

**REPORT FROM THE PHYSICAL ACTIVITY COMMITTEE**

SUSPAC had its last meeting on Monday 8<sup>th</sup> October at Heriot-Watt University and the SUSPAC Active Age Festival took place in St Andrews on the 30<sup>th</sup> August.

The meeting showed good progress on a number of issues and the following points represent the primary items of business:

- **Active Age Festival** - well over a hundred delegates signed up to a really successful event in St Andrews. Thanks go to the team of volunteers without whom the day would not have come together. The day celebrated physical activity with fun activities, taster sessions, food, music and dance. Feedback has been gathered and it is hoped to make the day run even more smoothly next year.
- **External Links** - Juliet has forged links with certain external groups to ensure that quality provision and a range of high-quality and well-delivered physical activity options are available in all Scottish HE institutions and to contribute to a fitter and healthier Scotland. These include the Physical Activity and Health Alliance (PAHA) Reference Group, the Skills Active Sport Recreation Health and Fitness Committee for Scotland, the Skills Active Sport and Fitness Employers (SAFE) Group for the UK, and the BASES Exercise Practitioners' Special Interest Group.
- **Newsletter** - The second SUSPAC newsletter is now online: <http://www.susport.org.uk/good-practice-guides-resources.asp>  
The quarterly newsletter celebrates what is happening within SUSPAC and the bigger picture. The next issue will be ready for publication at the Christmas Seminar and content is due by the 30<sup>th</sup> November.
- **Flyers/Good Practice Guides** - Committee members continue to produce flyers on useful topics and these are also available for download from the SUS website.
- **Looking Ahead** - Topics for forthcoming workshops had been discussed. December's meeting would again see a split between department staff talking about class delivery and sports union/sports development people talking about intra-mural activity. January will hopefully see a workshop about equality and diversity after the general SUSPAC meeting.

**Key dates to note:**

- 3<sup>rd</sup> December: SUSPAC Meeting and Intra-mural discussion - Aberdeen
- 21<sup>st</sup> January: SUSPAC Meeting and Equality & Diversity Workshop - Stirling
- 3<sup>rd</sup> April - SUSPAC Roadshow - Abertay

**SUS Executive is asked to consider the following:**

Item
<ul style="list-style-type: none"> <li>• None at present</li> </ul>