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## SUSPAC on the Web:

### Info Fliers

- Recognising a Stroke
- Stretching for Sport and Activity

### Resources

- Hydration Advice
- Nutrition Guide

SUSPAC would like to offer special thanks to Antony Stone for the photographs taken at the Active Age Festival. To view and buy images for the event please log on to [www.susphoto.com](http://www.susphoto.com)



From “*Jumping to Conclusions...*” to “*Texting to initiate and support physical activity*” there was something for everyone at the annual conference of BASES (British Association for Sport and Exercise Sciences) held recently at the University of Bath. I had long resisted becoming a member as it had never seemed to have enough to offer a person of a PA persuasion. But when I was alerted to the existence of a fellow crusader for PA Rights, namely John Buckley, part-time lecturer at Chester and full-time campaigner, I realised I would have to join up. John has spent the last 2 years working to create an Exercise for Health Practitioners Special Interest Group within BASES and further wishes to set up a BASES Register of Exercise for Health Practitioners as a pathway to BASES accreditation. The conference was our first opportunity to meet, collect enough signatures for the AGM, and galvanise folk into action so off I went. I registered, collected my delegate bag (environmentally-friendly, non-bleached cotton) and started to plough my way through the 235-page Programme and Abstract Book. Keynotes

by Julie Steele, Frank Booth and Edward McAuley were top of the agenda followed by the PA Divisional Meeting, the aforementioned Special Interest Group, and symposia, oral communications, and workshops on obesity, PA & health, exercise & rehabilitation from cancer treatment; and Children and PA. There were also interesting-sounding sessions on the biomechanics of breast bounce, motivation and PA, and obesity and energy balance. And I could not get to more than one session at a time! But the best part of any conference, in my humble opinion, is the networking you do, the sharing of ideas, theories, beliefs, challenges and dreams, and the fabulous projects that follow. A small working party will be meeting on the eve of the British Heart Foundation conference at the end of November in a hotel near East Midlands airport to further the BASES Exercise for Health agenda. I will be there and will be reporting on progress in our next edition so watch this space! If you would like to know more about the conference, the interest group, or the register please contact me by email: [j.a.balfour@hw.ac.uk](mailto:j.a.balfour@hw.ac.uk).

## Skills Active

SkillsActive is the Sector Skills Council for the Active Leisure and Learning Sector. Its vision is for our sector to have a highly skilled and competent workforce in an industry which is equipped to fulfil its potential at the centre of the economic and social development of the UK. Our key goals are to

- Support an increasing demand for skills
- Support an employer led, UK wide, approach to workforce development
- Establish a supply of vocational education and training, built on national sector standards that meets employment needs with equality of access across the UK
- Maintain an up to date analysis of labour market and skills needs of the sector

For more information please see the PAC report on page 2 and the interview with Pam Scott on page 4.

SkillsActive

# SUS Physical Activity Committee

**SUS Physical Activity: more students, more active, more often. Here's a review of our recent, current and forthcoming work!**

**ILAM Active Health and PA Recognition Award** - piloted successfully at Heriot-Watt University we will be looking to roll this out across Scotland's HE institutions to assist us all in benchmarking and also to challenge us all in raising the already-high standard of our services and facilities. Watch this space!

**SUSPAC works with the young, the elderly and everyone in between!**

**Physical Activity and Health Alliance (PAHA) Reference Group** – as Chair Juliet is part of this group which informs and directs the work of the Physical Activity and Health Alliance as well as developing policy for the PA and Health Council which is our point of contact with the Scottish Parliament. There are regional events taking place over the next few months – log on to [www.paha.org.uk](http://www.paha.org.uk), sign up and get involved!

**BASES Exercise Practitioners' Special Interest Group** – as mentioned on page one this group has now been ratified at the BASES AGM. In addition a working group will be meeting on the eve of the BHF conference in Nottingham to work on the nuts and bolts of setting up a BASES Exercise for Health Practitioners' Register

**Active Age Festival** – see next page for full report!

**Easter Roadshow** – April 3<sup>rd</sup> 2008 at Abertay University. We hope to continue the good work we did in Aberdeen.

**Skills Active** – Juliet has been working with Pam Scott exploring ways in which SUSPAC can assist in the improvement of standards in the fitness industry and the allied associations. As a result the Chair of SUSPAC will now have a seat on the Skills Active Sport Recreation Health and Fitness Employers' Committee which meets quarterly. (the only proviso is that the chair will need to be in a position of employing instructors/coaches). Juliet has also been asked to sit on the UK SAFE (Sport and Fitness Employers) Group whose number

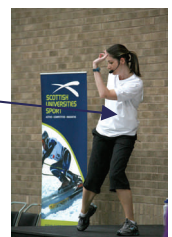
one function is to develop and oversee the work of SkillsActive in the sub-sector (including workforce development, labour market research, standards and training frameworks) and the development of REPs.



As a group SUSPAC is also exploring ways of getting students involved in intramural, recreational sport and other activities and would welcome input and ideas. Key issues for focus are equality and diversity, particularly ethnic minorities and disabilities and we look forward to reporting more on this in future editions! We are delighted to be assisted in our work this year by Eilidh Bartlet, Stirling and Julie Falls, Glasgow.

## Physical Activity Committee 07-08

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



# SUSPAC Activity

## ACTIVE AGE FESTIVAL



Our older adults enjoyed a special physically active day at this year's Active Age festival at the University of St Andrews. With well over a hundred delegates signed up prior to the

day it promised to be the biggest and best event yet.

The day kicked off with everyone participating in a group exercise session led by teaching staff from six different Scottish Universities. Once everyone was suitably warmed up this was followed by a session on Laughter Yoga which included joke telling, singing and dancing with the emphasis on fun.



In the afternoon delegates were able to select which sessions they attended and these included pilates, yoga, moving wisely, badminton, kurling (an indoor version of curling), led walks around the University campus and table tennis. These sessions provided the opportunity to try new activities and learn new skills in much smaller groups.

Kurling proved a popular option and even those who had never tried it before quickly managed to get the hang of it. The stones are on large ball bearings and are rolled along the floor towards a large target. By the end of the day it was becoming very competitive!

For those who wanted a less active option

there were therapists providing free tasters sessions in reflexology and massage that participants could drop into throughout the day. There were also professionals on hand to give guidance on healthy eating and diet.



The event closed with a giant raffle thanks to all the prizes that were kindly donated.

Once the formal activities were over most of the institutions made the most of the glorious weather and went into the town of St Andrews for a spot of shopping and ice creams. A perfect way to end an active day!



### Testimonies from participants:

*'A great day, bring on the next one!'*

*'The opening exercises were very vigorous but very successful with large crowd!'*



*'I particularly enjoyed the taster reflexology – my feet thought they had reached heaven!'*

*'Excellent! I enjoyed Pilates and Kurling as I had not tried these activities before.'*

## Expert Interview - Pam Scott, Skills Active

*Can you tell us about the path you took from school to your current position?*

I studied PE at Dunfermline College of PE, and chose not to teach and completed an MEd in Educational Psychology Glasgow University, part-time. During this time I was working in a Recreation project for young unemployed people in Glasgow. My career path was an early sports development route, un-planned and determined by opportunities that arose. I moved to work for the Actionsport pilot project in Glasgow, for two years I worked for Scottish Gymnastics and during that time we had the Commonwealth Gymnastics Championships in Scotland, then various roles within sportscotland mostly supporting local authorities in promoting sports development. In 1996 I was appointed the first Chief Officer to set up the Paths for All Partnership and then moved to a local authority Recreation Department. I started working with SkillsActive in 2004 as the National Manager in Scotland with responsibility for Sport and Recreation, which includes health and fitness and the outdoors.

*What is the most exciting part of your job?*

The most exciting part of my job is seeing things happen. I know this may sound pathetic but when you are working in an area like this things do take a long time to change and getting a result is huge!

*And what is the most challenging part?*

The most challenging part is working in Scotland for a UK organisation where qualifications, policies, education and now the government is different.

*Where do you think the Physical Activity agenda will be in 10 years' time in Scotland?*

I hope that in 10 years time that we will have more people being active without having to campaign about it and it becomes part of daily life again. I also hope that, where there are interventions, there is much less duplication at a local level and that organisations work together better.

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

My message would be for those that want to work in the sport and recreation sector to look at the number and types of jobs available and make sure they still want this sort of work. It's not glamorous, opportunities come through experience, and often you need to be working at weekends and evenings when others are enjoying themselves by actually participating in sport!

*Finally, what do you think SUS can do with regards to creating a gold standard of exercise practitioners and health promoters?*

I think that SUS is in an ideal position to bring together expertise in this area, and I think you have a role to play in influencing the academic departments in Universities to embed practical qualifications into the degrees on offer.

### Empowering Black & Ethnic Minority Women in Sport



SEMSA is a voluntary organization which aims to remove barriers for BME communities to participate in sport and physical activity. SEMSA has recognized the need to challenge and tackle inequality, racism and discrimination in the field of sport as a core element of its work. Over the past 10 years, some of the key areas which they have not only been involved in but have initiated include:

- UK Asian Championships (UKAC)
- Glasgow wide BME sports events
- Annual Summer Academies
- Development of BME Equalities post in Glasgow City Council
- Linkages to New Communities
- Training Programme Development



Funding has been secured from the Big Lottery to allow SEMSA to develop the Scottish Women's Active Pathways Project (SWAP Project). The funding will allow SEMSA to develop an inclusive and culturally sensitive programme of activities for young BME women across Greater Glasgow. Currently there are little or few sporting or physical activities meeting the needs of young BME females' aged 17-24 within the Glasgow Area. The programme established will be both culturally and religiously sensitive to your needs. In turn allowing young BME females to consider their general health and well-being.

If you would like to be kept informed about this project then give Jaz a buzz on: 0141 572 1140 or email [jaz@gara.org.uk](mailto:jaz@gara.org.uk)

# Research in Brief

## Student Activity and Lifestyle at Aberdeen

By: Vera Araujo-Soares and Falko Sniehotta



The SALSA study aims to understand the factors responsible for the raising problem of physical inactivity and other health behaviours in young people. SALSA is currently conducted University of Aberdeen and will soon start at the Robert Gordon University. Both universities focus on physical activity, the UoA additionally investigates dietary behaviours, the RGU alcohol consumption and drinking patterns. The overarching aim of SALSA is to identify factors that explain differences in behaviour and their changes over time.

There is compelling evidence that lifestyle behaviours such as physical inactivity and alcohol consumption are amongst the main causes of death in developed countries. A crucial point in the development of lifestyle patterns occurs at the end of adolescence when children gain autonomy and leave their parents home, e.g., going to the university. In their new environment, students need to initiate and maintain a new set of lifestyle behaviours .

Scotland faces a large-scale health threat and physical activity decreases over the lifespan. Obesity has become the most important health problem of the nation. The Scottish Health Survey shows that about one out of four adult Scots is obese and more than half of the adult population is at least overweight. Obesity puts people at risk for heart disease, diabetes mellitus and cancer and seriously reduces life expectancy. The

problem starts early; obesity amongst adolescents has trebled between 1980 and 2002.

An additional problem of an alarming scale arises from the growing number of young people that drink way above the safe limits on a single drinking occasion. *Binge-drinking* is a behaviour linked to a range of social and health-related problems including violence, drink driving, accidents and unsafe sex.

Understanding health relevant behaviours and young people's views towards these behaviours is important to identify possibilities for the university to further support a healthy lifestyle amongst our students. SALSA is designed as a longitudinal cohort study trying to understand how students may change their lifestyle behaviours.

The study is conducted by an interdisciplinary group of researchers from the University of Aberdeen and The Robert Gordon University and run in

close collaboration with the Sport and Recreation services of the University of Aberdeen, and RGU:SPORT. What makes this collaboration possible is their progressive attitude towards research, and their commitment to health goals.

In RGU the Student Association is also very involved. In the future, we would like to disseminate the study framework to other educational institutions in Scotland to enhance our understanding of the main causes of death in our time: **Behaviour**.

**“Obesity amongst adolescents has trebled between 1980 and 2002”**

# Children's Summer Programmes

## Dundee

375 children attended the 4 week programme at the ISE. A choice of 9 courses were available to children aged between 3 – 16 years. These included 5 multi-activity courses such as Funfit Club and 4 sports-specific coaching courses including Badminton Coaching. The attendance was very positive with 92% take up on spaces.

The highlight of the summer was the day at the Open Golf Championship at Carnoustie. Twelve children visited the Junior Golf Centre and were lucky enough to receive two hours of coaching with special tips from 2 of the professionals playing one of whom was Ian Poulter (seen here in the picture).

## St. Andrews

900 children aged 3-11 took part in 40 sports coaching courses during the 6 week period. The sports coaching programme covered a range of activities from dance and gymnastics to tennis and athletics. Skills development courses for the 3-5 year olds focused on movement, ball skills, tri-golf and active play.

The highlight of the programme this year was undoubtedly the



new Musical Theatre course, taught by Carlyn Kirkcaldy and Colin Grant. Fifty children signed up for the week's course with a performance for parents and friends on the final day!

## Glasgow

The sports camp held at the Garscube complex of Glasgow University ran for 6 weeks with around 750 children attending. The age range of the camp was 5-9 years old. The programme included: football, basketball, gymnastics, orienteering and Tri golf which proved very successful.

Themed sports days proved popular with the children and coaches. This included 'magic day', 'wacky dress up' day and a 'pyjama party' to end the summer camp.

## Heriot Watt

The 'School's Out' Programme ran for 6 weeks and a total of 175 children aged 5-14 years attended. The children had the benefit of using many of our facilities including the Sunken Garden and the Sports Academy (where Hearts FC train).

A highlight for the kids and the coaches was the weekly Olympic Games and the newly developed Dry Dry Wet activities which included lots of water activities perfect for nice warm afternoons! Our programme was a success and the help from our new volunteer positions was invaluable.

## Dates for your Diary

- 4th October—Paths to Health Networking Event: Glasgow Royal Concert Hall
- Sept-Dec—PAHA Regional Events
- 8th November—Is it time for exercise-based cancer rehabilitation? Research Seminar: Stirling University
- 28th November—British Heart Foundation conference "Evaluation in a Nutshell", Nottingham
- December—SUSPAC Newsletter, Issue 3

## Student Page

### The BIG Intra-Mural Plan

Intra-Mural, in some form, is an activity carried out by the majority of universities around Britain. It does not have the same popularity as North American examples but to many a student it is cherished and has its own traditions and supporters.

This year there is a hope to provide the opportunity for the champions of the Scottish universities intra-mural leagues to take part in a Scottish Universities Sport Champions of Champions Intra-Mural event hosted by a university. All teams who win their own universities league will have the chance to play against all other Scottish universities intra-mural champions in what is hoped will be a fun day encouraging participation to students, who may not be keen on joining a sports club.

Want to know more? Then contact Anna: [sportsunion@dundee.ac.uk](mailto:sportsunion@dundee.ac.uk)

### World Orienteering Championships

Student Helen Palmer represented Team GB (Great Britain) in the World Orienteering Championships in Kiev. The qualifying race was held on Sat 25<sup>th</sup> August, with the final on Sun 26<sup>th</sup> August. Here is what Helen had to say on her experience:

Back from Ukraine and settling back into study.

My senior World Champs debut was a great experience but I didn't get the results I was hoping for. I made a few mistakes in the qualifier one of which cost me 1.5 minutes and in a sprint race that is pretty much game over. I finished 19<sup>th</sup> in my heat but only the top 15 make the final so unfortunately that was it for me. However I definitely learnt a lot from it and will hopefully be stronger and fighting for a top result next year in the Czech Republic. I am also eligible to compete in the World University Champs next year in Estonia where I'll have a good chance of winning medals.

Thanks to the UPSA for all their support this year.

I have had a lot of good results including winning the 2 Scottish Orienteering League races I competed in and finishing in the top 5 in all elite UK races. I currently lead the UK cities cup competition with 2 races to go so I could still get a UK title this year :)



**Get Involved!**



### SPORTS FAIR PULLS IN THOUSANDS

Wednesday the 12<sup>th</sup> and Thursday the 13<sup>th</sup> of September 2007 saw Edinburgh University Sports Union host their annual Sports Fair. Around 5000 people turned up over the two days to visit the stands of the 65 EUSU Clubs. Many Freshers were enthused to be able to see a glider, try out Archery or even have a shot at rifle shooting (no pun intended!). With over 6500 members, the Sports Union prides itself on sporting excellence but also on mass participation. This fits with their motto of 'Sport For All'. Ranked fourth in Britain in 2006/07, it is hoped that this fresh input of new students will allow Edinburgh University to reach onto the podium for

### The 5<sup>th</sup> Freshers Intervarsity Day

This year Strathclyde, Glasgow and Glasgow Caledonian University are taking part in their 5<sup>th</sup> Freshers Intervarsity Day. The Event takes place in the first week of term and is an opportunity for all Freshers to get a taster of University Sports in a fun event that concentrates on participation rather than competition. The day involves netball, men's and women's hockey, football, rugby, basketball, volleyball and swimming, which are all held at three institution's facilities. This event is a great way to get Freshers involved and introduce sport to students that may have never thought about it and this year promises to be even bigger and better!





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**UPDATES FROM AROUND THE COUNTRY**

The ISE at University of DUNDEE is gearing up for the autumn opening of the new extension with students, staff, community and local athletes looking forward to the many programmes of sport and exercise that will be on offer in the new facilities. New to DUSA for this year will be online booking forms, kit branding and sports matriculation! Sports days, annual dinners and the hosting of the Varsity will mean 2007/08 is shaping up to be an exciting and active year!

For the positive progression and publicity of Sport at ST ANDREWS we, the Athletic Union, have instigated two new initiatives this year for our Orientation week. Our "Give-it-a-Go" Sports Day invites students, new and old alike, to try a variety of sports and meet Sport Club Committees all within a few short hours. This event will be followed by our "Fit & Feisty" Sports Night Social held in our Student's Association Building. These events hope to bring all our athletes to one arena, emphasise the power of Sport at the University of St Andrews, and allow individuals to make more informed decisions when joining our affiliated Sports Clubs at our traditional Sports Fayre held at the end of Orientation Week.

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

**Web Links**

**physical activity and health alliance**

Networking Physical Activity and Health in Scotland

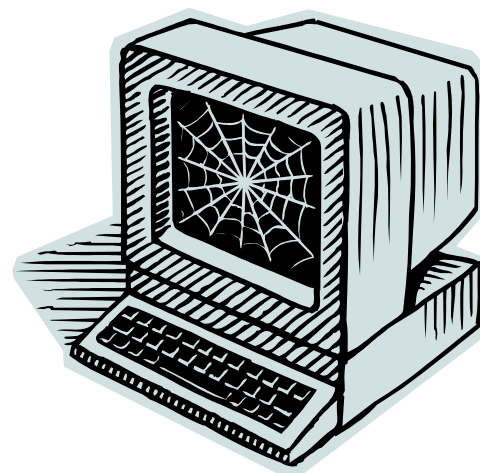
[www.paha.org.uk](http://www.paha.org.uk)



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

**S.A.L.S.A**

[www.rgu.ac.uk/salsa](http://www.rgu.ac.uk/salsa)



**SkillsActive**

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