



SUSPAC News

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SkillsActive welcomes Skills Development: Scotland's new training programme

The Programme, set up to fund 5,000 training places, will help businesses invest in learning and development opportunities for their employees with a focus on supporting learning activity which will aid the growth of small businesses within Scotland.

Welcoming the Programme, SkillsActive's national manager for Scotland, Pam Scott said: "Our 2006 Sector Skills Agreement consultation research with employers revealed that a bite-sized approach to training would help to upskill the workforce. This was further supported with this year's employer consultation. We wholly welcome this initiative as a positive response from the Scottish Government.

"We are fully aware of the practicalities around funding for new programmes, and although the initiative is restricted to businesses with fewer than 50 employees, this represents a substantial proportion of the Active Leisure, Learning and Well-being sector and would encourage our employers to embrace the programme.



"Now is a great time to be investing in workforce development to ensure confident and competent staff who can adapt to changing business environments."

Skills Development Scotland's current operating plan looks to 'respond to the needs of individuals and businesses by providing skills that industry and Scotland needs'. The Programme is designed to be very flexible in terms of the training courses that can be funded, has streamlined the application process to encourage eligible businesses to take advantage of the opportunity and make an application, and offers 5,000 flexible learning places, not previously available, on a first come first served basis.

For more details are on the Flexible Training Opportunities Programme, visit www.skillsdevelopmentscotland.co.uk/ or call 0800 783 6000.

SUSPAC on the Web:

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

New topics include:

- Golf
- Holiday Eating
- Military Fitness
- Charity Runs



Editor's Letter

This is my final editor's letter as Chair of the Physical Activity Committee, before I pass the baton on. Over the last two years the committee has continued to produce this quarterly newsletter full of research items, student activities and reviews of current physical activity policy and trends. Our bank of information flyers keeps growing and are getting more hits than ever since the advent of the SUS facebook page which has been a great promotional tool. The Active Age festival continues to increase in numbers and this year we hope to move location again to Glasgow where we will have almost completed our tour around the country. Since taking on the role of Chair I'm delighted that the student Dance Festival has taken off as this has been something of a personal project. I hope that it will keep on growing and developing over the coming years and give students the opportunity to join together and be physically active. Dance is such a vibrant part of the student community it's great that these students are now able to enjoy such an experience.

Finally, I would like to take this opportunity to thank everyone who's been involved in and supported the committee during my time as Chair and I wish the new committee all the best for the future.

Jackie



Expert Interview:

Lee Meadows, Personal Trainer: Fighting Fit Training Systems-Edinburgh



I. Tell us a little more about your job.

L. I run 'Fighting Fit Training Systems' a Personal Training company based at the University of Edinburgh's Centre for Sport and Exercise, employing 3 staff. My clients range right across the board from members of the public who want to get fit and tone up - to elite athletes such as professional water polo players, speed skaters and martial artists.

I. What do you enjoy most about your job?

L. It's a people centred job so I get to meet lots of different people, participate in many different sports and assist with various different goals. Every day is a different day.

I. And what is the most challenging?

L. Most challenging are the hours I work, The more popular your services are the busier you are. I am self employed so there are no fixed days or fixed hours. Most days start at 545am and finish at 10pm. My job very much fits around customer demand,.

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

L. It has got to be both fun and interesting. It has got to fit into people's lifestyles and not the other way around, in this way it has to be adaptable. A little everyday is better than 1 or 2 mammoth sessions a week. Physical activity, health and fitness are very personal things and need to adapt to suit different people.

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

L. Experience, experience, experience! You need to put the hours in and make the sacrifices in order for it to pay off in the long run. You can have countless qualifications but you also need the people skills and you only get these by putting in the hours working with people.

I. And finally, what's your vision for physical activity in Scotland over the next 5 years?

L. There is a lot of work to be done, we need to start in the schools and work right through. More money needs to go into local clubs and less pressure on our stand out athletes. We need to focus on developing the next generation of Scottish athletes. Physical activity needs to be made into an everyday lifestyle adaptation by educating people on the importance of prioritising exercise and nutrition. Access is also key, we need to boost public awareness of what is available. Sport is currently too rigid and needs to be adapted to suit our society.

Cycling Action Plan for Scotland

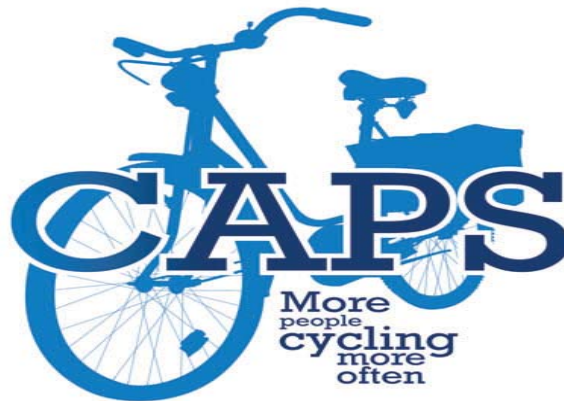
CYCLING ACTION PLAN
FOR SCOTLAND



The Cycling Action Plan for Scotland sets out how the Government will get 10% of all journeys by bike by 2020, through expanding cycle routes across the country and enhancing delivery of cycle training in schools.

The Cycling Action Plan for Scotland (CAPS) will deliver:

- Investment in cycling infrastructure, such as new paths;
- Loan support scheme to help business improve workplace cycling facilities;
- Child cycle training.



The publication of CAPS is the first part of the process in making the cities, towns and villages of Scotland more cycle friendly.

Visit <http://www.scotland.gov.uk/Publications/2010/06/25103912/0> to read the full publication.

3rd National Active Travel Conference 2010

June Adamson and Seona McKenzie represented SUS at the 3rd annual Active Travel Conference which was held on Tuesday 25th May in Edinburgh.

It was a fascinating day with delegates and talks from the Scottish Government, local councils, academics, consultants and various groups promoting physical activity, in particular walking and cycling. The day was chaired adeptly by Louise Batchelor, former BBC journalist and broadcaster.

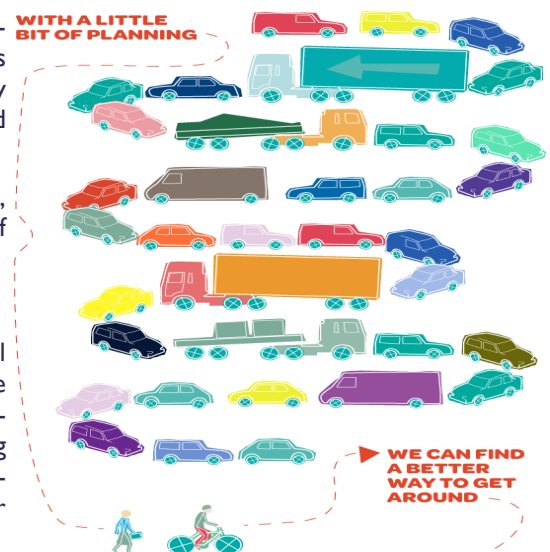
One of the highlights was a lively and fairly heated Question time, where the political commitment to active travel was the subject of debate with panellists from all political parties.

There is already an active travel policy at Edinburgh University and all staff have the opportunity to buy bikes at discount prices and have the cost deducted from their salary and spread out over a year at no interest charge. Colleagues in the CSE have been instrumental in running practical courses encouraging more staff to cycle. Our new CSE courtyard entrance (currently under construction) will soon offer better and safer facilities for bike parking.

If you are interested in encouraging Active Travel in your University, notes from all the presenters will shortly appear on the following website:- www.walkcycleconnect.org

WALKING,
CYCLING,
CONNECTING
COMMUNITIES.

WITH A LITTLE
BIT OF PLANNING



WE CAN FIND
A BETTER
WAY TO GET
AROUND

BOOK A
PLACE AT OUR
CONFERENCE
ON 25TH MAY



'Walking, Cycling, Connecting Communities'



This year's inaugural St. Andrew's Squash Club Squashathon proved to be a night that is still talked about in all but the highest echelons of University life. Fancy Dress included a Mexican, a ballerina and a lumberjack combined with those claiming to be dressed as 'professional' squash players. A group of 15 or so proceeded to the courts, accompanied by the sports centre girls who had very kindly agreed to stay all through the night so that we could play. Huge thanks both to them, the AU and Lucie our gallant organiser. On asking the eventual victor, Miggy, about his success, he expressed his conviction that what had kept him playing until 2am was his determination to win a coconut. Great stuff. Prizes aside, it was great for the squash club, which at times can be quite team-orientated, to have an event which had attracted many social players and beginners. The consensus the next morning was that it would be awesome to do it again, perhaps next time for charity and with people on court at all times during the 12 hour period.



RGU Sports Union has carried out research into both the mental health of their own students and also those around Britain. It was found that 1 in 4 students have a diagnosable mental health condition. Furthermore, the highest rate of suicides is in males 18-24 (which are the typical ages of students). RGU are working with NUS 'Healthy Minds Healthy Body', to hold a course in Aberdeen. This course is called 'Mental Aid, First Aid', it covers 2 days and offers 7 student places. These students will then become qualified in diagnosing and helping other students with mental health problems. Following this course the participants will then be able to give awareness talks to SU presidents and also to club captains. This issue is highly relevant to sport, which is one of the helping factors to battle the problems of mental health. Whilst a pilot course this year, in the future they hope to increase the number of students educated by this course and subsequently widening the help base for fellow students.



Aberdeen University have had various different events that have been held to encourage physical activity. The first event was held in late March. Super Teams is an event that is for every and any student and a total of 450 were involved in the day. The event consisted of Sprints in the morning, followed by a variety of events including inflatable Assault Course, Rock Climbing Wall, endurance and much much more. This year with no exceptions we saw some amazing costumes. Super Teams is an event where teams consist of 7 members, with 3 members being the opposite sex. This year we had 52 teams with just over 80 volunteers helping out on the day.

The next event held was rugby 7's. This event was not just for the participants but a huge audience spectacle too. We had a BBQ and Pimms on the Pitches. This event aimed not only to increase event interest but to shift the focus from winning to participating. We also held a Football 6's event which followed a similar pattern,

Another event to encourage students to do exercise through the summer was the Iron Man event. This event consisted of a 1K Swim, 10K row and a 10K run. Not just for individual participants but also as a team effort, this event catered for all. To encourage more participants, we introduced a Sabbatical team to enter (they are not the fittest bunch!). This was a great success ending the day with a healthy meal provided to all participants.

This leads on nicely with the campaign that the University of Aberdeen have done during the Exam and Revision period; 'Healthy Body Healthy Minds'. The campaign aims to remind everyone that during exams you should still keep exercising as this is an ideal way to relieve stress through increasing the release of endorphins. Decreasing your stress levels ensures that your mind is clearer to revise. The campaign is also there due to research showing that exercise can decrease and help with any mental health issues. The campaign has collaborated with the University Sport and Exercise team to produce a few new programs (either at lunch time or at a break time). These consisted of Yoga, Meditation, Dance Mat classes, walks around campus and the gardens and light exercise classes. The aim was to promote the idea that exercise does not have to be boring or strenuous but can be fun and easy. A partner campaign to the Healthy Minds was the 'Healthy Eating' campaign aimed to encourage students to continue to eat healthily even during the stress of exams and revision; a traditional time to cease eating properly and neglecting important sources of vitamins and energy. This campaign was promoted through the welfare aspect of the student association, who distributed fruit to students and talked to them about both our campaigns. Next year we hope this event will get bigger and better, heightening awareness of the benefits of combining these two straightforward actions; healthy eating and participating in light exercise.



Research in Brief



Obesity SIGN Guidelines

The SIGN Guideline 115: Management of Obesity was published on 12 May. The evidence based recommendations highlight the prevalence and treatment of obesity within the clinical setting and targets children, young people and adults.

More details: www.sign.ac.uk



Physical Activity and Exercise for People with Dementia

The University of Stirling are currently conducting a research project about physical activity and exercise programmes for people with dementia and are looking for people who organise or deliver activities to take part in their study. They would like to know more about the types of activities currently delivered and to hear about the experiences of those people who are organising and delivering them. If you are interested in taking part in this research then please get in touch by email: activedementia@stir.ac.uk or call Louise McCabe on 07772941552.

Event

Bright SPARCS (Scottish Physical Activity Research Conference for Students)

Friday 18th June 2010, Jordanhill Campus, University of Strathclyde

Bright SPARCS is a research day for presentations of doctoral research on the topic of physical activity for health. It is open to PhD students and early career researchers (within Scotland) to present their work, meet fellow students and exchange ideas in a friendly & supportive environment. Early career researchers are those within 3 years of submission of their PhD. The doors will also be open to those who wish to hear about the cutting edge doctoral research currently underway by students in Scotland.



Student researchers at Strathclyde University and Glasgow Caledonian University investigated the effectiveness of the Wii-Fit's interactive exercise game in affecting and engaging people to exercise.

The research presented at the 2010 Student BASES conference was titled;

'Changes in affect and future exercise intentions as a result of exposure to a regular exercise programme using the Wii-Fit'.

The aim of the study was to track changes in affect amongst users and explore intentions to exercise as a result of regular exposure to the Wii-fit's programme. Seven sedentary females used the Wii-fit for eight 30 minute sessions over a maximum of five weeks.

A thematic analysis of the data found that five of the subjects intended to change their exercise behaviour but at four week follow-up only two had actually changed their behaviour.

details: www.bases.org.uk/



FORTHCOMING EVENTS

'Mainstreaming Green Prescription: from policy to practice', 24 June.

Barcelo, Stirling Highland Hotel.

Aim of raising awareness of range of health benefits that can be generated from increased physical activity in the outdoors.

details: [email: sgp@shh.co.uk](mailto:sgp@shh.co.uk)

REPS Scottish Convention, 29 June

David Lloyd Club, Newhaven, Edinburgh

This one day convention for exercise practitioners brings together keynote speakers from strength and conditioning, sports performance coaching and the fitness industry.

details: www.exerciseregister.org

UPDATE - ROUND THE UNIS

DUNDEE

ISE are celebrating 10 years of the Phase IV cardiac rehab exercise programme with the big ISE/BHF 10 event in June. Members of the programme and senior members at ISE will take part in a number of cardiovascular challenges and raise money for the BHF work in Dundee. Events include 10 x 10 minutes of exercise in the gym, 10,000 step walk and 10 kilometre cycle, row and walk. It is hoped around 100 people will sign up for the event.

Two new members of staff will join ISE this summer. The post of Sports Development Officer and a Teaching Assistant will contribute to the ISE's extensive programmes in sport and exercise.

In an exciting development, ISE and the University Sports Union led by President Sarah McMichael, have formed a partnership to create Dundee University Sport, providing a single infrastructure for the development and delivery of sport at the university. Joint delivery for sport across three strategic areas dealing with team, club and intra-mural (campus) sport will provide the platform and structure for improved quality of provision for students and staff at the university. In an exciting time for sport at Dundee University, both partners are confident that this new era will deliver the highest quality programme for sport.

GLASGOW

Sport and Recreation launched a Personal Training service in January 2010 with Personal Trainer, Calum Hill. Since then we have seen a steady uptake of members sign up to this service in a bid to meet their fitness goals. Our annual Run for Fun was held on Saturday 21st March at Garscube Sports Complex. Over 300 participants ran 5 or 10k to raise funds for the Beatson Pebble Appeal. So far £10,483.00 has been raised, the total is rising weekly.

Children's Easter Sports Camp was once again fully booked and



with weather on our side, the children were outdoors most days enjoying the fresh air whilst playing sports and games.

We have also been able to provide work experience for Anniesland College & Nautical College students who are studying HNC Health, Fitness & Exercise. A total of 3 students have been shadowing the Service Development Team and Attendants during April & May.

Finally, renovations to our changing facilities will begin – creating private changing and showering cubicles, token operated lockers, new disabled changing, hallway locker and storage annex, added benches, new hair dryers, mirrors fixtures and fittings.

STRATHCLYDE

2010 has seen another successful year at Strathclyde with user numbers rising significantly again. Fitness and dance classes have been extremely popular and next year will see the addition of Zumba to the timetable.

The CSR has been carrying out Health MOTs for the last 5 years. This year these will be financially supported by the University with around 200 staff being offered assessments free of charge. We hope that this will lead to further University led health initiatives in the future.

Niall Sturrock and Scott Neil have recently returned from SIBEC which was held in Forest of Arden, where they met with suppliers of Sport and Leisure equipment. Niall will be visiting Kazan in Russia shortly to inspect facilities prior to the World Universities Games due to be held there in 2013.

The CSR recently held one of its annual Gym Challenges called Tri-for-Malawi and successfully raised over £3,500 in sponsorship monies. Teams were challenged to accumulate as many kilometres as they could by utilising a selection of cardiovascular equipment over a period of 3 weeks. Participants were also encouraged to raise as much money as possible through sponsorship in aid of Likhubula House, a project actively supported



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

by the CSR and aimed at providing week long activities for orphaned and vulnerable children. The CSR would also like to offer some support related to ongoing University projects in Malawi and would welcome applications for funding from relevant personnel. The event was a huge success and culminated in the Tri-for-Malawi Prize-Giving Night (31st March). The staff of the CSR would like to take this opportunity to thank everyone involved for their support, energy and commitment.

Finally, Strathclyde are delighted to announce that they will be represented by 9 students at the closing ceremony for the Commonwealth Games in Delhi for the Flag Handover Ceremony which symbolises Glasgow as the next host City.

ABERTAY

Increasing staff participation in sports and physical activity was one of the annual targets set out by Abertay Sports Office. Over the course of the year, there have been a series of staff events run in conjunction with local clubs and organisations. This provided staff both an introduction to the sport alongside the provision for individuals to continue their involvement in that activity should they so wish.

The first session was run in November, a beginners guide to climbing, and two members of staff have since incorporated a visit to the climbing wall at Dundee's Avertical World into their weekly routine. The second session was a Curling event delivered at Dundee Ice Arena in February, twenty-eight members of staff attended the session and sufficient numbers have since been back to the Ice Arena that there is talk of a staff curling club being started for the next academic year.

More events will follow over the course of the summer to include Archery, Badminton and the Annual Abertay Staff Golf Tournament (in existence since 1923). As well as



raising the profile of the Sports Office within the University, the staff events have brought staff together with a genuine sense of community. Furthermore many staff have realised both their capability and interest in physical activity which they were previously unaware of. We hope to further increase the programme next year and to repeat and build on the success of this year. For further information on any of Abertay's present or future activities please do not hesitate to contact the Sports Office on sport@abertay.ac.uk or (01382) 308954.

EDINBURGH

Congratulations to 12 beginner runners who followed an 8 week programme with our Instructor Billy Braidwood and successfully completed the Edinburgh 10K.

Congratulations to Claire Cruikshank on being selected as Assistant Coach to Team GB for the World Universities Rugby 7's tournament which takes place in Portugal in July.

Sports Union President ~ Charley Hannam from the Women's Cricket/Netball Clubs has been elected as EU Sports President for next session ~ Charley will take over from Laura in July.

Pleasance Extension ~ Work is almost complete with the hand-over set for 28 May. The official opening is now set for Mon 9 August.



ST ANDREWS

The fund raising is over and on 28th of May 2010 twelve students will fly out to Zambia. Students have been recruited from two



sections of the University's student body: 6 top performance athletes were chosen for their commitment to sport, while 6 students who have shown commitment to pastoral volunteering, aiding their fellow students, were chosen to extend their experience in the caring professions.

The students, and staff seeking professional development, will travel to Zambia to live and work in the communities, schools and orphanages for the summer months in conjunction with the Zambian organisation Sport in Action.

Piloted in 2009, the project is now embedded in the work of the Department of Sport and Exercise and the Student Experience Office.

HERIOT WATT

Well that's the end of semester two, not very sure where the time has gone....! We have had a great semester with some awesome classes throughout the year. Yoga is going down a storm, thanks to the fabulous teachers that we have. Kickboxing is doing well and generally speaking all classes were well attended last academic year. Looking ahead we have a lot of classes that are going to continue throughout the summer and we are looking to add in another couple of new classes and instructors next year. School's Out, our summer sports and activities camp is in full swing with bookings coming in thick and fast. We just need to keep our fingers crossed that the weather stays nice. I am going to be spending time over the summer getting my head around the new CYQ syllabus for level 2 gym for the incoming sports science students. I am also going to be spending more time at work with a smile on my face now that I have passed my MPhil and no longer have to study at the weekends, yeah! All in all we have had a good year and we are looking forward to a successful and energetic summer!



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 Mascot!

The SUS mascot has arrived and has been named Casie (pronounced Casey) - an acronym of Competitive, Active, Scottish, Innovative and Energetic. Look out for Casie at your next SUS event and Check out Facebook for more pictures and videos of Casie's adventures so far.





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**PHYSICAL ACTIVITY
COMMITTEE**

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Dates for your Diary

- 15th & 16th June— SUS Conference, 2010 Aberdeen University and Robert Gordon University
- 18th June—Scottish Physical Activity Research Conference , Strathclyde University
- 24th June—'Mainstreaming Green Prescription: from policy to practice', Barcelo, Stirling Highland Hotel (details: sgp@shh.go.uk)
- 29th June—REPS Scottish Convention, David Lloyd Club, Edinburgh (details: www.exerciseregister.org)
- 22nd July—Universities National Shooting Match, Bisley, Surrey

Web Links



www.sign.ac.uk



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



www.globalpa.org.uk/charter/

www.bases.org.uk



<http://walkcycleconnect.org/>

The Toronto Charter for Physical Activity: A Global Call for Action

The Global Toronto Charter for Physical Activity is a call to all countries to help make physical activity a priority for all. The Charter provides a framework for action and partnerships across multiple sectors and with communities to build healthier, active, environmentally sustainable communities.

The Charter itself is an advocacy tool, designed for use with decisions makers and to build partnership towards achieving political commitment and resources towards increasing participation in health-enhancing physical activity throughout the world.

Please show your support for the adoption and implementation of the Toronto Charter for Physical Activity: A Global Call for Action by registering your individual or organisational support at

www.globalpa.org.uk/charter/

