SCOTTISH UNIVERSITIES SPORT
ACTIVE • COMPETITIVE • INNOVATIVE

02/02/07 **SUS(EX)m8~8**

REPORT FROM THE PHYSICAL ACTIVITY COMMITTEE

SUSPAC had its last meeting on 22nd November at Edinburgh University.

After follow-up discussion concerning the Active Age Festival and the PAHA Conference the following points represent the primary items of business:

- **Easter Fitness Festival –** It was agreed that an event for exercise/fitness/health professionals to come together to workshop and network would be valuable. This would focus around special interest groups and suggested topics were: Disordered Eating; Disability and Inclusive Fitness; Diabetes; Cardiac; Youth/Adolescents. Students from appropriate degree programmes would also be invited to come to the workshops to learn. Due to illness and work commitments this is now being planned for Easter 2008.

- **ILAM** – final assessment to take place at Heriot-Watt on 21st February. ILAM now ISPAL but this is not likely to cause fundamental changes to this process (according to Pam Scott, Skills Active). Once this pilot assessment process is complete, PAC will consider possibility of rolling out to all Scottish universities (Stephen Robertson, ILAM Active Programme Co-ordinator, has assured us that this would entail free assessments for all!)

- **Flyers/Workshops** – Committee members were urged to think about topics/interest areas. Leaflets should be focused around what SUS needs such as what SUSPAC is all about, what we can do to help, why people need to know about SUSPAC. These and any other specialist leaflets could be downloadable from the SUSPAC page on the website. It was requested that SUS flyers should not replicate what is already out there but these could be amended to be relevant to SUS. Possible topics could be Sport and Alcohol, Fitness and Nutrition, Overtraining etc. This could help to bridge the gap between SUSPAC business and sport. This idea is now being discussed as a newsletter to be issued termly/quarterly or such-like both on web and by email/printed.

- **Website** – It was acknowledged that much of the site was sport focused at the moment but that was due to the lack of content from physical activity as of yet. It would be possible for SUSPAC to have a link from the front page when there was appropriate information for it to link to. Committee members were encouraged to send news, events and any other useful information to JS for inclusion.

Key dates to note:

• Meeting & Workshop (newsletter & event planning)	5th Feb	St. Andrews
• Meeting & Workshop (Skills Active & ILAM/ISPAL)	27th March	Aberdeen
• Meeting & Workshop (Glasgow Commonwealth)	24th April	Glasgow

SUS Executive is asked to consider the following:

Item
• Membership of committee – are AU/SU Presidents appropriate?
• Would SUS welcome the newsletter idea?
• Following meeting in Glasgow, would SUS welcome PAC inviting academics to present PA/health & well-being research ideas at meetings? We would certainly like the relationship between the practical and the academic departments strengthened!