

REPORT FROM THE PHYSICAL ACTIVITY COMMITTEE
--

SUSPAC had its last meeting on Thursday 23 October at the University of Dundee, Riverside.

The primary items of business for SUSPAC are as follows:

- **Newsletter-** The latest newsletter was produced at the end of December and is now available on the web. Articles include-The influence of walking on mental health and wellbeing, an expert interview with Tim Woodhouse from the Women’s Sport and Fitness Foundation and a round up from the institutions.
- **Flyers/Good Practice Guides** -The next run of flyers were released in December and include Dance, Women and Weights, Shin Splints and Walking.
- **Future Workshop Sessions-** workshop sessions to be held after the next committee meetings: 18 February in Glasgow-Special Populations (cardiac rehab, exercise and cancer, falls prevention etc.) 6 April in St Andrews-Innovative sport and exercise (speedminton, street sports, power kites)
- **Dance Festival-** The student dance festival took place at the University of Dundee on Sunday 1 February. 90 people signed up and participated in classes such as Jazz, ballet, hip hop, Pole fit, Sevillenas, musical theatre and contemporary. Scottish Dance Theatre education department taught 2 workshops in contemporary dance including and advanced class where the participants learned a piece from the current rep-DOG. Students also had the opportunity to perform choreography which they had created. Feedback was extremely positive and there is definitely scope to hold this event annually.

SUS Executive is asked to consider the following:

Item	
	None at Present