

Minutes from the **Physical Activity Committee** meeting held on Thursday 5<sup>th</sup> May 2011 at The University of St Andrews.

**Present**

Julie Falls (JF)  
Seona McKenzie (SM)  
Nicola Scott (NS)  
Hazel Ednie (HE)  
Yvette Wharton (YW)  
Lyndsay Gallacher (LG)

**In Attendance**

Jacqui Stone (JS)  
Fiona Mathie (FM)

**Apologies**

Justyna Paslawska (JP)  
June Adamson (JA)

**WELCOME**

1. No conflicts of interest were noted
2. *Minutes 24-02-2011*: The minutes were agreed as an accurate record
3. Actions from previous meeting were discussed

**Active Age Festival**

4. Date confirmed for Active Age Festival is Tuesday 23<sup>rd</sup> August at RGU
5. NS suggested various activities that can take place, zumba, aqua aerobics, climbing wall, walks, circuit class. 3 studios and one sports hall available. Studio capacity of 25-30.
6. A small discussion was had on the timetable with the day starting at 11am, finishing at 4, 1 morning session, lunch, 2 afternoon sessions then finish with zumba. Morning options will be sports, senior circuits and a mind and body option. Afternoon sessions will be a choice from either Aqua aerobics which covers both sessions or climbing wall, walk and a dance based exercise.
7. Numbers were discussed with all agreeing target of 100/110 as ideal.
8. FM to speak to Nintendo and Dawn Skelton
9. A small discussion was had on the tradeshow regarding blood pressure testing. NS to speak to students at RGU who may be able to help with this. HE to look into possible attendees to tradeshow.
10. A small discussion was had on ordering t-shirts for the event and to ensure that forms are in sooner to allow time for t-shirts to be available on the day. Kukri also to be asked to attend the event.
11. LG to speak to yoga instructors, NS to speak to Jackie Davidson at Aberdeen regarding dance class. LG confirmed to run circuit class. NS to confirm lunch prices and location of lunch.
12. All agreed to have finalised in next few weeks

**Dance Festival**

13. Date confirmed at 6<sup>th</sup> November. All to check with Dance Clubs to ensure that no competitions clash with this date before booking made.
14. A small discussion was had on the types of classes with old and nu style hip hop, contemporary, musical theatre and cheerleading being suggested.
15. JF to speak to GUSA Cheerleading Club re instructors, NS to speak to Murray Grant, Jo Richards to also be contacted re teaching. FM to check what teachers/class would be available at Telford.
16. FM to check whether Telford has a café and availability once date is confirmed.
17. JS mentioned Edinburgh University had been in touch regarding hosting the dance festival to be used as a back up.

**ACTION**

FM

NS,  
HE

NS

ALL

JF, NS,FM

FM

### Newsletter

18. ALL pleased with previous Newsletter

#### *Content for Next Newsletter.*

19. Next newsletter to be published and printed in time for conference.  
 20. YW to ask students at Abertay regarding research  
 21. LG to complete staff and student questionnaire  
 22. All to complete a yearly round up of stats and page on SUSPAC.  
 23. JS to write up on active legacy  
 24. JF to complete, exercise, class of the month and recipe of the issue  
 25. NS to write up on dance and mental health  
 26. HE to write up on events  
 27. SM to complete facts and myths  
 28. Deadline is 26<sup>th</sup> May

YW  
LG  
ALL  
JS  
JF  
NS  
HE  
SM

### Flyers

29. FM to email round list of flyers, all to select ones to update and have ready by conference.

FM

### Future Committee

30. JS gave an update of the future of SUS and the changes which are occurring over the next few months. SUSPAC remit will stay the same but hope is to link in more with research and the committee members leading into meetings more on a National Level. Role profiles of the committees will be given out in order for each member to have an understanding of the commitment expected from them. JF will stay as Chair of SUSPAC, all other positions will be decided at AGM.

### AOCB

31. HE updated the committee on the inappropriate exercise guide which has now been changed to the appropriate exercise guide and focuses on the more positive aspects of exercising appropriately. It is the basis for a good practice guide for SUS. JS to send round Universities to ask if it fits with their guidelines, guide to be ready for training day.  
 32. FM updated everyone on the progress with SUS Challenge and a small discussion was had on how to launch the Challenge at Conference with suggestions of an institution quiz, talk from disability sport and quiz on institutions. FM to investigate further with disability sport. Institutions to also be asked to donate a prize and SUS produce prize for overall winner.

JS

FM

## Actions List

FM to speak to Dawn Skelton and Nintendo re Active Age Festival	FM
Student volunteers who can help with health checks at Active Age Festival	NS
Tradeshaw attendees to be investigated	HE
Active Age Festival confirm lunch costs and location	NS
Check Dance Festival does not clash with Dance Club competitions	ALL
Cheerleading club for instructors at Dance Festival	JF
Murray Grant re Dance Festival	NS
Check what classes and teachers are available at Telford College	FM
Check availability at Telford and whether it has a café	FM
Speak to students regarding research for newsletter	YW
Staff and student questionnaire for newsletter	LG

Stats on institutions and information on SUSPAC for newsletter	ALL
Write up Active Legacy for newsletter	JS
Exercise, class of month and recipe of the issue for newsletter	JF
Write up on dance and mental health for newsletter	NS
Current and upcoming events for newsletter	HE
Myths and Facts for newsletter	SM
List of flyers to be emailed round and updated by conference	FM
Appropriate Exercise Guide to be emailed round institutions	JS
Disability sport for SUS challenge to be investigated	FM