

Minutes from the **Physical Activity Committee** meeting held on Thursday 23rd October at Riverside, Dundee University.

Present

Jackie Davidson (JD)
Jacqui Stone (JS)
Julie Falls (JF)
Hazel Ednie (HE)
Ian Gaunt (IG)
Emma Raeburn (ER)
Hannah Dunwoody (HD)

In attendance

Lucy McGrath (LM)

WELCOME

1. No conflicts of interest were noted
2. *Minutes 24/07/08*: The minutes were agreed as an accurate record
3. Change of meeting venue: 17th February 2009 – Glasgow; 6th April 2009 – St Andrews
4. Next executive meeting is Friday 7th November 2008, IG to attend.
5. Matters arising – information packs still need to be sent to all committee members (JS)
Investigate joining BASES (JD) Get in touch with Glasgow universities to get the article for the newsletter done (HD)

ACTION

IG

JS

JD

HD

NEWSLETTER AND DECEMBER FLYERS

1. Articles for the December newsletter ready for the 5th December 2008 at the latest so it will be ready for the Christmas Seminar (11.12.08)
2. New page - expert interviews with anyone from the sport and exercise field into newsletters (approx 400 words)
3. Topics for next flyers: Women and weight (JD) shin splints (IG) and walking (HE) Physical Activity and Mental Health (JB) Dancing (JF)
4. Topics for future flyers: Be green and active. Everyone keep thinking of ideas

ALL

LP

JD/HE/IG/
JB/JF

ALL

WORKSHOPS

5. 1 day Specialist Populations workshop suggested for February. Option is 'how exercise can help cancer patients through rehab and cardiac treatment.' £85 includes a certificate of attendance and access to resources. HE to see JF also to investigate other options. This would be held at Glasgow on the 17th February
6. A workshop on innovative sports (speedminton, street rugby/football, kites etc) to be held at St Andrews on the 6th April.

HE / JF

ALL

ACTIVE AGE FESTIVAL FEEDBACK

Round the table discussion on what went well, what didn't go well and what can be improved for next year.

7. HD – lucky with the weather this year, not many went for the badminton option, need to think how we can get them more involved in doing sport.
8. HE – Hall was too hot, going to ask local Dundee companies to sponsor next year as we were let down by Highland Spring this year
9. JD – need to make sure that everyone gets there on time next year
10. JS – good simple balanced programme but the presentation was too long. Should just focus on one topic. It's always the same people that come year after year – need to engage with those not coming, particularly Edinburgh and Stirling. Had problems with the microphones, speakers – test these in advance next year. Need to keep encouraging volunteers to come and help.
11. Everyone needs to be more proactive in speaking to people to encourage them to go

ALL

- to next years.
12. HE – soups and cakes for lunch
 13. ALL – think about sponsors for next year
 14. Next year it will be held in Dundee on Thursday 20th August 2009.
 15. HE – speak to staff and book the ISE
 16. JS – Note of thanks to everyone who was involved in the organisation and running of the festival. Well done!

OTHER INFORMATION

17. *Marketing strategy* - PDC, COMPS, EX and PAC all feed into a subgroup who make changes, update and drive the marketing strategy. PAC needs to make sure that they are having an input. HE/JF
18. *Cycling Action plan for Scotland* - SUS are launching cycling as a new SUS sport at the Christmas Seminar.
19. *Physical Activity Policy Review* - Reviewing 'How to make Scotland more Active' which was published in 2003. Universities haven't been included in the 4 identified groups.
20. *Administrative Assistant* – SUS are interviewing on the 3rd November. There will be a panel interview and a practical assessment.

STUDENT DANCE FESTIVAL

- Round the table discussion
21. Nearly every university in Scotland offers some form of dance class/club.
 22. Day should have lots of taster/introductory classes in a variety of different types of dance
 23. Student led – ask students from each participating university if they could take a dance. They will need to be viewed beforehand to ensure that they are suitable. If there isn't enough may need to buy in expertise.
 24. Opportunity to watch performances by University clubs including 2 or 3 short demonstrations of various styles e.g. cheerleading.
 25. 3 different taster sessions at a time. Sign up in advance for which ones you want to go to. Provide some that are suitable for more advanced dancers and some for total beginners. Need to specify in advance.
 26. £10 entry which could include lunch, a free t-shirt and a goody bag? Someone from each university should be appointed to collect the money.
 27. Warm up session all together – approx 30/45 mins.
 28. Each dance session should last 50 mins
 29. All students from every Scottish university are invited, including males.
 30. Promotion – contact the various universities, email each sports union who will then email it to the clubs, who can forward it to their members, posters (same ones used for the Active Age festival) JD/ALL
 31. Date – either the 1st or 7th February 2009 – depends on the availability of halls. Registration from 9.30am aiming for a 10am start. Finishing approx 4.30pm.
 32. Advise people to wear 'comfortable clothes' and 'suitable' footwear.
 33. Find contacts for all the universities that want to be involved and email to JD
 34. Dances: Pole dancing
Street/hip hop
Ballet
Contemporary
Modern Jazz
Tap
Samba fitness
Burlesque
Can-can
Tribal Groove
Highland/irish

ALL

FUTURE MEETINGS

17th February 2009 – Glasgow
6th April – St Andrews

ALL

Actions List

Attend Exec on 2 nd November	IG
Send out committee info packs	JS
Investigate joining BASES	JS
Get in touch with Glasgow Uni's to get news articles done	HD
Prepare content for next newsletter	ALL
New Page about Expert Interview for newsletter	LP
Complete Flyers	JD/HE/IGJB/JF
Think of ideas for future flyers	ALL
Think about workshop on specialist populations	JF/HE
Think about workshop on innovative activities	ALL
Think ahead to next year's Active Age Festival and encourage attendance	ALL
Book the ISE for the Active Age Festival (20/08/09)	HE
Decide who to sit on marketing sub-group	JF/HE
Send proposed names for Student Dance Festival to JD	ALL
Promote Festival to all Universities	JD/ALL
Check availability of the dance studios for the 1 st /7 th February 2009	OD
Note dates for future meetings	ALL