



SUSPAC News

Issue 26

April 2011

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Walking, Cycling, Connecting Communities Conference, 8th March at Dynamic Earth, Edinburgh.



We are currently living in a Scotland where 67% of people travel to work by car; 12.3% walk; 2.4% cycle and 16% take public transport.* Of all car trips taken, 23% are less than 2 miles and 54% are less than 5 miles**. Our cities and towns are increasingly choked by traffic, and at the same time, people struggle with overweight, obesity, lack of physical activity, social isolation and exclusion. The aim of the conference was to support and engage with decision makers in creating healthier, more attractive, resilient and sustainable communities through the promotion of active travel.

The day started with a Keynote Speech – Value for Money: an economic assessment of investment in walking & cycling - Dr Adrian Davis, Specialist Researcher in Transport and Health. There is a growing body of evidence that investment in walking and cycling infrastructure and promotion deliver multiple benefits to society and is therefore unprecedented value for money. Savings to Scottish society from increasing levels of everyday walking and cycling would be considerable.

This session presented the findings from a recent literature review of cost benefit analyses of active travel.

The conference had 2 seminars on masterplanning and design for reduced car use and the central Scotland green network plus many breakout sessions to discuss projects which has either supported, promoted or enhanced active travel. It also gave attendees a chance to have a MSP Question Time, to explore the political commitment to active travel.

* Scottish Household Survey 2009.

** National Travel Survey 2007/2008

SUSPAC on the Web:

Please see our website for a range of informative flyers:

www.susport.org.uk

Feature topic this month is:

- Dance

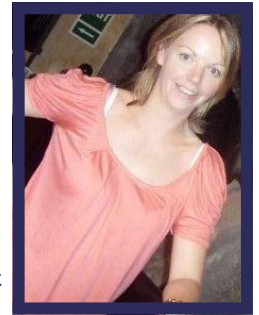
The Scottish Bike Show 2011

Scotland are hosting their first consumer bike show! The action packed Scottish Bike Show 2011 event will showcase Scottish and international brands, ranging from all types of bike manufacturers, brand specialists, retailers, distributors and many more. Whether you are a cycling enthusiast or curious new comer to the world of bikes this is your opportunity to be part of a fantastic event taking place at the SECC, Glasgow, 16th - 17th April 2011.

There has never been a show like this in Scotland and it's the perfect location to host an all encompassing bike show for all levels and types of bike riders. Ranging from the road racer, mountain biker or leisure rider, Scotland's scenery, routes and mountain bike trails all contribute to the hundreds of thousands of cycling enthusiasts who flock from all over the UK and Europe each year.

Tickets available at ticketsoup.com

Editor's Letter



I cannot believe it is April already; the start of the year has flown in!! It is great to see that the majority of those who set out to be healthier and fitter in 2011 have been sticking to their new lifestyle. If you have dropped off slightly set some short term goals to get back into the swing of things; try a new type of exercise class, book a personal training session, or how about taking your exercise outdoors now that the nights are getting lighter.

I am sure some of you have not been overly excited to see the snow back, however for those of you that enjoy Snow Sports then it's a great excuse to keep those ski's or snowboards out of the attic for a few more weeks. I hope you all participated in the recent Glasgow 2014 initiative 'Sport your Trainers' day on Monday 14th March and enjoyed wearing comfortable footwear to the workplace for a change!

Julie

Round the Departments

Robert Gordon University



The netball and woman's basketball teams represented RGU down in Dundee at the Conference Cup finals. Woman's basketball defeated Aberdeen University 61-56.

RGU: SPORT's new BTS group exercise classes are going down a treat with large numbers taking part in Body Attack, Balance, Combat and Pump.

RGU were fully behind Glasgow 2014 and promoted the Sport Your Trainers day by issuing stickers to everyone wearing trainers on March the 14th.



Mental Health

Mental health is a concerning issue amongst the student population as well as the greater community. It is understandable with all the stress and strains a student faces, including academic, financial and a new environment, that 1 in 4 will suffer from mental ill health at some point whilst studying. It has been scientifically proven that physical activity helps maintain a positive mental wellbeing.

Together SUS and NUS are piloting an awards scheme to get Universities and Sports Unions on board in promoting the benefits of physical activity to ones mental health and to raise awareness of this health topic. The scheme 'Healthy Body, Healthy Mind' has been running throughout 2010/11 with 5 University across Scotland taking part. The round up reports must be submitted by the end of April with the presentation of awards being incorporated into the annual SUS conference.





Edinburgh University Dance Performance Sensation!

The 26th Annual Edinburgh University Dance Performance held on 11th/12th March in The Pleasance Theatre was a tremendous success

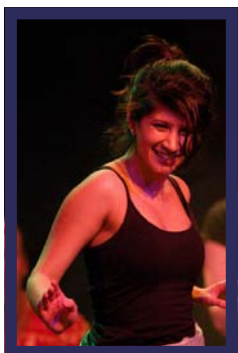
The CSE Company – The Pleasance Dancers were stunning! They performed 2 contemporary pieces – “Chinese Whispers” – a beautiful tranquil fluid dance based on Chinese words choreographed by Susan Hay and “Amen” a lyrical style dance by myself set to gospel songs sung live by the wonderful CCE Songbirds. I was rather pleased to hear from a reliable source that “Amen” was being sung in the men’s toilets during the interval! Jo Richards choreographed a slick, exciting and amazing hip-hop dance and an equally vibrant and awesome jazz dance “Stay Too Long” which proved a perfect way to finish our show. Fiona Blair and two experienced hoopers performed a super hoop dance Elvis style with red noses to “Stuck on You”! It was fun and incredible to see what is possible dancing with a hoop!

Other highlights from the show included the energetic and engaging “African Delight” with live drumming on stage; colourful and joyful dancing of the Bhangra crew; grass skirted tribal samba with sticks by the Portuguese and Brazilian Society and the live band from the Edinburgh Samba School; bright and cheeky salsa; smooth partnering of the West coast Swing; beautifully executed traditional Kazakhstan solo dance about reconciliation; sexy and elegant tango; passionate flamenco; well crafted lindy hop called “Zoot Suit Riot” by the Swing Dance Society!

Our guests Samsair delighted the audience with their precise footwork and mesmerising floor patterns and Scotland’s B Girls with their mix of hip hop, popin’ and house style were truly amazing. Jo Richard is in this group and at the end of April they are representing Scotland in an international dance performance in Florida, USA.

PS: Check out our review in the EU Student Newspaper!

Review by June Adamson, Artistic Director of the Edinburgh University Dance Performance



Round the Departments



Glasgow University

Our ‘Shape up for summer’ campaign has begun and is going very well. Over an 11 week period we will be offering weekly seminars covering topics such as ‘fad diets don’t work’, ‘your ABC to exercise’, ‘stress and empowerment’ plus many more. These sessions are free of charge and open to all staff and students. For more information visit

<http://www.gla.ac.uk/services/sport/health/shapeupforsummer/>

Unfortunately our annual Run for Fun set for March 12th had to be postponed due to adverse weather conditions; we are rescheduling this event for May.

On March 6th Calum Hill, Service Development Teacher from Glasgow Uni, overcame injury to run the Barcelona Marathon in 4hours and 20 minutes. Although this time was 26 minutes slower than his PB, Calum felt it went down as his biggest marathon achievement considering he had not ran for 6 weeks prior to the race. After sustaining ligament and muscle tendon damage playing football; swimming, cycling and using the cross trainer were the only possible forms of training. The injury was further compounded when he tripped coming down the steps of the Camp Nou at 10pm the night before, meaning Calum had to limp to the start line! - Another example of how Marathons are simply mind over matter!

Student Interview:

Featuring: Ruth McColgan, studying: Law at Strathclyde University

Why do you exercise in the Centre for Sport & Recreation?

Primarily because of its accessibility (price and location) and the way I can structure it around University. Particularly this year coming to the gym is a way of keeping my stress levels down but I would not be able to do this if the Centre wasn't so accommodating.

What type of exercise do you do?

I really enjoy the CSR classes. I go to spin classes twice a week as the early times fit best with my timetable, I have also really enjoyed body conditioning over the last couple of years as it is different than the other exercise I do. I come to the gym once or twice a week without attending a class and when I do this I do cardio (usually run a 5k followed by cross-training) and some stretching.

What do you enjoy most about exercising here?

By regularly attending the classes the people around the Centre have become a big reason I enjoy it - especially when it is an 8am class!

What is the most useful bit of advice you have received?

The benefits of interval training and the need to stretch properly before and after exercise.

Has exercising here influenced exercise patterns outwith?

Apart from in summer I rarely exercise outwith the Centre. However, I was influenced in my training for Maggie's by the members of staff and my exercise within the Centre.

Do you prefer sport, general fitness or mind body activities?

The commitments of my course dissuaded me from joining a sports team when I joined the University so I would say my focus now is just on general fitness. As a student, I don't always have the best eating or sleeping patterns and so keeping fit helps me feel good about myself.



Recipe of the Issue

Lentil Bolognese—Serves 4



Ingredients

200g (7oz) red split lentils
 1 onion
 1 clove garlic
 4 carrots (approx 200g)
 4 sticks of celery
 1 x 400g can of chopped tomatoes
 1 vegetable stock cube
 1 tsp mixed dried herbs
 400g whole-wheat spaghetti



- Rinse the lentils with cold water.
- Finely chop the onion and crush the garlic.
- Dice the carrots and celery
- Heat a little oil in a large pan, gently fry the onion, garlic, celery, and carrots for approx 4-5 minutes
- Add the lentils, can of chopped tomatoes, herbs and stock cube made up with 400ml water
- Bring the mixture to a simmer, partially cover with a lid and simmer for 20 minutes until lentils are cooked (stir every 5 mins or so)
- Cook the spaghetti according to the pack directions, drain and serve with the Bolognese sauce.

The Bolognese can be frozen once cooled.

Staff Interview:

Featuring: Sue Hamleman, Age 62 – Retired staff Member of Strathclyde University



Why do you exercise in the Centre for Sport & Recreation?

Lots of reasons - There is an excellent range of taught classes and the staff are knowledgeable, very friendly, and approachable. It's very convenient being able to escape from work for a quick burst of exercise or to start/finish the day with a class. The cost is really good value. I've met lots of people there, which was important when I first came to Glasgow. The CRS responds to user feedback and introduces new types of exercise classes regularly.

What type of exercise do you do?

At the Centre at the moment, I do spin and Body Pump. I also go running a few times a week but outside, not on the machines.

What do you enjoy most about exercising here?

The people, the fun, being motivated by exercising in a group, the variety.

What is the most useful bit of advice you have received?

I've had lots of very useful running coaching from Anne-Marie. Probably the best piece of advice I've had is to take a few more rest days.

Has exercising here influenced exercise patterns outwith?

I run less often because I get more aerobic fitness in classes and more strength work in Body Pump. But the running I do now is probably higher quality.

Do you prefer sport, general fitness or mind body activities?

Definitely general fitness.

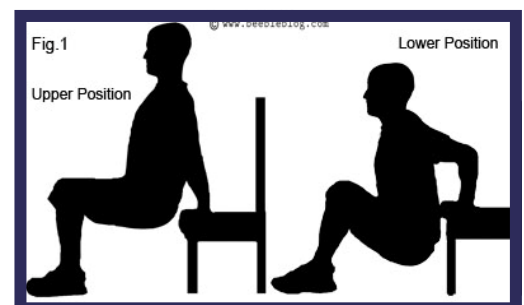
Exercise of the Issue: Tricep Dip

Muscles Used: Triceps (back of arms)

- Sit with your back to bench or a chair
- Place hands on bench so that fingers are facing towards you
- Start with your legs at 90 degrees
- Bend your elbows, lowering your buttocks towards the floor
- Push to extend the arms and repeat
- Keep body close to the bench or chair
- Ensure you use the arms to lower and lift body and not the pelvis

Aim 2/3 sets of 12-15 repetitions

To progress this exercise; extend legs, elevate legs on another bench or chair



Round the Departments

Edinburgh Napier University

Edinburgh Napier University has opened a new campus with Sports Complex at Sighthill. We interviewed the sports complex team leader, Kevin Wright, to find out what benefits are following on campus complex for students and university.

Since the new Sports Complex was opened how do you think it benefits the university?

It definitely raises a profile of the university. It benefits the University and students because it means they can train more & improve their performance giving the University better reputation. It also means Edinburgh Napier teams are training at our own university resulting in a better team atmosphere. Also, reflex well on the university when away teams come to visit it.

How does having on campus training facilities benefits students in being able to balance their training with academic studies?

It is cheaper and closer than using commercial gyms. This means that they can use sports facilities between lectures or during their lunch break. What's more, so easily accessible Sports Complex is used more by students. It is very important especially for sport & science campus like Sighthill where most students are doing different sort of sports more likely than an average student.

Do you think on campus facility affect students and encourage them to lead more active lifestyle?

While students have lots of breaks during their days at the university, they tend to use sport facilities more often to fulfil their spare time. It encourages more people that would not normally get involved. This surely affects their student life leading to more active lifestyle and benefits not only their physical but also mental health.

Feature Question

Is weight training better than cardio?

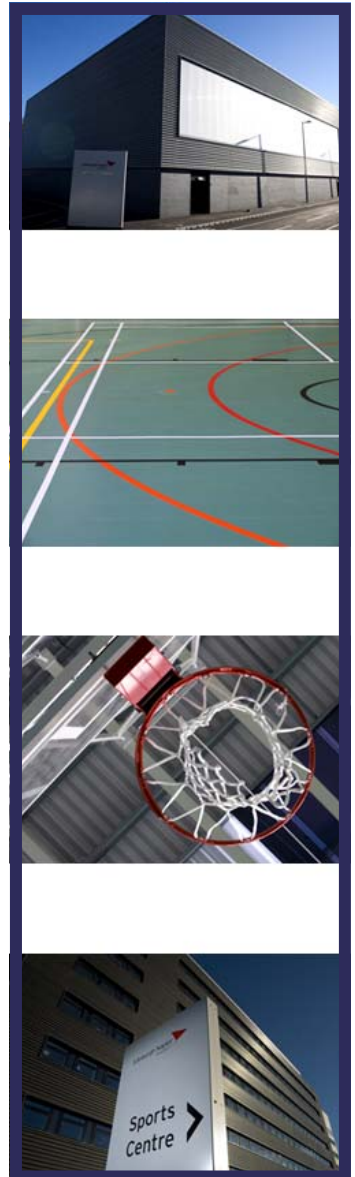


Weight training and cardio are both essential for weight loss. Weight training burns plenty of calories in the long run because you're building muscle tissue. Your body must expend more calories maintaining large muscle cells. While aerobic exercise burns plenty of calories during each session, it doesn't build muscle like weight training. Perform aerobics for immediate weight loss and weight training for long-term results.

Frequency

The more often you exercise--whether cardio or lifting weights--the more calories you'll burn. Your body uses a significant amount of calories to return to a resting state once you stop exercising, especially after a moderate to heavy weight training routine or high-intensity interval training. Exercising frequently means your body must undergo the recovery process many times, burning plenty of extra calories. Complete four days of cardio and three days of weight training every week.

Your body will adapt to your aerobic and weight training routines. Change your workouts every four to six weeks to continue to efficiently lose body fat. Try a different running route; perform different weight training exercises; and change your total number of reps and sets



Myths

Myth 1: Lighter weights will make your muscles more defined and toned



FALSE!

Muscles respond to overload. If you lift heavier weight with sufficient intensity, you will create microscopic tears in the muscle. When the muscle recuperates, it will become tighter and stronger.

However, your supplemental nutrition must support your workouts. Reduced body fat is what creates the lean and tight look, not high reps. Reduced body fat is a result of efficient weight training, proper amounts of cardiovascular exercise and nutrition that places one in somewhat calorie deficit.

Myth 2: The best way to reduce the hips, glutes or abs is to perform exercise to isolate the area.

FALSE!

It is physiologically impossible to spot reduce. You can't lose only in one area of the body because body fat comes off all over the body. Typically, the first place you tend to gain is the last place you lose. Again, the route to success for those stubborn hips is resistance exercise, cardio and supplemental nutrition.

Myth3: There is one perfect workout routine.



FALSE

There is no "best and only way" to workout. In reality, it's all good if it works for you, but you don't want to stay with any of it for too long. The body will adapt to any exercise routine in 4-6 weeks and the mind will experience boredom if you stay with the same routine for too long of a time. Vary volume of sets, time between sets, reps, exercises, cardio, dance tapes, videos, etc. Manipulate your routine every 3-4 weeks and view CHANGE as the key constant that will lead you to success.

Myth 4: If you do enough abdominal crunches, you will have a flat abdomen.



Probably not. While sit-ups and crunches can strengthen your abdominal muscles, they can't get rid of the fat. To burn fat and flatten your belly, you need to burn more calories. Once you've gotten rid of the fat, your stomach muscles will be more visible

Class of the Issue: Kettlebells

Kettlebells -Calorie burning and fat fighting!!

Kettlebell classes have become increasingly popular over the last year and rightly so... the benefits from Kettlebell training are exceptional, you will improve cardiovascular fitness, muscular strength and endurance, flexibility, energy levels and much more.

There are 3 main movements; the swing, snatch and clean and jerk, however the Kettlebell can be used in an endless number of ways to improve your fitness. Anyone from beginner to advanced can train with Kettlebells.

Using a Kettlebell works every single muscle in the body, with particular focus on glutes, hip flexors, abdominal area and erector spinae. Strengthening these muscle groups is vital to everyone from the general exerciser to the elite athlete, helping to improve posture and performance.

Training with Kettlebells is challenging and once you have mastered the basics it is extremely rewarding and you will see results in your fitness levels very quickly.



Round the Departments



Dundee ISE Round up – SUSPAC newsletter

ise held a comic relief Zumba Cardio party in March and raised a whopping £900. 160 Zumba enthusiasts descended on Mono, students union for a 2 hour workout. ise members, friends, family and members of the community were treated to routines from all continents of the world including salsa, calypso, reggae and pop tracks. Zumba continues to be ise's best attended exercise class this semester. The high energy Zumba programme at ise is proving to have a positive effect on our members' cardiovascular fitness, muscular endurance and body shape.



St Andrews

Sport Your Trainers

Over 60 students and staff from the University of St Andrews came up to the sports pitches on Monday the 14th of March to show their support for the Glasgow 2014 Sport Your Trainers initiative. Our grounds staff painted a big 2014 sign onto the rugby pitch and we took an areal shot from the sports centre roof of everyone, some of the students braved the weather in their speedos and trampoline leotards! Despite the cold and windy weather, the students and staff turned up with their trainers and smiles on to show their support for the Glasgow 2014 Commonwealth Games. We also encouraged all of our students to turn up to the AU presidents heckling's with their trainers on and we took some photos of a much warmer bunch of students sporting their trainers!



Dundee University Dance Club's annual show 'Welcome to the Circus' took place on the 1st and 2nd of March in Bonar Hall, Dundee. Sixty five club members, of all abilities and styles, participated in the event and they put on an amazing performance. The show included performances from the club's five competitions squads who have won nine awards this year at national competitions. There were also guest performances from Dundee University's Operatic Society and the Scottish School of Contemporary Dance. 'Welcome to the Circus' contained everything from classical ballet dancers, to a contortionist, to a stilt walker, to hip hop dancers, and not forgetting boys from several Dundee University sports teams who showed the audience their moves!

Between the two evenings approximately 650 people came to the show and no one left disappointed. The feedback the dance club has received has been phenomenal, and since the show the club has been asked to perform at several university events.



Student interview

Nicola Mackay, final year medicine student, University of Dundee, member of Dundee University Dance Club

1) Two facts about the dance club?

Dundee University Dance Club did not exist three years ago and now we are one of the biggest sports clubs encompassing over 120 members. In 2010 the dance club was honoured to receive the award for the most progressive sports club at the University.

2) What is your role in the club?

I have been heavily involved with the running of the club since it was set up in 2008. During the first year I was the club president. Last year I took on the role of vice president so I could concentrate on my university work, however during this academic year I took the role of president back on. I oversee everything that the dance club does and I organise the dance class schedule. I have been extremely lucky to have had a very dedicated committee over the three years. Without them and students with the passion to dance the club would have never existed and certainly would not be where it is today.

3) How did you get involved?

When I started university in Dundee back in 2005 the biggest thing I had to give up was my dancing. In 2008 I set up the club with two friends who also left dancing behind when they moved to university. The first year of dance club was a steep learning curve for all three of us as we worked to provide students the opportunity to join a club which catered to all abilities. The amount of time we dedicated to making the club a success was more than any of us expected, but luckily it has all been worth it. The dance club has been a massive part of my university life and I am sad to leave it behind when I graduate.

4) Best thing about the club and competing/participating alongside other Scottish students in dance?

The best thing is that the club allows students who previously would not have been involved with sport at the university the opportunity to be in a sports club. Being in the dance club has not only allowed me to do something I enjoy, but I have also made several friends of students from different courses who I could have never had the opportunity to meet otherwise.

Competing in national competitions and being successful at winning several of the dance categories has been very exciting for the club and I am very proud of all the people who competed in the squads.





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PHYSICAL ACTIVITY COMMITTEE

Have you got stuff happening
at your place? If so please
let us know !

Quiz

What is the least amount of moderate-intensity physical activity adults should get each day

1. At least 15 minutes
2. At least 30 minutes
3. At least 60 minutes
4. At least 90 minutes
5. Don't know

Which of these are health benefits of eating different coloured fruits and vegetables

1. Decreased risk of accidents
2. Maintain a healthy heart
3. Don't know

Which of these are health benefits of physical activity?

1. Achieve and maintain a healthy weight
2. Reduce risk of high blood pressure
3. Reduce depression and anxiety
4. All of the above

Regular physical activity can reduce your chances of getting heart disease.

1. True
2. False

All exercises give you the same benefits

1. True
2. False

To Find Out Answers Please Check out our Facebook Page at <http://www.facebook.com/SUSPAC>

SUS Communicates on Twitter and Facebook!

You can now follow SUS on Twitter! Or even join our fan page on Facebook. You can find us on Facebook on <http://www.facebook.com/SUSPAC>

and you can follow us on Twitter at: www.twitter.com/ScotUniSport.

You can get regular updates on all the important, and fun things going on around Scottish Universities Sport.

Web Links



<http://walkcycleconnect.org/>



www.bases.org.uk



www.sign.ac.uk



<http://www.sparcoll.org.uk/>



www.globalpa.org.uk/charter/

