



You're invited to participate in SHAPES/SC, an exciting new program that's designed to increase physical activity and prevent obesity in young children in South Carolina. It's fun, it's free, and it provides continuing education credits for teachers.

Overview:

- Young children need regular physical activity to develop healthy minds and bodies and to avoid becoming overweight. However, a large percentage of young children in the U.S. don't get enough physical activity, and many are overweight.
- SHAPES is an online training program designed to train childcare providers to help the children in their care become more active. Researchers at the University of South Carolina developed SHAPES, and they designed SHAPES/SC specifically to meet the needs of childcare centers and preschools in South Carolina.
- SHAPES helps teachers integrate fun physical activities into their classrooms. The SHAPES/SC online training modules and materials demonstrate simple ways to add physical activity to academic lessons and classroom activities and to help children be more physically active at recess.
- Teachers and children *love* SHAPES! Videos that show teachers and children participating in SHAPES activities, plus sample activity materials, are available at the SHAPES/SC at goshapes.org.

Who participates in SHAPES/SC? Participants in SHAPES/SC are teachers in 3-, 4-, and 5-year-old classrooms in childcare centers and preschools throughout South Carolina. All types of licensed childcare centers and preschools are included.

What are childcare centers and preschools asked to do? Teachers in participating centers and preschools complete 6 online training modules. Each module takes about 30 minutes to complete. They also have opportunities to participate in online discussion groups with SHAPES project staff and with teachers from other participating centers and preschools. Teachers set and strive to reach weekly SHAPES physical activity goals for their classrooms.

What is the cost of the program? SHAPES/SC is being made available, for a limited time, to licensed childcare providers in South Carolina at no cost. The BlueCross BlueShield of South Carolina Foundation has underwritten the cost of making SHAPES available to childcare providers in the state.

What do childcare centers and preschools receive? Participating directors and teachers receive the online SHAPES training program as well as online access to all of the materials they need to implement SHAPES/SC, including the SHAPES Guidebook, virtual Activity Binder, Video Library, and Activity Cards. In addition, directors and teachers have access to online tools that allow them to communicate with and receive support from experienced project staff and other participating directors and teachers.

Can participating teachers receive continuing education credits? Yes, South Carolina CCCC curriculum training credit is awarded for each module completed. There is no cost to the participant. Teachers can earn up to six credits by completing the program. Participating in SHAPES also enables ABC Quality providers to meet the annual physical activity training requirement.

Who is conducting the program? The program is being conducted by the Children's Physical Activity Research Group (CPARG), which is based in the Arnold School of Public Health at the University of South Carolina. This group of researchers and educators, headed by Dr. Russell Pate, has been studying physical activity in South Carolina's schools and childcare centers for many years. CPARG staff members work with directors and teachers in the participating childcare centers to help them learn and implement SHAPES/SC.

Who supports the program? SHAPES/SC is offered in collaboration with the South Carolina Department of Social Services and the South Carolina Department of Health and Environmental Control. Financial support is provided by the BlueCross BlueShield of South Carolina Foundation.

Contact Information:

We would love for you to participate in SHAPES/SC. If you have any questions about the project, please call Dale Murrie, the Project Coordinator, at (803) 777-1023 (brabhamd@mailbox.sc.edu) or Dr. Russell R. Pate, the Principal Investigator, at (803) 777-2456 (rpate@mailbox.sc.edu). Both Ms. Murrie and Dr. Pate are with the Department of Exercise Science, Arnold School of Public Health, at the University of South Carolina.

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