

<b>REPORT FROM THE PHYSICAL ACTIVITY COMMITTEE</b>
--

SUSPAC had its last meeting on Wednesday 18<sup>th</sup> February at the University of Glasgow.

The primary items of business for SUSPAC are as follows:

- **Newsletter-** The latest newsletter is in the process of being finished off and will be available on the web shortly. Articles include - an expert interview with Maureen Kidd from NHS Health Scotland, research in brief, a review of the student dance festival and a round up from various institutions.
- **Flyers/Good Practice Guides-** The next run of flyers were released in March and include Kettlebell Training, Exercise & Cancer, Get Active & Go green and Polefit.
- **Workshop Sessions-** A workshop session was held on the 18<sup>th</sup> February following the committee meeting and looked at working with specialist populations including patients with cancer. The next workshop session is to be held after the next committee meeting: 6 April in St Andrews - Innovative sport and exercise (street rugby & power kiting)
- **Resource Development-** Kirsteen Cruickshanks from Dundee has been in touch with SUS to ask if we could be involved in producing some good practice guidelines around exercising with eating disorders and also those who excessively/obsessively exercise. Communication has come through B-eat who have identified that there is some information already in existence through UK athletics and UK Sport. In order for SUS to have an input in this area it was felt important to identify what was in existence already and what our institutions have in place. Following that SUS would look to produce some kind of guidelines in conjunction with B-eat.

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

Item
○ Note PAC business and ask any questions