



SUSPAC News

Issue 5
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MARTIN ANNOUNCED AS NEW SPORTSCOTLAND CHAIR



Louise Martin CBE has just been announced by the Scottish Government as the new Chair of **sportscotland**.

Louise, who is an existing **sportscotland** Board Member said: "I have enjoyed a long association with **sportscotland** both as a Board Member and in my capacity as Chairman of the Commonwealth Games Council for Scotland and believe the organisation has a significant role to play in driving Scottish sport forwards.

"I am delighted to have the opportunity to take up the position of Chair at this crucial time for the organisation, as it prepares to relocate to Glasgow and at the same time, ensuring it is well placed to lead the delivery of a sporting legacy from the 2014 Commonwealth Games"

Welcoming the appointment, Stewart Harris, Chief Executive, **sportscotland** said: "We are delighted to welcome Louise on board as our new Chair, and we look forward to working with her over the coming months and years.

"Her track record speaks for itself and I am sure her wealth of sporting experience at both national and international level will be of immense benefit to our organisation at this important juncture for Scottish sport."

Following the announcement Stewart Maxwell said:

"This is an exciting time for Scottish sport and I am delighted that Louise Martin CBE, a leading figure in the industry, will be chairing our newly streamlined national body.

"Mrs Martin led Scotland's successful bid to host the 2014 Commonwealth Games – she has shown a strong commitment to the development of sport and a clear understanding of the challenges facing **sportscotland**.

"The wealth of experience and knowledge, which Louise will bring to the Board, will help to ensure **sportscotland** delivers for sport effectively and efficiently, for the benefit of the whole country."



SUSPAC on the Web:

Info Fliers

- Using Heart Rate Monitors
- 5 Myths of Strength Training
- Strength Training for Children
- Physical Activity and Mental Health

Get your hands on good info

A new website provides a one-stop shop for those working with children and young people, giving them the tools to respond positively when youngsters are experiencing difficulties.

HandsOnScotland covers topics which include everything from aggression to self-harm and bullying, and may be a useful link for child protection officers.

The website gives practical information on these subjects as well as techniques which can help build young people's self-esteem and promote their positive mental wellbeing. Its

straightforward style means it's easy to navigate and use.

One person who used the website said: "The website refers to listening and just taking notice of things that are changing in the young person, and it helps you realise that you can do something."

The website was developed by Playfield Institute, NHS Fife, in partnership with Barnardo's and the University of Dundee and can be found at:

www.handsonscotland.co.uk

Editor's Letter



Well, this is my last editorial. After 3 years chairing SUSPAC it is more than time for me to hang up my hat, vacate the captain's chair and head for the hills!

In 2005 SUS came into being, kicking and screaming. At the time I still had grave concerns about the lack of reference in the organisation name to physical activity/exercise and I would still dearly love to see that change happen. However, before you all start shouting me down let me follow that by saying that I have been thrilled by the enthusiasm and dedication of the SUS membership. Whether turning its hand to holding a fashion show (I still get nightmares!), running championships (BUGS was amazing!) or volunteering at activity festivals (thank you and look out for the next opportunity!) SUS has shown itself to be first-rate and I am proud to be part of it. The students are vociferous, intelligent, hard-working and a lot of fun; staff engage with them in debate, frivolity and planning on equal terms, and we have seen changes at parliamentary level and across Higher Education.

Over the last three years I have been privy to meetings with a number of UK bodies and have had the backing of SUS to empower me to fight for health and well-being to be included in BASES, Scotland to be recognised by Skills Active and REPS at a UK level, and Higher Education to be considered within the national PA strategy and ISPAL. As a committee we have established a quarterly newsletter which is always packed with fantastic research projects, student activities, events and challenges, a series of fliers and good practice guides which force us to put our knowledge down on paper and, we hope, are helping you in your work and leisure.

I look forward to watching SUS grow and develop and seeing the students drive the agenda forwards, through competition, volunteering, participation and lobbying.

I would like to end by thanking my committee who have supported me, challenged me, and worked with me over these last three years. And of course we could not have done any of that work without the dedication, hard work and support of Jacqui Stone (3 cheers!) and not forgetting Stew Fowlie who got us through those first months of existence. You guys rock!

Be true to yourselves in everything you do – we are all winners! *Juliet*



BASES Student Conference

This year it was held at the University of Bedfordshire at the beginning of April. Students have the opportunity to present their final year research projects and I did an oral presentation of my project which investigated the relationship between aerobic fitness levels and the physiological demands of playing a round of amateur golf. It was great to get feedback from other students and also from the lecturers and scientists who were there. The conference was held over two days and included lectures

and workshops covering a range of areas within the Sport and Exercise field, from a sports massage workshop to a lecture on drugs in sport. It was really interesting and had something for everyone. I would definitely recommend it to any other student. *Suzanne Hadden*



Image created by Anna, Gordon, Kerry and Simon on their recent trip north

Malin Head to Mizen Head Cycle

On May 10 I embarked on a 415 mile cycle from Malin Head Ireland's most northerly point to the most southerly point at Mizen Head. Other than this being a massive personal challenge my motivation is to raise funds for Marie Curie Cancer Care. The money raised on this cycle will help to provide high quality home nursing care and hospice services totally free to cancer patients and their families.

The cycle took seven days to complete and we were well looked after with doctor and mechanic accompanying the ride. We travelled through many different landscape types including several mountainous and upland areas. The days were divided into manageable routes with the longest being a massive 87 miles and the first day only 32 along the

rugged coastline of the North. En route we travelled through the towns of Irvinestown, Limerick and Blarney and ended in the peninsula of Mizen Head with its stunning cliffs and sandy beaches.

Training included spin classes, general resistance and aerobic sessions as well as clocking up the miles on my bike. The biggest challenge was spending up to seven hours a day on the bike for seven days. I invested in several good pairs of shorts and a new saddle to make things a bit more comfortable.

Now I'm back and my poor bike needs a bit of TLC but otherwise all is well. There were 59 riders in total and between us have raised a fantastic amount for Marie Curie.



The ride was challenging at times but I met some great people and the weather was superb.

So far I've raised **£1401.85** for Marie Curie Cancer Care. If you would like to sponsor me you still can!

Please log on to:

www.justgiving.com/jackiedavidson1

Jackie Davidson - Aberdeen

Tri This



Our congratulations go to Jacqui Stone has come through weeks of dedicated training to participate in her first triathlon.

She writes "I completed my first ever triathlon on Sunday 11th May in North Berwick and finished in just over an hour. Although challenging I thoroughly enjoyed it and am already looking ahead to the next one! I took part in the event for charity and to date have raised over £400 for Cancer Research."

Congratulations Jacqui!



2008 Tri for the Heart

Date: 21 June 2008 to 21 June 2008 **Location:** Stirling University (FK9 4LA)
Brand new for 2008, BHF Scotland's **Tri For The Heart** is a three activity challenge for women with the cause at heart. Train and participate with your friends while helping us to beat heart disease together. Sign up now and start getting sponsored for what promises to be a fantastic event.

Why Take Part

In Scotland 10,626 women died from heart and circulatory disease last year- 9482 more than died from breast cancer.

Format

A three activity challenge open to women of all ages and abilities. Come and splash 75 metres, ride 3K and stride 800 metres while having fun and participating with friends.

Buddy Teams of 2 or 4

You can take part in this event with your friends. This will allow you all to have the same designated start time so that you can complete the event together.

Course

Taking place in the beautiful surroundings of the University of Stirling, the event starts and finishes at the swimming pool. Join other women as you splash in the crystal clear pool, ride past the Wallace Monument and stride within the magnificent university campus.

If you are interested in the women's only Three Activity Challenge then more details can be found at:

www.bhf.org.uk/trifortheheart or call 0800 028 7542.

The easy way to start a new club

Have you ever wanted to start up a new club, but did not want to be the one and only person needed to drive it? Well, the answer is here, thanks to the popularity of blogs and wikis.

So what are blogs and wikis?

A blog (short for weblog) is a website where entries are made and displayed in reverse chronological order and essentially, it can only be edited by the blog owner. However, a wiki is a website that allows visitors to add, remove, edit and change content, allowing any number of pages to be linked together. It is this ease of interaction and operation that makes a wiki an effective tool for mass collaborative authoring.

So where do I get a free blog or wiki from?

For blogs, consider Google: www.blogspot.com
and for wikis, consider Wetpaint: <http://www.wetpaint.com/>

www.blogspot.com

www.wetpaint.com

So how does having a wiki help?

Earlier in the year, I created a wiki, free of charge, using 'wetpaint', as the host to create a new running and cycling club in my home village. Having initially created the wiki, and advertising its existence in the village shop, anyone interested in participating, was invited to log onto the club wiki, to find out more.

In the case of this club, I was able to post contact information, photographs, 'coach's corner', training tips, useful links and most importantly, an events schedule.

Initially, I proposed that we met at a specified time and location, indicating how easy or difficult the proposed run or cycle was likely to be. However, right from the start, I made it clear to my fellow club members, that whilst I was content to be the catalyst for the club, I was keen for it to develop its own momentum; I am pleased to say, that this is what has happened, as other members now propose routes, start times and locations, just using the wiki.

All announcements are posted on the wiki, which avoids 'ringing' around all members. This is particularly useful if an event has to be cancelled, say, due to bad weather, as all members know to check the website by 2000 hrs. the evening before the event; therefore, if there is no announcement cancelling the event, then it is on.

Any member, completely free of charge, can log onto the club wiki and post any information, whether they are suggestions, photographs or announcements, the list is endless. Hopefully, therefore, the pressure is taken off the club creator and easily shared by all members, who can very easily contribute and participate.

Miles Fuller - Inverness College

Skills Active Conference Inspires the Leisure Workforce in Scotland

The theme of this year's SkillsActive Scottish conference, which took place at the beginning of May in Cumbernauld, near Glasgow, was leadership and involved various speakers and workshops on issues affecting a range of areas of the active leisure and learning sector.

The conference was aimed at helping organisations develop new ways of inspiring and leading their teams and delegates enjoyed a variety of workshops on issues of interest to those managing teams in the active leisure and learning sector.

Topics discussed included the SkillsActive activepassport, management and leadership programmes in Scotland, the Investors in People Improvement programme and a guide for employers on the new UK Coaching Certificate and implications for their coaching staff.

SkillsActive
Shaping Skills for the Future

Over 70 delegates attended, representing employers and stakeholders from across the sector in Scotland, ranging from trades unions, local councils, employers, colleges and NGBs. Delegates heard senior industrialist, Nigel Crouch speak about inspirational leadership, alongside Mary Allison of NHS Health Scotland who presented information on the programmes for developing leadership in health promotion.

Pam Scott, SkillsActive National Manager for Scotland Sport and Recreation said, "We are delighted with both the attendance at this year's conference and the positive feedback from delegates. Our industry continues to develop at a pace in Scotland and with the support of employers in the sector we aim to ensure that everybody involved, including volunteers, have the training and qualifications needed to ensure an efficient and effective workforce, both paid and voluntary."

Research in Brief

Honours Project Abstracts



DAVID WESTMORELAND
UNIVERSITY OF ST ANDREWS

Caffeine has been shown to have a variety of mechanisms of action on the human body and its use has been advocated in a variety of sports including; high intensity, strength and endurance. Football is a team sport that incorporates all of these aspects of sporting performance and as of yet there have been no studies that have focused on a series of tests that have aimed to replicate football performance in accordance with caffeine supplementation. This study was a double blind, randomized, crossover design in which ten amateur footballers ingested either 6mg.kg⁻¹ body weight of caffeine and 50g maltodextrin or 50g maltodextrin (placebo) dissolved in a pint of water at each session. The 5 tests consisted of a passing target test, a vertical jump height measured on a jump mat, a 10m sprint, a T-test for agility and the Yo-yo intermittent recovery test level 1 (YYIRTLI). The effects of caffeine were not significant on any of the tests, the effects of mean performance were Target test +7.10%, Vertical Jump Height +0.86%, 0-5m Sprint -1.01%, 5-10m Sprint +2.28%, 0-10m Sprint +0.54%, T-test +3.31% and YYIRTLI +13.69%. In conclusion, the caffeine had a varied effect on individuals and it may be beneficial for some amateur footballers to use caffeine as an ergogenic aid, especially to improve endurance.

LOUISE MUIR
UNIVERSITY OF ST ANDREWS

Athletes have been identified as a group particularly susceptible to eating disorders, due to various sport-specific pressures such as the belief that thinness equates to improved performance. Due to the detrimental consequences of eating disorders on

physical and mental health, some sports governing bodies around the world have formed Task Forces and issued best practice guidelines as preventive

“governing bodies should implement and enforce structured prevention policies”

measures. Despite growing evidence of high rates of eating disorders amongst athletes, many organisations however have no enforced policies on prevention. It is my belief that governing bodies should implement and enforce structured prevention policies, which should include:

- formation of core groups of staff responsible for the prevention, early detection and treatment of eating disorders
- availability of health professionals from a range of disciplines with whom athletes should have regular scheduled contact
- screening during the initial pre-participation physical examination and at regular intervals thereafter
- compulsory education programmes for athletes and all staff involved with athletes, and inclusion of education programmes in coaching certification
- banning coaches from making any reference to an athlete's weight
- allowing only trained health professionals to weigh athletes, as a screening measure rather than as an indication of performance potential
- implementation of a complaint system and disciplinary procedures in the event of policies being breached
- provision of ongoing support for athletes after retirement from competition

In addition to this, sports governing bodies should lead the way in changing cultural perceptions to reduce the risk of eating disorders.



HEATHER GRAVESON, HERIOT-WATT UNIVERSITY

The present study aimed to extend and improve the methodology of Kirvesoja (2000) by examining the perceived usability of chair heights. The significant confound in Kirvesoja's work, that of chair height preference confounded with chair arm preference, was removed in the current investigation.

Young and older adults' perceptions of chair height affordances were compared by ascertaining the perceived optimum threshold for chair height in younger (20s) and older adults (60s, 70s and 80s) along with ratings of effort and confidence at each height. Two identical chairs, one with arms, the other without were used. The chairs were adjusted in 5 mm height increments from ground to seat height – 380 mm, 415 mm, 450 mm, 485 mm and 520 mm. Experiments were conducted in a familiar environment where participants (20s $n = 5$, 60s $n = 7$, 70s $n = 12$ and 80s $n = 4$) gave judgements of whether they thought they would be able to comfortably sit down on and stand up from each height and chair style. Confidence in abilities and the perceived effort required were also given on a 10 point Likert scale (1 = low, 10 = high). In their assessments, older people preferred a chair with arms; those in their 70s and 80s preferred significantly lower heights (450mm and 485mm) when compared with preferred chair height of young participants in their 20s (520mm). In addition, regardless of age group, confidence was significantly lower for the lowest chair heights of 380mm and 415mm, compared to the three other (higher) heights. Older participants in their 70s were noted as requiring significantly more effort than younger adults to sit down on and stand up from all chairs. These findings highlight differences in chair height preferences between healthy younger and older adults, thus helping to inform the design process in an increasingly ageing society.

UPDATE - ROUND THE UNIS

RGU

StreetSport: New Development Officer appointed Straton Logan as well as Part - time Assistant Development Officer Sheena Dickson. A new pitch and van has been purchased so that we have 2 arenas to increase the range & scope of the programme to many more young people in Aberdeen.

Partnership with King's Camps: We have increased the number of children able to participate in holiday schemes by partnering with Kings Camps to deliver high quality activity programmes - now attracting 150 children a week for a longer day & more weeks than in previous years.

Corporate Decathlon: RGU: SPORT has become the official Sport & Physical Activity provider to the Activity Mix Corporate decathlon. As well as providing membership prizes to the 40 teams taking part in the 6 month competition, RGU: SPORT have designed & implemented a 6 week Personal Health Challenge which encourages participants to increase physical activity & measures changes over a 6 week period.

GLASGOW

April Logan has left on maternity leave, soon to be followed by Kerry McCulloch too. April's temporary replacement is Michelle McAllister. We have recently employed a full time Sports Administrator, Elaine Anderson, whose main remit is to administrate club and recreational sport, GUSA and BUSA Fixtures, transport bookings, GUSA publicity and Kelvin hall administration.

We are also utilising our Exercise Consultation Room as a 'Health and Exercise Advice Centre' where members can drop in casually for the least amount of advice or be guided towards a full programme. It is also planned as a resource centre for members with open access. Rod McCauley also has tried to publicise it by holding fitness tests in the HEAC.

DUNDEE

Although it's not physical activity related a mention must to go to the **Men's Rugby 1st XV** and **Women's Rugby** team, as they both won the SUS cup at Murrayfield. The guys are also SUS league champions and the girls were National Division 1 champions, making the Rugby Club the most successful club this year. They certainly deserve recognition for their efforts!

The *ise* is preparing to host the 2008 SUS conference which promises to be a lively two days of discussion and debate!

Half of all the senior members at *ise* have been enjoying the Senior Sports mornings, held every few weeks as part of the Active Calendar. Friendly competition and camaraderie is a key part of the event where members enjoy taking part in new age kurling (<http://www.whatsthebigidea.ltd.uk>),



tri-golf, indoor bowls, tennis, badminton, table tennis and swimming!

ST. ANDREWS

The Department of Sport & Exercise has appointed Ian Gaunt as Sports Development Manager, with a remit to identify and develop participation opportunities both within the University and in the community.

Ian has been employed at Loughborough University for two and a half years as Community Sport Development Officer, working on areas such as children's holiday camps, coach education, international development projects and programmes involving schools. Previous to this Ian spent 3 years as a professional footballer at Walsall FC, before studying Sports Science at Loughborough. He played in the football team at Loughborough and represented English and British Universities during his student years.

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

ABERDEEN

The new building has started and is even ahead of schedule for completion in July 2009. A replacement for Jan Griffiths, who has been seconded to the Aberdeen Sports Village, has been appointed. She is Lynsay Johnston and will begin in July.

STRATHCLYDE

We will have a new Fitness Teacher by the end of June, in addition to a new departmental secretary.

HERIOT-WATT

We are about to launch the **ARC - Activity Referral Centre** - in conjunction with our local GP surgery. The ARC scheme will be available through referral from a GP or nurse and there are 3 levels of intervention. We will be evaluating the scheme as we go along and would be delighted to liaise with other universities. Sarah McMahon and Juliet Balfour took the YMCAFit Level 3 Exercise Referral Course in April. It was a very intensive course over 5 days including practical assessments and it was followed by a detailed case study which was assessed via an oral exam. The theory paper was multiple choice and examined knowledge of medical conditions and exercise. We would highly recommend the course and hope to host it every year or two so do get in touch if you're interested.

Our other news is to report that our recruitment of Shift Supervisors has been very successful and our team of three has had a huge impact on the smooth running of the department. It has been wonderful to see two of our Sports Centre Assistants, Dave Broderick and Olly Robertson, develop in their new posts and our new recruit, Colin George, has fitted in easily and added to the skillset. It is now even possible for our Director, Mike Fitchett to go home before the building closes and even take some weekends off!

Student Page

Sports Union President Interview: Anna Anderson & Andy Smith



What degree did you do and how did you get involved with the Sports Union?

AA: Sports Biomedicine. In my third year I got an emergency phone call the day of the AGM because no one was running for Safety Officer and I have been involved ever since.

AS: Mechanical Engineering. I was vice captain of the football team and ran in an election and became vice president of sport.

What sports do you do?

AA: Before I came to uni I started with gymnastics, karate and dancing. Then at uni I took up rowing. Since I started this job I have tried approximately thirty sports and I actively participate in ten.

AS: I'm predominantly a football player but got roped into Gaelic football. I have tried rowing and boxing once. Centre-half at football/Goal keeper Gaelic

What does your job involve?

AA: In a nutshell, attending to the needs of affiliated clubs and members, administrating fixtures, planning, preparing and participating in sports union events, being strategically involved in Scottish Universities Sport, dealing with routine daily enquires and always progressing the provision of sport at the university.

AS: In a nutshell it involves being the point of contact for all the student clubs and trying to work in partnership with RGU-SPORT, so my job effectively is to work with all the sports leaders for the clubs and develop the clubs as much as we can.

What's the best thing about your job?

AA: The sport, meeting many amazing people and the socials

AS: Getting to meet lots of different people from all over the country. Like-minded people can be a lot of fun at times.

Your job sounds pretty cool but there must be some bad points.

AA: Politics, Women's Hockey Club (only joking!), paperwork, and the mammoth amount of barriers I'm up against.

AS: The most frustrating thing is working with someone who is not passionate about developing their own clubs. Oh, and Admin!

What do you do when the students aren't around?

AA: Strategic planning, meeting future colleagues, preparing for the year ahead, networking with other universities and LOTS of paperwork.

AS: It is very much a chance to get a lot more of the focus work done, planning, improve links with the clubs, planning how to progress them. Also a lot of meetings and conferences, working with the national agenda and representing your institution.

What's your advice for your successor?

AA: Continue to motivate and encourage your Executive to work hard. Always listen to what the students want and never be afraid to do the right thing.

AS: Use the first couple of months to plan as much as possible which can be difficult knowing so little about the job.

What's next?

AA: A LONG HOLIDAY and entering the real world eventually!

AS: A job in oil and gas industry, so I can enjoy sport as a hobby.



GOOD LUCK BOTH OF YOU AND ALL OUR OUTGOING PRESIDENTS!!!

SCOTTISH UNIVERSITIES SPORT

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PHYSICAL ACTIVITY COMMITTEE

We're on the Web!

www.susport.org.uk

Sports Union Presidents 2008-09

INSTITUTION	NAME	SPORTS
Aberdeen	Gordon Cox	Rifle
Abertay	Ian Lowe	Football
Dundee	Paul Blake	Sailing, Skiing
Edinburgh	Joe Gray	Hockey
Glasgow	Euan Miller	Hockey
GCU	Hannah Dunwoody	Hockey
Heriot-Watt	Ross Simpson	Hockey
Napier	Michael Wallace	Rugby League
QMU	TBC	TBC
RGU	Emma Raeburn	Horse Riding
SAC	TBC	TBC
St Andrews	Alex Cooper	Boat
Stirling	Greg Ure	Football
Strathclyde	Campbell Steel	Swimming, Rugby
UWS	Siobhan Wilson	Netball
UHI	TBC	TBC

Dates for your Diary

- 9-11th June - SUS Conference, Dundee University (details www.susport.org.uk)
- 12-13th June - 2nd Commonwealth Sports Development Conference, The Mitchell Library, Glasgow
- 15th June - MHFS 10K for Men, Bellahouston Park, Glasgow
- 24-26th June - BUCS Conference, University of Sussex
- 28th August - Active Age Festival, University of Aberdeen
- September - SUSPAC Newsletter, Issue 6

Web Links

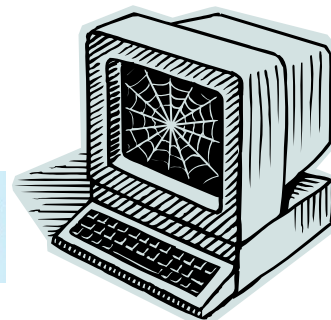


www.bases.org.uk

physical activity and health alliance

Networking Physical Activity and Health in Scotland

www.paha.org.uk



SkillsActive www.skillsactive.com
Shaping Skills for the Future

www.bhf.org.uk/trifortheheart

