



SUSPAC News

Issue 12
March 2010

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Sport England announces £10 million of funding to Active Universities



On March 9th 2010 Sport England announced that £10 million pledge of National Lottery Funding to the Active Universities Programme; aimed at boosting the number of students playing sport.

A Sport England survey found that currently just fewer than 3 in 10 university students regularly play sport. Active Universities is a drive to get 100,000 more students participating at least three times a week by creating accessible sporting opportunities for the 72% who say they would like to do more sport.

A successful boost in student sporting participation will help us achieve the 2012 Olympic Legacy Goal of getting 1 million more people playing sport. Increasing student sport participation levels will simultaneously reduce the sports drop out rate of late teens and early twenties. Furthermore, research suggests that students who do play sport at university are far more likely to continue this participation throughout their lives.

Sport England is calling for innovative applications from universities and others that will tackle the barriers to student participation, which include:

- An insufficient number of coaches, volunteers and co-ordinators to increase and sustain student participation
- Over-structured and inflexible sporting provision within universities which doesn't cater for all students, particularly those who don't want to compete for their university
- A failure to replicate the sporting opportunities that young people had previously enjoyed at sports clubs in their local community
- Capacity issues at universities that don't have sports facilities on their sites and haven't yet formed partnerships with other providers. Research shows that nine out of 10 university sports halls are at capacity during term time.

The launch of Active Universities in Sheffield coincides with the first day of the British Universities and Colleges Sport Championships, which will see 6,000 elite student athletes competing across 26 sports over four days in Sheffield and the wider Yorkshire region.



SUSPAC on the Web:

Please see our website for a range of informative flyers:
www.susport.org.uk

New topics include:

- When to consult a Physio
- Indoor climbing
- Psychological benefits of exercise
- Exercise and Depression

Editor's Letter

Although it's probably got a smaller audience than its summer cousin, the Winter Olympics has provided no less entertainment, excitement and highs and lows. From the elegance and grace of ice skating to the tactics of curling, the energy of ski-ing and the sheer thrills of the bobsleigh there really is something for everyone.

One sport that seems to have captured the public's attention is the ski and snowboard cross. This is a manic downhill race over jumps with the added danger of having four competitors on the course at the same time. These athletes are highly skilled and fearless but what I find very interesting is that many of them are former alpine downhill skiers who are no longer able to compete in those events. This new addition to the Olympic programme has provided them with a way of extending their career and allowing them to continue to compete at a high level.

Similarly, as we go through life we will change our physical activity habits. This could be due to changing priorities, injury and illness, new activities and trends, influence of family and friends or simply a desire to do something different. There are many opportunities out there and it's no longer a 'one size fits all' society. So seize the bull by the horns and challenge yourself to find a new activity to keep you motivated. I won't be taking up skeleton bob any time soon though!!



Jackie

Expert Interview:

Graeme Gardiner, Head of Edinburgh International Climbing Arena (EICA) and Port Edgar Marina



1. *What are your roles & responsibilities?*

G. My role is to lead the strategic development of the EICA and Port Edgar, responsible for meeting financial targets, health & safety objectives, people development and ensuring great customer experiences.

2. *What do you enjoy most about your job?*

G. The variety of each day! I can be planning World Climbing Competitions one meeting, then discussing developments in our Soft Play area, then planning multi-activity programmes for teenagers. Working with such a passionate team makes it much more enjoyable.

3. *And what is the most challenging?*

G. Trying to maximise the exposure of the sports of climbing and sailing to as many new potential people as possible, within the restrictions of industry safety guidelines.

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

G. We currently have a massive cultural problem on our hands which has influenced our nation's health & fitness. Our challenge is to find new and innovative ways to get children and adults interested in sports and physical activities which are fun and addictive.

5. *What message would you like to give to University & College Students?*

G. During your time at University, party hard, study harder and work smartest.

SUS Dance Festival 2010



On Sunday 28th February Dundee College hosted the SUS Student Dance Festival 2010 at 'The Space', Dundee's latest venue for the Arts in the form of Theatre and Dance, both Contemporary and Community.

Seventy participants from a wide range of Scottish Institutions took part in several dance classes throughout the day before watching performances from various groups in the evening. Classes on offer included tap, Bollywood, contemporary and musical theatre. All of this was plus lunch was included in the price of £12 with booking available online and payment through Paypal. The feedback from attendees was fantastic and it's an event that has huge potential to grow in the future.

Among happy participants at the festival was Lesley-Ann Begg who gave us her thoughts on the event:

"My first experience of the SUS Dance festival was fun, enriching and rewarding. Despite the energy I put into taking four classes in one day I left feeling completely rejuvenated. The Festival offered me an opportunity to grow so I didn't become limited by my own dance style. I really enjoyed having the opportunity to try something different and challenge myself. It was a pleasure to be involved in the expansion of so many people's conception of dance and performance, including my own. It's a super-saturated lesson on how the field is developing. I will definitely be returning next year."



Physical Activity Health Alliance Conference 2010

physical activity and health alliance
Networking Physical Activity and Health in Scotland

On 25 February the 4th PAHA conference took place at Heriot Watt University Edinburgh. The annual event supported by 'Healthier Scotland' and 'NHS Health Scotland' focussed on the theme of '**Getting the Message Across**'.

The day attracted over 300 people. The audience heard from Shona Robinson who opened the proceedings with news on; 'reshaping older people's agenda', new figures concerned with teenage girls activity levels and the plans for building the obesity route map.

The Commonwealth Games Legacy Plan featured throughout the day with a focus on the Active Nation launch on 1st March.

Mary Allison highlighted key points from the 5 year Physical Activity review group. The challenge for the next five years being 'to meet activity targets for older adults, girls and women, and monitor activity levels on an annual basis'.

Nanette Mutrie delivered news that there would be no major changes to the UK physical activity guidelines but a report would be published this year.

The first PAHA Active Factor Awards were presented at the end of the day. These awards recognised some of the best physical activity projects running across Scotland.

For more information visit: <http://www.paha.org.uk/Home>



Show Racism the Card

Student Page

Like many cities with multiple universities, Aberdeen holds an annual Intervarsity Day packed full of sports clubs competing against each other. This year Aberdeen University decided to use the event to promote the 'Show Racism the Red Card' Campaign and spread awareness of the anti-racist charity and what it does.

This year Aberdeen University aimed to increase the number of competitions, and involvement of a variety of sports leading to a total of 26 teams competing. Each team received a T-Shirt with the varsity logo on them alongside a 'Show Racism the Red Card' campaign logo.

The Boat Race is a big part of the Intervarsity and was a big success with a lot of the general public coming to the riverside to watch the race.

2010 saw Aberdeen University hold its first ever 'First Year Sports Day' aiming to encourage first years to get involved in sport and physical activity. Among the activities that students participated in were Rounder's, 'School Races', Hockey and Lacrosse. Our aim was to promote the idea that sport can be easy and fun. If any of the members liked the activities they tried, we directed them to the relevant clubs.

During the University of Aberdeen exams there was a campaign 'Healthy Body Healthy Mind'. This was started up to encourage students not to neglect sport or physical activity during exams. This term, with it being winter the activity was a walk around campus during the lunch time break. For next term's exams we are looking in to have light exercises on the playing field on campus. We will be encouraging as many students to take part in this as possible.



The campaign against racism in football and society.



Stirling University was interested in increasing the interest in its sports clubs after a long break between terms. Stirling University achieved this by holding 'Give it a Go' sessions for all of the sports clubs. These were free open sessions, where any student could come along and try any of the sports clubs. Our aim is to increase the members of our sports clubs, and also increase general interest in sport and physical activity.



Stirling University feel that it is sporting of them to raise money for the Sports Relief. Their plan is to run a Sport Relief Mile, which will be on the 19th March. Everyone taking part tries to get as much sponsor as possible.



Over the past four weeks Dundee has been hosting "A Month of Fundays" as part of the Campus Sport intramural programme. The first sport was Basketball 3's with 38 participants, followed by Volleyball 5's with an epic 100 people involved. Last Sunday saw Women's Rugby hosting touch Rugby 7's and last but not least is the Tennis doubles tournament which had 18 couples taking part. This has been a great month and the participation levels prove that it was a huge success. All the sessions were fun and active allowing many people to try sports they had never even thought of, whilst taking a well earned break from the library to spend time with friends. The clubs hosted it alongside the Campus Sport officer on the Sports Union Exec. Hopefully soon we will have more than just a month of fundays!

Dundee University also got involved in a sponsored NSPCC fundraiser, which also helped Childline. This was held all over the UK. Dundee University participated in this event which involved a continuous Aerobics session for 2 hours. There was a good turn out of 40 students, who came along in tutu's and leg warmers, much to the amusement of the photographer.



Research in Brief

ARCHIVES OF INTERNAL MEDICINE

A recent study published in the *Archives of Internal Medicine* reveals that anxiety could be reduced in people who have certain medical conditions by regular gentle exercise. Anxiety is a key player in many diseases, such as cancer, arthritis, multiple sclerosis. This is because such diseases can hamper ones life and be a very concerning matter.

A study of 3000 people with medical conditions found that by exercising, these patients were reducing their anxiety by 20%, on average. Exercise over 30 minutes in duration being of most benefit.



Recent research reveals that by running in the latest hi-tech trainers we could in fact be increasing our risk of sports injury. A reported near 90% of marathon runners complain of injuries.

The study published in *PM&R: The journal of injury, function and rehabilitation* found that whilst running shoes protect your feet they add unnecessary pressure to other joints. Runners should alter their technique to bend their knees and land on their forefeet, a technique employed in many military forces.

BMJ helping doctors make better decisions

A recent report stated that **cardiac rehabilitation remains “grossly under-utilised despite its benefits”**. Estimates suggest approx 70% of people who could benefit from rehab fail to receive it with ethnic minorities, the elderly and the deprived less likely to be offered the service.

Heart 2009;10.1136(oct 2)

BMJ publishing evidence to change
medicine & health practice worldwide
to enable better health outcomes
through evidence-informed action

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The BMJ highlighted the **benefit of supervised exercise programmes for patients who are undergoing cancer treatment** for advanced disease.

Patients who took part in high and low CV and resistance training for nine hours a week over a six week period reduced their feelings of

fatigue and improved emotional well-being.

BMJ 2009; 339:63410(oct)

ARCHIVES OF INTERNAL MEDICINE

Research into the effects of maintaining, increasing and decreasing physical activity levels on survival, function and health demonstrated that **elderly people who continued and initiated physical activity** showed a stronger association to **improved survival and function**.

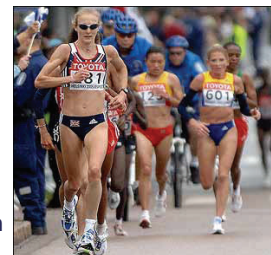
People who attend **exercise sessions with a friend lose more weight** than those who go on their own. A study done over two years looked at 344 people whose goal was to achieve and maintain a minimum 5% weight loss. Their progress was measured at six monthly intervals. Those who exercised with a friend attended frequently and lost weight with their friend reporting a similar pattern.

Archives of Internal Medicine 2009;169(16):1476-1483

A recent study published in *Medicine and Science in Sports and Exercise* has revealed that the more pollution within the air, the slower the average time for women racing in marathons. The study was conducted by Lindsey Marr of Virginia Tech and compared the amount of air pollution across cities holding marathons.

The study compares the amount of air pollution present across 7 marathon races and despite air pollution not being of a significant enough level to heed warnings, the women's performance was still affected.

On average, someone running in a marathon will breathe in and exhale the equivalent amount of air the average inactive person would over a period of two whole days! Subsequently they are evidently inhaling much more of the pollution, which could impact on their performance. Men do not seem as significantly affected by this as women, and Marr explains that this could have something to do with women having smaller tracheas.



UPDATE - ROUND THE UNIS

DUNDEE

Seniors week

As part of the exercise programme for seniors, ISE had a seniors promotion week in February. Senior members could invite friends to try out taster sessions in sport and exercise at ISE and enjoy a coffee and a chat with our senior ambassadors!



This informal open invitation to new customers was a success in 2009 following an open day at ISE to promote the seniors membership package.

SUSPAC's educational flyers and BHF booklets were readily available for new customers to take away

GLASGOW

Sport & Recreation has again been very busy in Term 2, membership has increased once more and we are seeing increasingly high numbers for both gym usage and exercise classes. Also this term we offered a 'Belly dance' course, this was fully booked very quickly and participants are thoroughly enjoying the sessions.

April Logan is now on maternity leave and we are patiently waiting on the arrival of her second child. While April is on maternity leave, her post will be covered by Calum Hill. Calum is the Sport & Recreations Personal Trainer and also freelances on a regular basis – the teaching team are delighted to have him on board.



Our Annual '5k & 10K Run for Fun' is fast approaching, Davie Watt is currently busy organising for the day. The run will be held on Saturday 20th March at the Garscube Sports Complex and all funds raised will be going to the Beatson Peeble appeal.

STRATHCLYDE

Anne-Marie Hughes has been reappointed for the third time as the GB World Universities Team Coach for Cross Country. The team will compete in Kingston, Canada on the 11th of April.

Niall Sturrock had been appointed to Chair of FISU (International University Sports Federation).

City of Glasgow Cup

Glasgow is gearing up for its biggest intervarsity tournament yet as the city awaits the welcome return of the annual City of Glasgow Cup 2010.

The event which will take place on 17th March at the newly refurbished Scotstoun leisure campus will see Glasgow University, Strathclyde and Glasgow Caledonian take each other on in 10 sports with over 700 athletes participating. Dignitaries from the 3 Universities and the Glasgow area will all be invited to come along and watch the intensely competitive and entertaining day of sports in what promises to be an



action packed day. Competitors will be able to enjoy a barbeque provided by sponsors walkabout and an athletes area provided by Red Bull. The day promises to be a momentous clash of University spirit and sporting prowess but

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

there can be only one winner. Watch this space.....

EDINBURGH

Get Your Dancing Shoes on!

The University Dance Centre Performance is fast approaching and it's shaping up to be the best ever show! New additions this year include the Kazakhstan Society and the Bhangra Crew - similar to Bollywood. We have a professional company - Random Aspects guesting with us this year to mark our 25th Anniversary. One of the dancers is a graduate and so cut his teeth at the University Show whilst he was studying!

It's 2 weeks until the Performance on 11th, 12th, 13th March in the Pleasance Theatre at 7.30pm. Tickets are available at CSE Reception, (0131 650 2585) £10 non students/£7.50 students/£5 children.

Don't miss this opportunity to see this exciting, wonderful kaleidoscope of dances. It's a fast moving show with jazz, hip hop, break dancing, tap, ballet, contemporary, samba, salsa, Greek, tango, capoeira, bhangra, cheerleading, Scottish, swing, west coast swing, and Kazak! It's a fun night out.



Aerobathon Success

We had a 2 hour Aerobathon on Monday 8th February in the Sports Hall in aid of NSPCC Childline. We had a great line up of instructors designed to produce a varied programme to keep everyone motivated and having fun. I kicked off with a warm up ending in the "can can" and some "Grease lightening!", this was followed by Fiona's (Lennox) high energy aerobics with challenging superman side jumps! Joanna (Weintritt) was next up with Zumba - a latin dance styles fitness which everyone loved and had us laughing as we attempted to keep up with her amazingly fluid torso! Tom (Harlow) finished off our evening with some Jab, Kick and Burn and a welcome stretch.

Feedback from participants was very positive - they loved it!

This was a national event and the first time that the NSPCC have done an Aerobathon. It was fun taking part in an event that hundreds of people were doing at the same time all over the UK. Money raised was to help train more operators and counsellors for Childline - a very worthwhile cause.

ST ANDREWS

Project Zambia Update:



Students and Staff have had a successful week by getting active in their efforts to raise money for Project Zambia. From Monday 12th to Friday 16th of April we set ourselves a challenge to cycle the 874 miles from Lands End to John O Groats. Spin bikes were set up at various

locations throughout the University between 10am and 2pm. Students and Sports Centre Staff all kindly contributed to the £560 raised by clocking up the miles and the target was reached ahead of schedule.

A further £400 was raised on Sunday from a football tournament and BBQ which again was coordinated by Sports Centre Staff.



ABERTAY

A mob of 28 Abertay staff members descended on Dundee Ice Arena on Tuesday 9th February for an introduction to curling delivered by Claire Milne of the Royal Caledonian Curling Club. The majority of staff attending were able to stay on their feet long enough to thoroughly enjoy themselves and some even expressed an interest in having another go. Indeed a number of department groups have taken it upon themselves to organise further sessions to improve their

skills. Organised by the Sports Office at Abertay, and supported by the Abertay Healthy Working Lives Group; the event was intended to give people a chance to try a new activity in a safe, controlled environment. It is hoped that over the course of the year a number of different activities will be offered in this way.



SUS Communicates on Twitter and Facebook!

You can now follow SUS on Twitter! Or even join our fan page on

Facebook. You can find us on Facebook by searching Scottish Universities Sport, and you can follow us on Twitter at: www.twitter.com/ScotUniSport. You can get regular updates on all the important, and fun things going on around Scottish Universities Sport.



SUS Launches Photo Competition!

SUS Photo competition has arrived, and we are looking for photos from all walks of life!

Caught a funny moment on camera at training? Been on tour? Worn your uni kit in exotic places? Well we want to see!

Want the chance to win some SUS kit and the chance to win The Photo of the year competition? All you have to do is read the rules on how to enter and send your pictures in!

Check out some of the entries already - www.facebook.com/ScotUniSport (Photo album - SUS photo competition!)

**SCOTTISH
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SPORT**

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PHYSICAL ACTIVITY COMMITTEE

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

Dates for your Diary

- 12th-15th April— BUCS Home Nations, Edinburgh University & Heriot Watt University
- 24th April— SUS Rowing Regatta, Strathclyde Park
- 5th May—CCPR Annual Conference, Grange St Paul's Hotel
- 3rd & 4th June—3rd Commonwealth Sports Development Conference, Mitchell Library, Glasgow.
- 15th & 16th June— SUS Conference, 2010 Aberdeen University and Robert Gordon University
- 18th June—Scottish Physical Activity Research Conference, Strathclyde University

Web Links

www.ouractivenation.co.uk

Show Racism the **Red Card**

www.theredcard.org



www.sportengland.org



www.bases.org.uk



www.paha.org.uk/



www.sportrelief.com

Scotland's 2014 Games Legacy Programme Launched



Active Nation was formally launched on 1 March 2010. Part of the games legacy for Scotland, it aims to use the inspirational affect of the 2014 Commonwealth Games to motivate Scots to increase their physical activity and live longer healthier lives.

Many people in Scotland are not sufficiently active to maintain healthy lives. Through local community facilities and a huge range of events and programmes across the country, Active Nation will help people to get involved in a wide range of activities.

Everyone can get involved in Active Nation, the aim being to get people a bit more active than they currently are, even if sport is not really their thing. Simple things like walking to work regularly or taking a new exercise class are encouraged through this programme. If Scots find an activity that they really enjoy then they can incorporate it into their everyday lives and subsequently reap the rewards of a healthy lifestyle and ultimately living in a healthy and active nation.

Active Nation allows people to set their own activity goal, track their daily progress and meet other who are doing the same. To find out more visit <http://www.ouractivenation.co.uk/> and sign up.