

SOUTH CAROLINA



Amount of Required Physical Education: The state requires students to take physical education for 60 minutes per week in grades K-5.²⁷⁹ Middle school/junior high school students are required to take physical education in grades 6-8, but the state does not have a requirement for the minimum number of minutes.²⁸⁰ High schools are required to provide students with physical education and students must earn physical education credit for graduation. The state enforces physical education requirements using an annual legislative compliance report.

Physical Education Equipment and Facilities: The state annually assesses the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction. Based on these assessments, 92 percent of schools currently have adequate equipment and facilities.

High School Graduation Requirements: The state requires students to earn 1.0 credit in physical education for graduation.²⁸¹

Substitutions: The state permits school districts or schools to allow students to substitute Junior Reserve Officer Training Corps (JROTC) for required physical education credit.²⁸²

Exemptions/Waivers: The state permits schools or school districts to allow students to apply for an exemption from required physical education by seeking an exemption from the local school board. Requests may be granted for medical reasons (supported by a physician statement) or religious reasons. If granted, the local school board encourages the student to take an alternative course such as instruction in health education or lifestyle modification.²⁸³

Physical Activity: The state does not require elementary schools to provide daily recess, but it requires that school districts or schools have a minimum of 90 minutes per week of physical activity time for elementary school students (for a total of 150 minutes per week between physical education and physical activity).²⁸⁴ The state does not require a minimum amount of physical activity time for middle school/junior high or high school students. Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the

state education agency, but does not require them to post the policy online for the public. The department of education monitors the implementation of local school wellness policies.

State Standards: The state has adopted standards for physical education. [The standards](#) were last revised in 2014.

Areas addressed in the standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state requires school districts and schools to use a curriculum aligned with the state standards for physical education,²⁸⁵ but does not require a specific curriculum. Curriculum must be reviewed and/or revised every seven years. In the past year the state has distributed lesson plans or learning activities for physical education to schools and school districts. It has promoted use of the Physical Education Curriculum Analysis Tool (PECAT) to schools or school districts through professional development sessions sponsored by the Centers for Disease Control and Prevention (CDC) and presentation(s) on the tool's use at state conferences or meetings.

State Funding for Physical Education Programs: General education funding is available for the state's physical education programs in school districts and schools. Additional funding is available from Student Health and Fitness Act legislation, which provides funds to hire additional elementary level physical education teachers in order to reduce student-to-teacher ratios and offer at least 60 minutes per week of physical education. The funds may also be used for salaries and physical activity opportunities.

Class Size: The state's required student-teacher ratio in a physical education class may not exceed 28:1. The ratio is designed to provide

K-5 students with scheduled physical education either every day or on alternate days throughout the school year.²⁸⁶ For grades 6-8, a maximum of 40 students per period with a total teaching load of 240 students daily is permitted for physical education teachers.²⁸⁷

Grade Point Average (GPA): N/A

Online Physical Education Courses: The state allows students to earn required physical education credits through online physical education courses.

Student Assessment Requirements: The state requires schools to perform student assessment in grades 2, 5, 8, and high school using the South Carolina Physical Education Assessment. The purpose is to assess effectiveness of the school's physical education program and its adherence to the state curriculum standards. The state department of education must develop a procedure for calculating a district and school physical education program effectiveness score, which is reported to the education community through the district and school report card.²⁸⁸ At the time of this report, the state assessment was inactive due to lack of funding.

Fitness Assessment: The state requires student physical fitness status to be reported to his/her parent or guardian during the student's physical education courses in grades 5, 8, and high school.²⁸⁹ Use of a specific assessment tool is not required. Data are shared at the school level (e.g., with students, parents, principal) and with the school district, the state department of health, and the state department of education.

Body Mass Index (BMI): The state does not require schools to collect student BMI or height and weight, but provides model policies, policy guidance, or other materials to inform any school or district policy on this screening.

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high, and high school levels, and to teach online physical education courses. It also requires physical education teachers to pass a physical education certificate/licensure exam

before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are not allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, but this professional development does not have to be on physical education topics. The state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: N/A

District Physical Education Coordinator: The state requires each school district to have a licensed physical educator serving as a physical education coordinator. It has designated staffing (<0.5 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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279 S.C. Code Ann. § 59-10-10 (2015); S.C. Code Ann. Regs. § 43-231 (2015).

280 S.C. Code Ann. Regs. § 43-232 (2015).

281 S.C. Code Ann. Regs. § 43-234 (2015).

282 S.C. Code Ann. Regs. § 43-234 (2015).

283 S.C. Code Ann. § 59-29-80 (2015).

284 S.C. Code Ann. § 59-10-10 (2015).

285 S.C. Code Ann. § 59-10-10 (2015).

286 S.C. Code Ann. § 59-10-10 (2015).

287 S.C. Code Ann. Regs. § 43-232 (2015).

288 S.C. Code Ann. § 59-10-50 (2015).

289 S.C. Code Ann. § 59-10-10 (2015).