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SUSPAC on the Web:

Info Fliers:

- 4 new fliers to be produced every quarter and available for downloading, and reproducing
- Designed to be simple yet effective A5 publications that can be displayed and disseminated through your department, and suitable for inclusion in Sports/Athletics Union welcome packs
- HOT OFF THE PRESS! Sport and Alcohol; Antenatal Considerations; Sports Bras; Shoes

Good Practice Guides:

- One to be produced every quarter and available for downloading and reproducing
- Designed to be up-to-the-minute, well-researched guides to key areas such as working with children, group exercise safety, client rapport, promoting health
- See the website for our first publication!

From Overweight and Underfit Teens to Teenactive

Recent evidence has confirmed that physical activity (PA) levels in adolescent girls fall dramatically when moving from primary to secondary school in Edinburgh schools. The question is – why? A study being carried out by the **Teenactive** research group in the Sport and Exercise Sciences Department at Heriot-Watt University is tracking PA levels, body size, fatness and psychological determinants of PA in 200 adolescent girls as they move from primary school and through the secondary school years in six of the city's secondary schools. The study, funded by **sportscotland**, is the first in Scotland to examine closely both the physiological and

psychological determinants of PA levels in this target population. Data recently accepted for publication has identified that aspects of physical self perceptions, which relate to the physical aspect of self-concept (the way we view ourselves) are correlated with PA levels, and also to physical maturation. For more information on this project, look at <http://www.teenactive.org.uk/>

So, what can we do? Enthuse and educate kids about physical activity through the holiday programmes operating at a number of HE institutions across Scotland, get involved in kids' coaching, pursue a career in teaching, become a PA coordinator

teenactive

and promote play as well as performance.

What's going on in your neighbourhood? The street football programme in Aberdeen and Arbroath which was reported on at last year's conference has now spread to Govan and has the fab name "Kicks and Tricks".

Also have a look at: <http://www.sporting-chance.org/> which has now been running for 4 years and is a neighbourhood sports project for children aged 9 to 12 in Edinburgh. The project aims to increase first time participation in sport and physical activity and to promote an active health lifestyle.

British Association for Sport and Exercise Sciences

The 2007 BASES Annual Conference takes place in Bath from 12th to 14th September. BASES operates around 3 key areas: Physical Activity for Health, Sport and Performance, and Education and Professional Development and the conference is timely for SUSPAC as it will see the launch of a new Special Interest Group (SIG) for Exercise Practitioners. In addition to sessions on developing a better understanding of elite performance, there will be a focus on the role of physical activity in obesity, diabetes and heart disease. Among the keynote presenters will be:

- Professor Frank Booth (University of Missouri – Columbia)
- Professor Jose Gonzalez-Alonso (Brunel University)
- Professor Edward McAuley (University of Illinois)
- Professor Scott Powers (University of Florida)
- Professor Julie Steele (University of Wollongong)
- Sir Clive Woodward (British Olympic Association)

For more information, visit www.bases.org.uk and if you are interested in becoming a member of the SIG, please contact John Buckley: j.buckley@chester.ac.uk as soon as possible!

SUS Physical Activity Committee

SUS Physical Activity: more students, more active, more often.

Universities in Scotland have excellent sport and exercise facilities with well-trained staff in central locations throughout Scotland. SUS seeks to ensure maximal benefit from these fantastic facilities by encouraging more students to take part in more physical activity as a part of their university lives. This can be through recreational sports opportunities including intra-mural leagues, casual gym use or jogging groups, or with something as simple as promoting walking as a mode of transport for short distances.

The Physical Activity group comprises both departmental staff, student representatives and exercise coordinators, and seeks to make exercise, of whatever form, a preferred, enjoyable and rewarding lifestyle

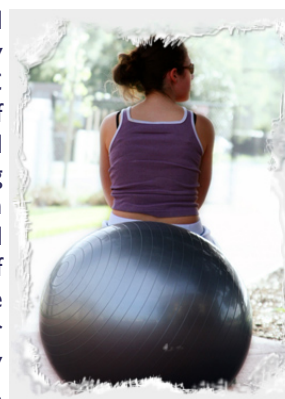
“SUSPAC will increase the number of students, staff and local community users taking part in regular exercise”

choice - not only for the many thousands already taking part in physical activity in a university setting, but with the stated aim of increasing the numbers of those who are taking part. Its current Chair is Juliet Balfour, Exercise Development Co-ordinator at Heriot-Watt University.

By facilitating and promoting physical activity in Universities, SUSPAC will increase the number of students, staff, and local community users taking part in regular exercise - in line with sportscotland targets. With 60% of Scotland's young people projected to be in Higher or Further Education by 2010,

SUSPAC will contribute to a fitter and healthier Scotland and help to mould the exercise habits of future generations.

The group aims to drive initiatives to educate and train the sector, including stakeholders like Athletic and Sports Union Presidents, in the importance and roles of recreational health and fitness alongside more traditional competitive sports. SUSPAC also works with external bodies such as ILAM (now ISPAL), Fitness Scotland, Paths to Health, the Physical Activity and Health Alliance (PAHA) and jogscotland to ensure both quality provision and best use of facilities, and that a range of high-quality and well-delivered physical activity options are available in all our institutions, with training for those delivering these locally. The Committee will carry out a regular audit to monitor levels of activity, and seek to drive up the number of people using our University facilities.



Physical Activity Committee 06-07

- Juliet Balfour (Chair) Heriot-Watt University
- Alan Francis Glasgow University
- Debby Sargent St. Andrews University
- Hazel Ednie Dundee University
- Jackie Davidson Aberdeen University
- Anna Anderson Dundee University Sports Union
- Supported by Jacqui Stone, SUS Executive Officer



SUSPAC Activity

SUSPAC is the HE body set up to receive, analyse and appropriately disseminate information, create innovative projects and, through the development of varied, enjoyable and high quality programmes, become a recognised body for the Physical Activity, Health and Fitness Industry.

Throughout the year SUSPAC organises two major events: an Active Age Festival in September and a Roadshow at Easter time.

The Active Age Festival provides a range of activities and taster sessions for members of the older adult communities which have included dance, walks, tai chi and tennis. The day also features information-sharing and social time which has proved to be a huge success.



The SUSPAC Roadshow is a chance for professionals to come together to network and share good practice. Following discussion at the first event network groups have been set up

to tackle linking academia and delivery together in order to set an HE standard. These groups comprise academics, delivery professionals, students and representatives from appropriate external bodies.

SUSPAC is also involved in the production of this quarterly newsletter celebrating what is happening within SUSPAC and the bigger Physical Activity picture and, as highlighted on the front page, SUSPAC is also compiling fliers and good practice guides. These publications are focussed around what SUS needs. These will be available for download quarterly from the SUS website alongwith the newsletter.

SUSPAC Roadshow - report by Hazel Ednie



The first SUSPAC Roadshow took the road north on 27th March to the Granite City where the event was kindly hosted by Aberdeen University. Sixteen delegates including the SUSPAC committee attended. Our guest speakers were Pam Scott from Skills Active, Haydn Parks from BUNAC, and

Vera Araujo-Soares from Robert Gordon University.

Pam gave an informative talk on the employment sector in Scotland and we discussed the implications for sport and Physical Activity-related degrees in the future recruitment and syllabus for students in Scottish HE institutions.

Haydn took us into the world of the BUNAC experience, telling us what it can offer students, and

several of us wished we were young enough to sign up! Vera informed us of the research she is currently leading at Robert Gordon University looking at student participation and lifestyle trends.

The day was stimulating with much debate and resulted in the creation of 4 e-workgroups to further SUSPAC's development.

International Fitness Showcase - report by Jackie Davidson

Three amazing days of dance, aerobics, step, conditioning, lectures and workshops held in the Winter Gardens in Blackpool. It's the sixth time I've attended the International Fitness Showcase, and this year it didn't disappoint. Fantastic venue, great presenters from all over the world and 250 sessions to choose from.

My highlights included *Vibrations* with Balazs Fuzessy (Hungary)-amazing dancer, great routines and

complete with his own live DJs; *Hip Hop on Step* with Bianca Karel (Holland) - her choreography breakdown is fantastic and really logical; *Argentina Steps* with Claudio Melamed (Argentina) - working between two steps in a crowded class makes for a great experience.

Dance is most definitely back with the inclusion of classes such as hip-hop, jazz, locking, krumping, funk and salsa. The most creative

of these came from Tony Stone (USA) who has choreographed dancers for Justin Timberlake and Jennifer Lopez. His sessions were truly inspirational if not always the easiest to achieve!!

It's a fantastic weekend to feel re-energised, motivated and get some great new ideas to prepare you for the term ahead.



Expert Interview - Juliet Balfour interrogates Jacqui Stone

1. *What were you doing before you became SUS Exec Officer?*

I made the short hop to SUS from the Midlothian Snowsports Centre where I was Administration Manager at Snowsport GB. My own sporting history is set against an alpine backdrop, I have skied since I was five years old and after my law degree I became a ski instructor in Fort William and completed a Sports Management Masters before working with the British Ski Team for two years.

2. *What do you love the most in your role?*

I love the fact that this job allows me to work with a range of different people from a variety of backgrounds. I love being able to be out-and-about and not at my desk in front of the computer every day.

3. *And what is the most challenging aspect!?*

The most challenging aspect is finding enough hours in the day!! My job is so varied that there a lot of different elements demanding attention so prioritising is essential.

4. *Can you tell me something about your personal view on physical activity, health and fitness?*

I know that physical activity is essential for a healthy lifestyle but I am rubbish at incorporating it into my busy weeks – must try harder!!

5. *What message would you most like to give to university and college students?*

Make the most of your time as a student before entering the real world and get involved in sport or physical activity by trying something new—it might be your only chance to do so!

6. *And finally, what's your vision for 5 years' time for SUS?*

Well for anyone that has spoken to Stew or myself you will know that we plan to take over the world!!!



Great Scottish Walk

This year marks the 10th anniversary of the Great Scottish Walk with the launch taking place on 15th April at Inverleith Park.



The main event is on Sunday 10th June starting at 11am in Holyrood Park. The walk is divided into 3 separate walks, which allows participants to choose a level to match their fitness. You can choose between 12 miles, 6 miles and a Golden Mile. The Golden milers stay in the stadium where the facilities may best meet the needs of disabled users, wheel chairs, the elderly, or those whose physical health prohibits a longer walk but whom wish to become more active. All finishers receive a commemorative medal and certificate upon completion and there is plenty of entertainment along the route including a mini Paralympics taking place in the stadium.

There are 104 charities on board and this year SUSPAC are entering a team and will be completing the event in aid of the Sporting Chance Clinic (see www.sportingchancecharity.com for more details).

For more information on volunteering at this event or taking part please see the website: www.greatscottishwalk.com

Research in Brief

Measuring physical activity intensity in older clinical populations.

Laura McLean, an honours Sports Biomedicine student at the University of Dundee recently investigated the measurement of physical activity intensity, using objective and subjective methods in an older clinical population. Metabolic (oxygen uptake), accelerometer and rate of perceived

exertion (RPE) data was obtained from 23 adults with Type 2 diabetes and/or cardiovascular disease, during treadmill walking at three speeds (slow, moderate, brisk). Results identified an increase in all metabolic, accelerometer and RPE data with increasing walking speed and significant correlations between all parameters. However participants consistently underestimated their RPE when related to oxygen uptake

If you have some interesting research that you think our readers would like to read about, please contact us. We are particularly keen to publish student projects!

intensity categories. More extensive and continued education on the use of the RPE scale is required in older clinical populations to ensure safe and effective exercise prescription.

Time spent exercising is not a waste of time!

Acute vigorous physical activity and immediate cognitive function in children

An Honours project in the Sport and Exercise Sciences Department at Heriot-Watt University by Isla Macdonald investigated the

relationship between physical activity (PA) and exercise and cognitive function. Little is known about the effects of PA and exercise on cognitive function (CF) in children. Education groups are currently debating the worth of time dedicated to PA within the school curriculum and although the physiological benefits of being physically active are well known, the possible benefits of PA and exercise to learning in the classroom require much further attention. The current study aimed to assess the relationship between acute vigorous PA and immediate CF in a sample of primary school children. Participants were a random

sample of 24 primary school children, (15 boys, 9 girls; 10.5 years \pm 0.3 years). The design was a cross-over of control and PA intervention. The control activity was sedentary and consisted of observation of footage from the BBC's Blue Planet. PA intervention was two, 5 minute of circuit style vigorous activity with 2 minutes rest between each circuit. The results suggest that PA does not have a detrimental effect on cognitive function and, although results in this study are inconclusive, there is no evidence for the removal of time dedicated to physical activity in schools to increase academic study time.

Can Yoga be Used to Improve Quality of Life in Parkinson's Disease (PD) Patients?

Nicola Platzter, Honours student in the School of Biology, University of St. Andrews investigated various elements of yoga to discover more...

Using Yoga to decrease depression & anxiety

30-40% of PD patients suffer from depression. SKY yoga provided greater decreases in feelings of depression than medication; 8 days of yoga & meditation showed significant decreases in anxiety scores compared to non-yoga controls; 7 weeks of Iyengar yoga improved symptoms of stress, profile of mood state & quality-of-life questionnaire in cancer patients.



Increasing Muscle Strength & Endurance

Respiratory Muscles: many PD patients die from lung complications. Strong respiratory muscles prevent respiratory infection by expelling viruses and bacteria. Increased respiratory muscle strength occurs after a minimum of 12 weeks of yogic breathing. **Postural Muscles:** muscle weakness leads to stooped posture. Weak postural muscles affect balance and the ability to change directions. Increases in hand grip strength and elbow extension, elbow flexion, knee extension, seen after 8-10 weeks of yoga.

Improving Range of Motion

PD limits turning ability and arm swing, which affects balance and gait. Yoga increases ankle flexibility, shoulder elevation, trunk extension and flexion, hand movement, and forward flexibility

Improving Motor Performance

Balance and gait allow individuals to



live independently without the need for walking aids and carers. It relates to strength and endurance of postural muscles, legs, and lower trunk. Yoga decreases reaction times to light and sound in young adults; it increases balance times in young adults; hand function improved after 10 weeks of Iyengar yoga in arthritis patients; decreases in disability scores have been shown after 12-16 weeks of yoga in chronic low back pain patients.

The research suggests a certain benefit of yoga for PD patients by meeting the exercise recommendations for this population group set out by ACSM (American College of Sports Medicine).

UPDATES FROM AROUND THE COUNTRY

ABERDEEN is in the process of securing a £23m development jointly with Aberdeen City Council and supported by sportscotland. David Beattie will be giving us a full update at the SUS conference.

Over the summer ABERTAY will be upgrading their gym facilities. This will include the overhaul of existing strength equipment and changing rooms to create a more enticing area for staff and student workouts. The CV equipment is only 1 year old and so it is envisaged that equipment will be upgraded on a rolling basis every few years. The changes will hopefully also create more space for exercise classes, which Abertay aim to expand upon.

The ISE at University of DUNDEE is currently undergoing an exciting new facility extension. The £3m building, which is due to open at the end of summer, will include a new reception, a state-of-the-art gym, 2 exercise studios, 3 glass-backed squash courts and a strength-and-conditioning performance centre.

GLASGOW will receive cosmetic refurbishment and equipment renewal of conditioning and CV facilities at both Garscube Sports Complex and the Stevenson Building during the summer.

NAPIER University has opened a

new Fitness Suite at their Craiglockhart campus. The facility is small but houses 11 pieces of CV equipment, mostly Cybex plus 2 resistance machines - an FT 360 functional Trainer and a Cybex VR Leg Press.

Recently, the University of EDINBURGH Centre for Sport and Exercise (CSE) was successful in gaining a small grant to take forward a joint CSE and Sports Union (EUSU) disability project. This led to the appointment of a Disability Project Officer, who is a wheelchair user. So far there has been a presentation to the UCS Sports Development network, an audit of facilities at the Pleasance and the St Leonard's Building, a survey seeking opinions of disabled users, questions added to the EUSU sports club survey, with plans to update the CSE website, and publications before the next academic session. The project has raised issues to be addressed to enable the CSE to be fully "inclusive" including training of club office-bearers and CSE staff. The project has demonstrated how much can be achieved with limited funding but loads of goodwill. For further information please contact Louise Campbell louise.campbell@ed.ac.uk

PAISLEY University Students' Union has secured a third extra funding to go towards coaching

development and staffing. The university is also in the process of approving a constitution for the creation of a Sports Union.

HERIOT-WATT University has recently been paid a visit by the Royal and Ancient Golf Club. They came to have a look at the new indoor golf academy complete with its moveable bunker - the first of its kind in the world to the best of our knowledge! And built by Heriot-Watt's very own handyman Harry!

ST ANDREWS UNIVERSITY reports that staff changes are afoot! Since the departure of Ryan King to take up the post of Lead Strength & Conditioning Coach with the SIS at the Grampian Institute, two new teaching

assistants have been appointed, Lyndsay Gallagher and Allan Gartshore. And Dr Martin Farrally, is set to retire on August 31st of this year - so good luck to him!

New fitness suite and Strength & Conditioning facilities are also on the horizon. Although the exact details are yet to be established, there will be a new facility by the end of 2007.

Have you got stuff happening at your place? If so please let us know !

Dates for your Diary

- 11th-13th June - SUS Conference: Glasgow University
- 26th-29th June - UCS Conference: St Andrews University
- 8th July - Race for Life, Hopetoun House, Edinburgh. For other dates: <http://www.raceforlife.org/findarace/>
- 30th August - Active Age Festival: St Andrews University
- September - SUSPAC Newsletter, Issue 2 plus 4 new fliers and a Good Practice Guide...

STUDENT PAGE



From fundraisers and charity events to activities just for fun, all around Scotland the universities want you involved! Needing to get out of the house, away from the library or just try something new, then look out for events at your university. This page has a few examples of some of the activities and events on offer.

Do you have an idea for a physical activity event? Are you inspired to find out more about the events on this page or physical activity in general?

Then contact Anna for more information:
sportsunion@dundee.ac.uk

Get Active!

Round the Grounds 5km

Heriot-Watt University held their 2nd 'Round the grounds 5km' event on May 13th 2007. This event was held on the scenic Heriot-Watt campus, encompassing both road and trail paths.

It was a miserable, drizzly day but this did not dampen spirits as 214 people gathered at the start line. The event was well received by running clubs, university students, members of the public and a gorilla!

The last stretch of the event was a dash over the playing fields. Spectators flooded the side lines to watch friends and family finish in style. The winning time was just over 15mins which is pretty impressive. Whether casual stroll or full-out run everyone who finished received a goody bag, which contained much-needed juice, chocolate and other goodies.

Positive comments about the organisation, cheap entry fee, route and atmosphere mean that this event is definitely on the calendar for next year...

ALL YOU NEED TO GET OUT AND ACTIVE:

Water

Trainers

Loose Clothing

Added Extras:

- **Company**
- **Music**

NUSC Rail Jam



Two months of planning and several cans of Relentless came to a head on Saturday 17th February 2007 when Napier Snowsports Club hosted the NUSC Rail Jam in aid of Disability Snowsport Scotland. Freestyle skiers and snowboarders from all over Edinburgh and beyond came to the Merchiston campus to grind the rails. The Snowsports Club brought in two van loads of real snow to the campus for the event. With live music provided by local DJs, it kicked off at around 6 pm and lasted for 2 gnarly hours. The run-in took a bit of getting used to but, after a few hits, the riders were throwing down 50-50s, nose presses, overcrooks, 270s off, and lip-slide fakies galore.

The event was finished off when competitors and around 40 spectators moved to Bar 12 for the après-ski and prize-giving. Prizes were donated by Freeze-Scotland and Rome SDS.

The event raised £120 for Disability Snowsport Scotland, and was attended by the chairman of Disability Snowsport UK who voiced his appreciation to the organisers.

NUSC is looking to make this an annual event, and continue to raise money for charity the only way they know how - the NUSC way!

SCOTTISH UNIVERSITIES SPORT

ACTIVE • COMPETITIVE • INNOVATIVE

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jacqui@susport.org.uk

PHYSICAL ACTIVITY COMMITTEE

We're on the Web!
www.susport.org.uk

ACTIVEAGE WALKS

At the **University of Glasgow** for many years we have embarked on low-level walks along canal- and river-sides, usually ending up at a suitable hotel ready to serve up a sumptuous lunch. The camaraderie built up through the chatting, helps to bond the group and feel part of the exercise revolution they have recently joined. However, at Glasgow Caledonian University they have taken the walking a stage further by combining it with tours of Glasgow Green and the Northern Necropolis, a big and ancient graveyard in Glasgow. With the very able leadership of the Park Rangers from Glasgow City Council, the participants have been fully entertained and educated through the stories of the Green and the residents of the Necropolis. Adherence to exercise is developed in many ways but our more mature members have the chance to cement their enjoyment of our programmes miles away from the gym.

The Specialist Populations group at the **University of Dundee** enjoy regular walks as part of the ACTIVE calendar. The ACTIVE calendar is in addition to the weekly exercise class. Some of the walks we have already enjoyed have included a six mile coastal walk from Elie to Anstruther, a guided-historical walk around Balmerino Abbey and walks in Broughty Ferry.



Paths to
Health

Looking for volunteering opportunities? Why not train up to be a Walk Leader with Paths to Health? It's a great way to put health promotion into practice and it'll be good on your CV too! See weblink below...

Web Links

physical activity and health alliance

Networking Physical Activity and Health in Scotland

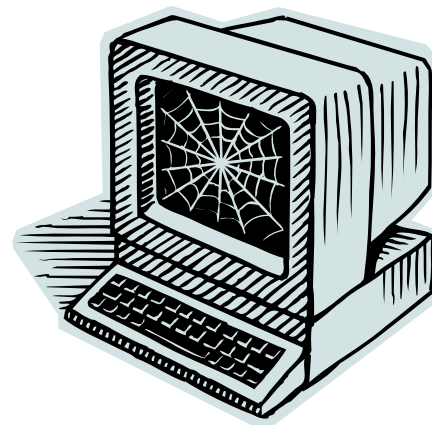
<http://www.paha.org.uk>

Welcome to

Paths for All
Partnership



<http://www.pathsforall.org.uk>



the UK professional body for all those with an interest in the science of sport and exercise.

<http://www.bases.org.uk>

Tell us what you'd like to be reading about! Do you have a burning question? Is there somebody you'd like us to interview? Do you have a flair for reporting?
GET IN TOUCH!!!