



Job Description for SSSPAC Committee –Staff Member

Committee member of the Scottish Student Sport Physical Activity Committee which comprises: Chair, 4 departmental staff (1 from University, 1 from College) and 3 student representatives (1 from University, 1 from College). Other departmental staff are co-opted on to the committee throughout the year to assist in its work and to learn more about how it operates before seeking nomination at AGM and committing to a committee position. As a committee member you will contribute to the objectives of the committee and help carry out its intentions as laid down on the SSSPAC webpage: <http://www.susport.org.uk/physical-activity-committee.asp>

Time commitment and role:

- 4 days per year for committee meetings and workshops
- Option to join the Chair at Executive Council meetings which take place 5 times per year (half days)
- A couple of hours per quarter writing/researching articles for the SSSPAC Newsletter
- A couple of hours per quarter contributing to flyers or good practice guides for the SSS website
- Planning and running the active age festival: approx a day of planning/preparation and a day for the event.
- Planning and running the dance festival: approx a day of planning/preparation and a day for the event.
- Planning and running workshops in the afternoon of the committee meetings (4 per year).
- Support the Equity Champion and SSS Chief Operating Officer in considering and addressing equality and diversity issues.

There is also a certain amount of preparation, reading, and pondering required.

In addition there are a number of external bodies SSSPAC has been invited to sit on or be in dialogue with and committee members are invited/encouraged to represent SSSPAC at the some of the following associations:

- Skills Active Scottish committee 4 meetings per year;
- Skills Active UK Sport and Fitness Employers (SAFE) Group holds 4 meetings per year mostly in London [group members must be employers, which most departmental staff will be in that they employ freelance instructors and/or coaches];
- Physical Activity and Health Alliance (PAHA) 1-4 meetings/conferences per year;
- Fitness Scotland
- BASES – both specifically the Exercise for Health Practitioners Special Interest Group and the annual conference, in order to ensure that they progress PA, health and wellbeing research and practice.
- National Physical Activity Advocacy Group