



# SUSPAC News

Issue 6  
September 2008

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## Physical Activity Policy Review

### physical activity and health alliance

Networking Physical Activity and Health in Scotland

Five years have now passed since the launch of our national physical activity strategy *Let's Make Scotland More Active*. The Minister for Communities and Sport has endorsed a national review of the strategy to take stock and evaluate progress made since 2003.

The Physical Activity and Health Alliance will be hosting a series of regional events across the country focussing on the review of the national physical activity strategy. These events will provide you with the opportunity to:

- find out more about the review
- meet members of the review group
- hear about the progress of the review to date
- and most importantly contribute to the review process

Practitioners and professionals from a range of backgrounds and setting are encouraged to attend. Whether you are directly or indirectly involved or merely have an interest in physical activity in Scotland, then these events are for you!

The events will outline the process for review, strategic framework for the implementation of Scotland's National Physical Activity Strategy 2008-2011 and initial findings from phase 1 of the review. The event will then allow delegates to feed into workshops around: thoughts on initial findings; exploring lessons learnt, key challenges and success since 2003; and identifying key priorities and new opportunities for the next 5 years.

For more information please see: [www.paha.org.uk](http://www.paha.org.uk)

## Cycling Action Plan for Scotland



A Cycling Action Plan for Scotland (CAPS) will be developed over the coming year, with the goal of getting more people to cycle more often.

[www.cyclingactionplanforscotland.org/](http://www.cyclingactionplanforscotland.org/)

The public met the CAPS team at one of four Roadshow events and were entertained by their team of stunt bike Riderz, grabbed goodies, won prizes and left video messages in our Big Brother-style diary booth.

Stakeholders also got the chance to develop the Action Plan further through a Stakeholder Engagement Conference on Tuesday 7th October at Perth Concert Hall. This was a

chance for views to be heard, but also the views of politicians, professionals and the public to be listened to. The output from the Conference and from the public engagement events will be reported on in full and will shape the future direction of cycling in Scotland.

*Have any ideas?*

Do you want more cycle paths? Subsidised cycling? More cycle clubs in your area? Or have you never considered getting on a bike? If you have any ideas that you'd like us to hear, please email us to let us know....

[CAPSIdeas@cyclingscotland.org](mailto:CAPSIdeas@cyclingscotland.org)

## SUSPAC on the Web:

Please see our website for a range of informative flyers:

[www.susport.org.uk](http://www.susport.org.uk)

### Topics include:

- Using Heart Rate Monitors
- Nutrition Guide
- Hydration Advice
- Don't Droop Support your Boobs...
- Alcohol and Sport Don't Mix Well

# Editor's Letter

It's the start of term again and the campus has started to come alive. Although it's nice to get some down time during the summer it's always great when there's a buzz around the University when all the students start to come back. (Not sure if I'll still be saying that come November!!!)

I've been involved with SUSPAC for 2 1/2 years and took over as Chair this summer. I'm looking forward to continuing the good work that the committee has done over the past 3 years but also hope to explore some new avenues. My background is in dance and I have been involved in both performing and choreography. Recently dance has had a bit of a revival with programmes like 'Strictly Come Dancing' and 'Strictly Dance Fever'. Tapping (no pun intended!!) into it's popularity can provide an excellent way of encouraging people to take part in physical activity who perhaps would be put off by attending the gym or joining a sports club. A diverse range of styles ensures that there is something for everyone from ballroom to ballet, street dance to Scottish. Watch this space for future SUSPAC dance developments.



Jackie

## ACTIVE AGE FESTIVAL 2008 REPORT



This year Aberdeen University were hosts of the annual Active Age Festival. Over 90 participants from university classes around Scotland attended and enjoyed a fun filled day of activities and talks.

To warm up and wake up the participants, we started the day with a group exercise session which was led by Alan Francis and Hazel Ednie. Keeping up to date with the goings on in the World they participated in an Olympic themed circuit which they all thoroughly enjoyed.

A superb lunch followed the morning session and to allow it to digest the group then listened to presentations from Friends of Nevis ([www.friendsofnevis.co.uk](http://www.friendsofnevis.co.uk)), Diabetes UK and a massage therapist.



In the afternoon the participants had the chance to choose from a selection of activities which included Kurling, table tennis, moving wisely (T'ai Chi) or a guided walk round the campus. The weather was on our side which led to the walk being extremely popular. Not only was it great to get outside, the leader was very informative, which the group really appreciated.

To round up the day we all gathered together in the hall to Dance with Jackie Davidson and Julie Falls. Julie began the dance session with Hip Hop and this was then followed by Jackie teaching the choreography to 'All that Jazz' from the musical 'Chicago'. Once we were finished with our jazz hands it was time to head home and relax after a fun filled packed day.



For those travelling home by bus, the journey was especially pleasant due to the fine weather and regular rhythm of snoring.



## The Olympic Games Legacy and Physical Activity



With the games over and the flame extinguished in Beijing, the focus now moves to London in 2012. The eyes of the world will be on the capital to see if it can really deliver a games that the country will be proud of. London has made no secret that their games will be a less lavish affair than those in Beijing. Instead, they prefer to leave a lasting and sustainable legacy for the whole country.

One of the promises made in July 2007 is concerned with the sporting legacy and in particular looks at increasing participation in sport and physical activity. Current government policy is aimed at increasing physical activity levels in the adult population. In England the target is to have at least 2 million more people more active by 2012. In Scotland the focus is to drive forward the national sports strategy- 'Reaching Higher'. It is envisaged that hosting the games will act as a catalyst to achieve this.

However, previous research carried out following the Sydney Olympics in

2000 and the Manchester Commonwealth Games in 2002 showed no noticeable increase in participation in the adult population. There is some evidence to suggest that the success of a national team or athletes in particular may have some small or short term impact, although this is more likely to occur in young people.

Interestingly, the success of the British team in Beijing seems to have increased the population's interest in watching sport. The media creates new stars and heroes that are hailed as role models to inspire a new generation of athletes. Cycling in particular has maintained a high media profile since the Olympics. The next World Cup in Manchester scheduled in November sold out within hours of the tickets being released and some of the hill climbs on the recent Tour of Britain resembled images of the Tour De France. However, attending these events or following them on television does not automatically result in an increase in participation. We are a nation of spectators and something will have to change to provide the impetus for the

sedentary to become more active.

Much of the focus and funding for improving participation is centred on facility development, access to facilities, equipment and coaching programmes. Whilst these are all valuable aspects in sustaining increased participation the biggest challenge in this country is to change people's attitudes and perceptions towards physical activity. Let's hope that the PE and sport strategy and concept of healthy living communities suggested in the legacy plans for both London 2012 and Glasgow 2014 are long term strategies which can start to educate future generations and change ingrained habits in our culture.



## Girls on the Move Conference September 2008

Girls on the Move has been running for 3 years and this year they held their first conference in Edinburgh on September 5<sup>th</sup>.

GOTM was set up 3 years ago to remove barriers which prevent girls and young women participating in physical activity all over Scotland. There are 2 strands: Participation and Leadership. Participation is aimed at girls and young women aged 12-18 that are not taking part in physical activity, and the leadership programme is aged for women 16-24.

GOTM work in partnership with Sports Leaders UK to provide Dance leadership, Sports Leadership and Community Sports Leader Awards with the aim of having 16-24 year old Women leading sessions in their community.

GOTM is funded by the Government and The Robertson Trust, supported by NHS Scotland and managed by Youth Scotland.



[www.girlsonthemove.co.uk](http://www.girlsonthemove.co.uk)

Throughout the morning delegates listened to short presentations from each of the above on how the project had succeeded the past 3 years and the aims for the next 3 years.

Finally delegates enjoyed a Tribal Groove performance by a group of young girls and then it was our turn to get off our seats and give it ago – Excellent fun!

# A message from the Women's Sport and Fitness Foundation team



Here is the latest on our mission to create a nation of active women, including the launch of our ground-breaking report and 2008 annual conference.

In July this year, we established the first national strategy in this vitally important area and this can be viewed via the link on the WSFF Homepage. At its core are the three key imperatives we believe those who design and deliver sport and exercise for women must take into account to combat the current crisis in women's physical activity:



- Give the customer what she wants
- Create a society in which being active is attractive
- Develop policies to improve leadership, investment and profile.

Within her recent Think Tank piece in the Sunday Times, WSFF chief executive, Sue Tibballs, provides an overview, and explains the importance, of these imperatives. This can be viewed at Sunday Times article:

[http://www.timesonline.co.uk/tol/comment/columnists/guest\\_contributors/article4641141.ece](http://www.timesonline.co.uk/tol/comment/columnists/guest_contributors/article4641141.ece)

Under the same banner of Creating a Nation of Active Women, we shall be delving deeper into these three core areas at our annual conference on 24 November 2008. On the day we shall draw on the expertise from a range of sectors, from retail, advertising and the media to leading domestic and international case studies in sport and exercise.



Delegates will learn how to treat women as customers, consider the creation of a society in which active women are attractive women, debate with Government the policies necessary to create the environment for success and network with leaders from across the industry. The new Commission on the Future of Women's Sport will be profiled and Great Britain's female stars from Beijing will inspire the audience to build a lasting legacy.

For more information on the conference, including how to register, click on:

<http://www.womeninsportconference.com/Homepage.asp>

## Working in Fitness Survey Results 2008



This was the fifth year in which Skills Active have run the Working in Fitness survey. This was open to all those working in the industry on a full, part-time or self employed basis; along with anyone who works within a leisure centre, private health club or directly with clients.

Some of the headline figures from the survey showed that:

- Those working in the sector were very positive in terms of remaining there for at least five years. More than three fifths of respondents said they would stay.
- Nearly four fifths of fitness workers said they would recommend their employer.
- Average basic salary is £17,200 across all occupations working in permanent or self employment, with a range from under £13,000

for level 2 occupations to management roles earning upwards of £26,500.

- Low pay is cited as the key factor that would persuade people to leave the industry, with 57 per cent of respondents to this question suggest that this would be the main reason for them leaving the sector.
- The average number of training days for employees in the sector is six days while the average spend on training and development in the sector is £484.
- Fitness workers mainly pay for their training themselves (45 per cent report doing so) and it is typically the gym floor workers who do this.

The full findings from the Working in Fitness Survey are available from the research section on their website.

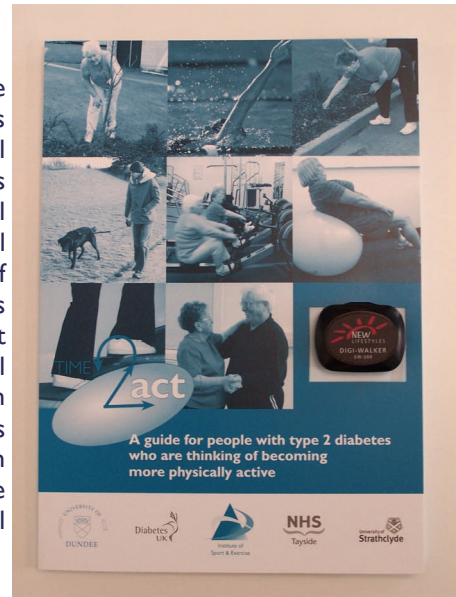
<http://www.skillsactive.com/resources/research/>

## Research in Brief



### DUNDEE UNIVERSITY

The Institute of Sport and Exercise at Dundee University is undertaking research, funded by Diabetes UK, to address how best to encourage physical activity among people with Type 2 diabetes. Previous research by the team has identified that a physical activity consultation delivered by a trained individual can be successful at encouraging higher levels of physical activity in this population and guidelines on conducting this intervention have been published in the Diabetic Medicine journal. The current study titled "Time2ACT" has involved the development an interactive physical activity pack, based on the physical activity consultation which participants can work through in their own time. The second part of the Time2ACT study has involved a randomised controlled trial comparing the effectiveness of a person delivered physical activity consultation intervention with the interactive physical activity pack in addition to standard care. The results of this study will be finalised at the end of the year.



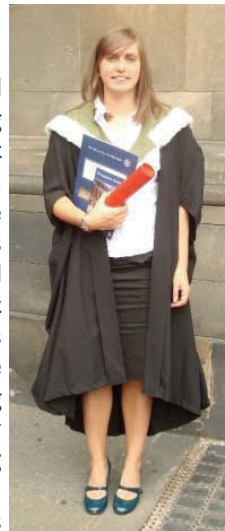
### Other information

Over the past 2 years Health Scotland have been running 2 day courses allowing individuals to learn more about the physical activity consultation intervention and become skilled in delivery of this intervention. Individuals interested in future courses should contact Emma Little at Health Scotland on [Emma.Little@health.scot.nhs.uk](mailto:Emma.Little@health.scot.nhs.uk).



### SARAH GANDON EDINBURGH UNIVERSITY

The purpose of this research was to critically analyse elite netball in Scotland and assess the affect of Government level elite sports policy on the Governing Body, Netball Scotland. A series of semi structured interviews were carried out on key stakeholders from within Netball Scotland. The Advocacy Coalition Framework, developed by Sabatier and Jenkins-Smith, which relies on the stakeholders of a body interested in changing its policy having the same values and beliefs was used to asses how Netball Scotland approach elite policy changes and was proven to not be a framework which Scottish netball fits into. This was due to netball not being fully integrated with elite sports policy in the UK and stakeholders having differing elite priorities and values. The methodology outlines the process behind the research, including how individuals were interviewed, why the chosen sample was appropriate and what ethical concerns were addressed. Limitations were also outlined as the researcher knew all interviewees personally through their work with Netball Scotland. Area's of research included where elite netball in Scotland is currently in terms of elite policy development, what is the future of elite sports development in netball in Scotland and what coalitions are working together or against each other to move Netball Scotland towards becoming a professional body. Conclusions and recommendations were then drawn reflecting the research and included that netballs involvement in policy change had been very little and that the professionalisation of the body, in terms of extra paid staff, would help them to come to the forefront of policy in the future. The Commonwealth Games in Glasgow 2014 are seen as both a turning point and opportunity for netball to become stable, elite focussed and to increase the profile of the sport in the media and projections are for a positive future for the sport.

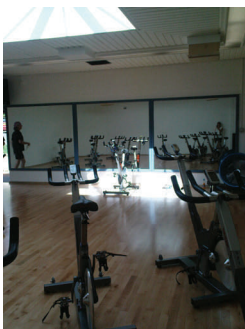


# UPDATE - ROUND THE UNIS

## EDINBURGH

Refurbishments have taken place over the Summer in various facilities which include:

Brand new 100 station CV kit, with TVs - 3 years on from first design. New lockers in male/female changing rooms, and ancillary areas. A refurbished sports hall floor and squash court floor. New climbing (8 m high and 23 lines) and bouldering wall facility and a brand new Astroturf hockey pitch at Peffermill.



## DUNDEE

The start of semester has been a hive of activity at Dundee ISE. The addition of a third studio at ISE will accommodate

the new ISE dance programme and popular bike classes! The dance programme will include courses in Flamenco, Street dance, Capoeira, Belly Dancing and Polefit.

Anna Anderson has joined the ISE staff team as Sports Development Officer. Anna joins them after serving as the Sports Union President for the last 2 years.

## UHISA

UHI are in the earliest of stages in putting together their first sporting blues presentation dinner. As such they are hoping to have a blue committee formed within the next couple of weeks ready for completion sometime this academic year.

## ABERDEEN

Many of the University teams have sported completely different strips over the years, with all six football and rugby sides turning out in different colours last season.

That situation has now been consigned to the past with hundreds of students pulling on their new matching strips and

shorts at King's College Playing Fields.

Some 3,500 pieces of modern sports clothing have been delivered, and between 500 and 750 students posed outside King's Pavilion in their new togs, which have been custom-made by kit firm, Kukri. A special design was created for the kit using the colours from the University crest and has been named 'Butchart'.

## WEST OF SCOTLAND

During fresher's week they had a boys v girls night, with the losing captain getting gunged, the boys won by one point so as the losing captain, Siobhan Wilson the Sports President, ended up with lovely green hair.

## STRATHCLYDE

The new facility is due to open in summer 2011. On the more elite side of things a few off their golfers were in action over the summer. Megan Briggs competed for Scotland in the Senior Home Countries Championships, whilst Grant Minnes and Graeme McDougal took part in the Scottish Uni's team for the Home Championships.

We have appointed a new gym instructor who began in August. Also installed in the gym new V.R equipment with a high emphasis on Human Sport Dual action cable resistance machines. New classes being launched this new academic year are Body Pump, Body Attack and Bollywood.

## ST. ANDREWS

St Andrews have just had their first pre-season for their 4 performance sports clubs, fencing, golf, lacrosse and rugby. Opened by Shirley Webb (Battleaxe from Gladiators),



50 athletes attended the week's training in preparation for the forthcoming season.

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

The University's Rugby club celebrated their 150th year last week. The South Africa legends (including World Cup winners such as Jake White and Joost van der Westhuizen); spent a week in St Andrews, carrying out coaching sessions for local children and playing a match against the Scottish legends before a black tie dinner at the Fairmont hotel.



## GCU

Have just re-opened their changing facilities after a 12 week building programme to convert from communal shower areas to private shower cubicles in the women's area and a mix of private and communal in the men's.

## NAPIER

Are looking forward, and plans are in place, to build a new Sports Facility at our Sighthill campus - opening 2010/11.

At their current Fitness Suite in Craiglockhart they have recently installed a pro5™ Power Plate®. – This has been an ideal addition to The Fitness Suite equipment, consisting of Cybex IFI compliant CV and resistance machines, 360 Functional Training and Concept 2 rowers.

Looking to the year ahead they will be continuing with our Monthly Run and will be developing walking routes on and around our Campus' at Napier. They will be working closely with the Health Promotion Group and be attending the Napier Healthy Heart Day in November.

Napier currently has four Scottish Rugby League players using The Fitness Suite to compliment their National Training programmes in preparation for the Rugby League World Cup in October 2008.

## Student Page

### SUS Resources

The SUS website offers a number of useful resources including past issues of the SUSPAC News. Here you will also find a number of flyers offering information and advice on a range of topics.

[www.susport.org.uk/good-practice-guides-resources.asp](http://www.susport.org.uk/good-practice-guides-resources.asp)



The web page also hosts the SUS Student Handbook. Running a sports club can be an onerous task - this document is designed to act as a guide for students involved in the running of sports clubs within their own Higher Education Institution. It contains guidance on running an effective sports club and simple template documents for many administrative functions. You must always refer to your Universities Sports Department or Athletic Union for confirmation of your own institution policies and procedures.

Further information can be found at [www.helpforclubs.org.uk](http://www.helpforclubs.org.uk) or from your individual Sports/Students Union offices.

### GCU Student Successes



GCU student Lisa Glover (Diagnostic Radiography 2nd Year) represented Scotland in the Javelin event at the recent Commonwealth Youth Games in Pune (India), finishing 4th overall with a throw of 42.52m. Lisa was also the flag bearer for the

Scottish Team at the opening ceremony at the magnificent Shri Shiv Chhatrapati Sports City athletics stadium. On returning Lisa said "To be able to represent Scotland at this competition was a huge honour and I was enormously honoured and proud to have carried the flag".

Lisa Cairns, another GCU student attended the World Karate Championships alongside Calum Robb (Herriot Watt, SUS Sports man of the year) in Canada in August. Lisa bringing home a bronze and Calum winning Gold, another successful competition for



### SPORTS UNION UPDATES



"It really has been an exciting start to the sporting year at Dundee University. This year our Sports Fayre made the move from the usual venue in the students association to the redeveloped Institute of Sport and Exercise (ISE), once again we saw an increase in the numbers of people signing up for Sport. Last week Dundee hosted its annual Play before you Play Sport's Festival, where up to 1000 people tried 45 different sports on offer. This week will see the clubs test their fitness ahead of the coming season with an Inter-Club Relay Race. Competition is really heating up with the ISE sending 2 teams and the Sports Union determined not to be outdone by our older colleagues certain to emerge victorious."

Paul Blake  
Sports Union President



The annual Fresher's Fayre held in RGU: SPORT was yet again a big success. A large turnout of students came along to chat to the sports clubs and join up for the year ahead. There was a hive of activity with displays from our fencing, football, aikido, rugby and trampoline clubs.

The clubs are already seeing an increase in the number of participants in sport and physical activity. There is an exciting year ahead for our clubs, with plenty of fixtures, activities and days out for everyone to enjoy.

Emma Raeburn  
RGU Vice President of Sport

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## ISPAL Active Scotland Seminar - What is the future of Scottish Health?

Quality Leisure Management in association with ISPAL, The Scottish Government, Alliance Leisure and Discovery Learning & WMC Ltd presented the Active Scotland Seminar on Health and Physical Activity in Scotland at Meadowbank Stadium on the 30th September.

This event included a presentation to recent winners of the Active Health and Physical Activity Recognition Award by Stewart Maxwell, the Minister for Communities and Sport. A representative from Heriot-Watt University was present to collect their award. Plans are underway for how this scheme can be rolled out to other Universities in Scotland. For more information on the ISPAL Active Health and Physical Activity Recognition Programme, and how this can help your organisation, please click here: [http://www qlmconsulting.co.uk/active\\_ispal.html](http://www qlmconsulting.co.uk/active_ispal.html)

**HERIOT  
WATT  
UNIVERSITY**

The seminar also included a keynote speech from Matt Lowther (National Physical Activity Policy Coordinator) of the Scottish Government on the progress that has been made to date in tackling the nation's health inequalities and the future direction of the Scottish health agenda, with a particular emphasis on the role of physical activity.

The seminar was a fantastic opportunity to gain an understanding of the benefit of the Active Award scheme and included testimonials from recent participants in the scheme on how it has benefited their organisation.

### Dates for your Diary

- October: Physical Activity Policy Review Regional Events, Various locations
- 31st October-2nd November: CYQ Level 3 Qualification in Exercise and Pregnancy, Heriot-Watt University
- 11th December SUS Christmas Seminar
- December - SUSPAC Newsletter, Issue 7

## Web Links



[www.girlsonthemove.co.uk](http://www.girlsonthemove.co.uk)

[www.paha.org.uk](http://www.paha.org.uk)

**physical activity and health alliance**

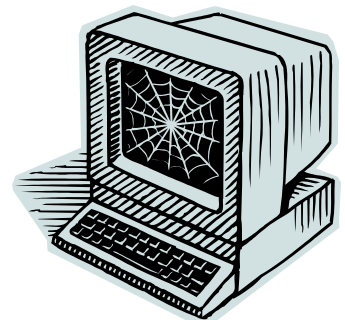
Networking Physical Activity and Health in Scotland

**SkillsActive**  
Shaping Skills for the Future

[www.skillsactive.com/](http://www.skillsactive.com/)



[www.wsff.org.uk](http://www.wsff.org.uk)



[www.cyclingactionplanforscotland.org/](http://www.cyclingactionplanforscotland.org/)

**CYCLING ACTION PLAN  
FOR SCOTLAND**