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National PE and Health Experts to Discuss Obesity Prevention at UNC Asheville

Winthrop University

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National PE and Health Experts to Discuss Obesity Prevention at UNC Asheville

Quick Facts

- Chepko, chair of the Department of Physical Education, Sport and Human Performance, will speak on "Making the Change Toward Increased Skill Attainment."
- A hallmark of Chepko's professional service has been the development of resources that engage the teacher and reflect "Best Practices" in the field.



Stevie Chepko

ROCK HILL, S.C. – Professor Stevie Chepko of Winthrop University will present on Aug. 1 at the [National Physical Education Institute](#) conference to be held in Asheville, N.C.

Chepko, chair of the [Department of Physical Education, Sport and Human Performance](#), will speak on "**Making the Change Toward Increased Skill Attainment.**" She will advise physical education teachers on designing lessons and activities for greater student skill attainment. A hallmark of Chepko's professional service has been the development of resources that engage the teacher and reflect "**Best Practices**" in the field.

During the July 30-Aug. 3 conference at the **N.C. Center for Health & Wellness at UNC Asheville**, hundreds of selected participants, presenters and keynoters will focus attention on how public schools can more effectively use their resources to foster new strategies for implementing stronger fitness, health, and obesity prevention programs for K-12 children and youth.

The **National PE Institute** was developed to help point out how obesity and unhealthy lifestyles have become a weighty problem for the nation as a whole.

Modeled on recommendations and strategies supported by the national [Centers for Disease Control and Prevention \(CDC\)](#), the **National Physical Education Institute** will spend from July 30-Aug. 3 offering a cadre of keynote speakers and session presenters from across the United States.

"The magnitude and sophistication of the National PE Institute reflects a new chapter in the on-going fight to address our nation's childhood obesity epidemic," states **Artie Kamiya**, co-chair of this new national event. "It is imperative that all school districts begin to re-double their efforts if our state and country are to keep competitive in this new global economy."

For more information about the National PE Institute, check online at www.nationalpeinstitute.com.

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