personal Health, Nutrition, and Fitness

Students examine the role individuals play in maintaining their health and how diet, exercise, and lifestyle choices affect overall health and well-being.

Topics include:

- Personal health and lifestyle choices
- Personal responsibility for health
- Healthy diet and MyPlate
- Dietary guidelines and nutrition facts
- Nutrition and chronic disease

- Individual caloric and nutritional needs
- Benefits of physical activity
- Sedentary lifestyle and chronic disease

The course objectives include identifying characteristics of a healthy diet, understanding dietary guidelines and serving sizes, and examining the relationship between nutrition, physical activity, and chronic disease.

Unit 2: Preventing Disease and Injury

Students learn about disease prevention, the immune system, emergency care, and strategies for preventing accidents and injuries.

Topics include:

- Immunity and disease prevention
- Emergency and lifesaving procedures
- Accident prevention
- Sports safety
- Social event safety
- Motor vehicle safety

Unit 3: Growth, Development, and Sexuality

Students learn about human growth and development, human reproduction, healthy sexual practices, peer pressure, and family planning strategies.

Topics include:

- Human reproduction and development
- Healthy sexual practices, including abstinence
- Peer pressure and sexual activity
- Family planning strategies
- Sexual mistreatment, grooming, harassment, abuse, assault, exploitation, and tracking
- Positive bystander responses
- Applicable federal and state laws concerning sexually explicit media involving minors

The curriculum includes instruction intended to help students recognize inappropriate or unsafe situations, understand appropriate bystander responses, and understand that an individual is not responsible for sexual mistreatment, grooming, harassment, abuse, assault, or exploitation directed toward them.

Unit 4: Substance Abuse

Students examine the health and behavioral effects of alcohol, tobacco, and other drugs and learn strategies for avoiding substance abuse and responding to peer pressure.

Topics include:

- Health effects of alcohol, tobacco, and other drugs
- Effects of substance use on behavior and brain chemistry
- Dietary supplements and anabolic steroids
- Appropriate use of medicines
- Risks associated with misuse and abuse of substances
- Peer pressure and substance abuse
- Sources of help for substance abuse

Unit 5: Mental Health and Community Health Issues

Students examine mental and emotional health, communication, healthcare services, public health, and environmental influences on health.

Topics include:

- Stress and health
- Depression
- Mental and emotional health issues
- Maintaining mental and emotional health
- Effective communication
- Healthy relationships
- Public health policies
- Evaluating health products and services
- Healthcare services
- Environmental influences on health

Parent Review and Exemption Information

Mountain View Preparatory recognizes the importance of parent and guardian involvement in health education.

Parents and legal guardians may contact the school to review health education instructional materials used at Mountain View Preparatory.

In accordance with South Carolina law and applicable school procedures, parents or legal guardians may request that their child be exempted from applicable portions of instruction concerning reproductive health, family life, and pregnancy prevention when participation conflicts with the family's beliefs.

Parents or legal guardians who wish to review instructional materials or request an exemption should contact the school administration for information regarding the review process and any required documentation.

Students with an approved exemption will not be penalized as a result of the exemption.

Questions Regarding Health Education

Questions regarding health education curriculum, instructional materials, standards, or the parent review and exemption process may be directed to:

**Mountain View Preparatory
School Administration**
864 – 641 – 0604