

Minutes from the **Physical Activity Committee** meeting held on Monday 21<sup>st</sup> January in the Seminar Room, Tennis Centre, Stirling University.

**Present**

Juliet Balfour (JB) Chair  
Jacqui Stone (JS)  
Debby Sargent (DS)  
Jackie Davidson (JD)  
Alan Francis (AF)  
Anna Anderson (AA)  
Hazel Ednie (HE)

**Apologies**

Siobhan Wilson (SW)

**In attendance**

Julie Falls (JF)

**WELCOME, AND SCENE SETTING**

1. Juliet welcomed everyone to Stirling. Apologies were noted from Siobhan and Julie was thanked for attending.
2. Committee members were asked for any news.
  - Dundee had recently held a sports day where 200 people had attended and it was noted that the SU elections are coming up soon. The new facility is open and operational which has necessitated new staff being appointed.
  - Aberdeen was on a restricted timetable due to exams. JD had completed her UK Strength and Conditioning exam yesterday and was awaiting the result.
  - St Andrews' new director is enthusiastic and looking to get up to speed with SUS business as soon as permissible.
  - Glasgow had a successful active age Christmas lunch. AF is now getting fitness back after knee surgery. JF won the 'do you think you can teach' heat. If further successful could go through to Blackpool to present.
  - JS described some new kit items to the group which have been added to the SUS range. The booking form would be available through the SUS website shortly. The office is very busy especially since Laura's placement finished and so plans were being made to provide additional support to the SUS officers.
  - JB reported that Louise Frank, Deputy Director, had given birth to a baby boy. Catriona McAllister, who is maternity cover for Louise, is from a local authority background and is proving to be an asset to the department. Staffing at HW had been upped and the exercise referral service would be formalised from May.
3. *Minutes 03/12/07*: The minutes were agreed as an accurate record.
4. *Matters Arising*: There needs to be thought given to what the committee might look like next year and who might fill the Chair role. It was hoped for some level of continuity. Committee members would be asked for a 1 year commitment and the chair for two years.

**ACTION**

ALL

**External Groups**

5. JB felt that there may be elements where she would remain involved and others where the responsibility would be devolved to the new SUSPAC chair.
6. BASES (British Association for Sport and Exercise Science) is developing an Exercise for Health Practitioners' register which would take practitioners beyond REPS Level 4

(currently under development) and would lead to BASES accreditation. REPS (Register of Exercise Professionals) is under major review and the next meeting at which an update would be gleaned is the Skills Active Sport and Fitness Employers Group (SAFE) on 30<sup>th</sup> January. JB will be attending and updates will follow from this meeting.

7. Skills Active Scotland, Sport and Fitness Employers Group – nothing new to report but JB will be attending the next meeting in early February.
8. PAHA (Physical Activity and Health Alliance) – the last meeting was cancelled. The problem seems to be that the group does not have a clear intention. It is meant to act as a virtual hub for information. The PAHA conference will be taking place in Murrayfield on 27<sup>th</sup> February and someone from PAC will attend.

### Newsletter

9. Stats from the website had shown that the newsletter was being downloaded frequently.
10. The deadline for the next issue would be 14<sup>th</sup> March so that JS and JB could get the issue together and ready for publication by 24<sup>th</sup> March.

ALL

### Flyers

11. Four flyers will be published at the same time as the newsletter. The overall content will be as follows: Physical Activity Guidelines and Recommendations for Specialist Groups with one each on Obese, Children, Ageing Population plus general recommendations.

ALL

### Intra-Mural Workshop

12. AA had facilitated the meeting well. It was great to hear so many different views around different levels of IM coverage. It was felt important to have a follow-up to this perhaps at the conference. It was thought that administrators should also be invited to the group to provide a level of continuity. AA to email round the group that attended the workshop to see what the view is for the way forward. Perhaps there needed to be a meeting again before the conference.

AA

### Roadshow

13. Thought was being given to who should be in attendance at the Roadshow. Pam Scott from Skills Active should be invited and companies to present. A workshop about CV writing was suggested. JS and JB to think about an email that should be circulated.

JS/JB

### Active Age Festival

14. The Active Age Festival will be held on 28<sup>th</sup> August in Aberdeen. Thought would need to be given as to who should open the event this year. Also early ideas for the programme content.

ALL

### Dates

3<sup>rd</sup> April – SUSPAC Roadshow, Abertay  
13<sup>th</sup> May – Paisley  
9-11<sup>th</sup> June – SUS Conference, Dundee

ALL

### Other Business

15. AA brought up that thought should be given as to how to make SUSPAC more relevant to non-sport degree SU Presidents. It was felt important that they were involved in the IM group and the student page for the newsletter. However it would be great if the presidents could also have responsibility for organising an Active Students Festival which would be supported by SUSPAC. It was also suggested that the Presidents might be

interested in job shadowing committee members which may allow them to attain qualifications. Committee members were asked to think about how this might work for the future committee.

ALL

16. JB stressed that committee members should feel like they own the meetings and should send items into the agenda for future meetings.

ALL

## **Actions List**

Give thought to next year	All
Send any content for newsletter to JS – deadline 14 <sup>th</sup> March	All
Produce Flyers	All
Email round IM group about future meeting	AA
Thought to content for Roadshow	JS/JB
Think ahead to Active Age Festival	All
Note Dates for future meetings	All
Thought to how to make SUSPAC more appealing to Presidents	All
Send in content for agendas for future meetings	All

## Equity Workshop

### Present

Kristi Long (KL)  
Jacqui Stone (JS)  
Anna Anderson (AA)  
Alan Francis (AF)  
Debby Sargent (DS)  
Derek Davidson (DD)  
Mark Farren (MF)

Juliet Balfour (JB)  
Hazel Ednie (HE)  
Jackie Davidson (JD)  
Julie Falls (JF)  
Martina McGeehan (MM)  
Mario Canale (MC)

Thanks were noted to Kristi Long from SportsScotland for taking the time to come and present at our meeting.

SUS had developed an equity policy and now were giving thought to taking this forward and developing a strategy in this area.

KL started by outlining the legal framework for equity issues and noted that there was a shift to a proactive approach rather than compliance. She then went on to talk about understanding equity in sport and PA and the challenges that are faced. It was noted that it is possible to have a general feeling about equity spread but without the data to back it up it is difficult to make strategic decisions.

Statistics were provided that showed a drop in participation rates after 19 years of age. These also showed discrepancies for people with disabilities and from ethnic minorities. It was noted that participation in the West of Scotland is significantly lower than the east. It was hoped that sports development work around the Commonwealth Games may get some results.

KL went on to look at gender as a separate issue. It was felt that physical activity was, amongst other things, a gateway into sport for women. At age 18 40% of women have dropped out of sport. So at University there needs to be action for re-entry into sport and not merely retaining those already active. Discussion was had as to how to make activity something that people want to do. Women have issues about their bodies as well as time commitments.

The type of activity offered is important but branding also matters. If it is felt that there are not enough women in the gym then how is this to be addressed? Committee members offered solutions such as women-only sessions, clear code of conduct, dress code, support by management.

Discussion then moved to look at leadership. In sport leaders are, more often than not, white, male, and middle-class. SUS can play a role in making this more diverse as we are shaping the leaders of the future.

Ethnicity was discussed – activity in this area is often self-organised with a community/social atmosphere. This group do not necessarily have the same constraints and there are two elements to consider: local ethnic minority students vs international students. Educational attainment is important and so ethnic minorities need to be asked what they perceive barriers to be.

Issues for people with disability can be to do with space, audio/visual environment, group interaction, exercise vs meds, training. Scottish Disability Sport has a good website with training resources.

The session finished with a challenge to SUS: How can SUS contribute to developing sports leaders of the future and to encouraging diversity?

For equity strategy thought needed to be given to: what we are trying to achieve; what gaps are there in knowledge/provision; what issues should be tackled in the strategy; what are priority areas for action.

Overall it is about making provision effective as it is understood that everybody has limited resources to work with. JS and JB to give further thought and email round membership for views.