

Minutes from the **Physical Activity Committee** meeting held on Tuesday 6th October at ASV, Aberdeen University.

Present

Jackie Davidson (JD)
Christine Duncan (CD)
Julie Falls (JF)
June Adamson (JA)
Seona McKenzie (SM)
Lindsey Gallagher (LG)

In Attendance

Shona Roche (SR)
Ross Simpson (RS)

Apologies

Hazel Ednie
Beth Montgomery

WELCOME

1. No conflicts of interest were noted
2. *Minutes 27/07/09*: The minutes were agreed as an accurate record

SUSPAC RESOURCES

Newsletter

3. SR thanked everyone for their individual contributions.
4. JD asked the group that for future newsletters they circulate information to everyone.
5. Next newsletter deadline – 04/12/09 5pm – Committee tasks detailed in action plan.
6. Suggested topics – Cycling and Snowsports. SR and JF to sort.
7. CD and BM to contact presidents explaining exactly what is needed from them for the next newsletter.

Flyers

8. Next deadline – 04/12/09
9. 4 ideas – Getting ready for Ski Holiday (SM), Nutrition (LG), Social Benefits of Exercise (BM), Exercise and Depression (JA).

Future Workshops

10. Next workshop – 19/01/2010 at Strathclyde.
11. Plan is to focus on exercise addiction.
12. SM to email JD contact details for eating disorder experts.

Website, Facebook, Twitter

13. BM and JF to help get PAC presence on these modes of communication.

Eating Disorders Guide

14. JD emphasised the duty of care that is needed for students in exercise classes.
15. The committee discussed B-EAT charity.
16. JA to circulate a poster she made on the issue
17. RS raised issue of sports union membership and what are presidents meant to do in health issue situations.

ACTION

ALL
ALL
SR & JF
CD & BM

SM, LG,
BM, JA

SM

BM, JF

JA

DANCE FESTIVAL

18. JF updated the group on Glasgow venue. Venue in doubt.
19. Group discussed approaching Telford or other college.
20. Possible dates: 27th or 20th of February.
21. ALL to email SR & JD with dance contacts, clubs and teachers.
22. RS to contact all universities to get contact details of dance clubs/socs
23. Bookings were discussed and it was agreed that it be done online.
24. The committee suggested a social after, and it was agreed to be a good idea but it should be up to the hosting venue.
25. ALL to generate some sponsorship ideas.

ALL
RS

ALL

SUSPAC Action Plan 2009/10

26. The Action Plan was reviewed:

Objective	Individual Responsible
Pursue Active Students concept	SF
Gather data & agree priority issues for sector physical activity/ health	SM, CD & BM
Deliver quality events for the sector: <ul style="list-style-type: none"> • Active Age Festival • Dance Festival • Workshops x 3 	AAF: HE Dance Festival: JF W1: CD & BM W2: JD W3: SR
Produce Resources <ul style="list-style-type: none"> • Newsletter • Flyers • Good Practice Guides • Online community 	Newsletter: Events (LG), Research (HE) , Round the departments (SM), Student Page (CD & BM), Expert Interview (JF) All JA & SM BM & LG
Develop partnerships with external groups such as jogscotland, PAHA, BASES, Skills Active, Can rehab	JD & SR

ALL

27. SR to circulate Audit
28. JD reminded the committee that the aim was to increase numbers at events each year by 10%. This was achieved at the AAF.
29. All were encouraged to think of other objectives to be included in the Action Plan.

SR

ALL

OTHER INFORMATION

- 30. JA requested help with basic disability courses that that dept staff may attend.
- 31. The committee suggested contacting: Disability Scotland, Gym equipment manufacturers and Human Sport Start Track.

DATE OF NEXT MEETING

Glasgow University Physical Activity Committee Meeting 19th January 2010

Actions List

Next newsletter information based on action plan roles	ALL
Research ideas generated	SR, JF
Contact presidents regarding newsletter	CD, BM
Flyer topics	SM, LG, BM, JA
Email eating disorder contact details	SM
Increase PAC presence on FB, Twit and web	BM, JF
Circulate poster	JA
Email contacts for teachers and clubs	ALL
Get Uni dance contacts	RS
Generate sponsorship ideas for DF	ALL
Carry out Action Plan roles	ALL
To circulate Audit	SR
Suggestions for more objectives for action plan	ALL