

Précis and action points from the **Physical Activity Committee** meeting held on Thursday 25th May at Riverside Playing Fields, Dundee University.

Present

Juliet Balfour (JB) Chair
Jacqui Stone (JS)
Debby Sargent (DS)
Hazel Ednie (HE)
Jackie Davidson (JD)
Alan Francis (AF)

Not Present

Ewan Wright
John Barr

WELCOME, AND SCENE SETTING

1. Juliet welcomed everyone to the meeting. Apologies were received from Ewan but nothing had been heard from John.
2. *Meeting of 17th January 2006* – the précis of the Physical Activity Committee meeting was reviewed and approved as an accurate record.
3. *Matters Arising*: There were no matters arising.

Mission Statement

4. It was deemed important for the Physical Activity Committee to have a mission statement in order to clarify and put boundaries round what the committee are doing. PAC is a completely new group with no format set to follow. PDC and Comps have been around longer so already have targets.
The mission statement put forward by Alan was reviewed and it was decided to have a mission statement and aims for what the committee should be doing. These were agreed as follows:

SUSPAC is the HE body set up to receive, analyse and appropriately disseminate information, create innovative projects and, through the development of varied, enjoyable and high quality programmes become a recognised body for the Physical Activity, Health and Fitness Industry.

Aims

- Enhance profile of physical activity and health through lobbying, education and promotion
- Engage in partnership work with key agencies at local and national level
- Develop and share good practice
- Collaborate with member institutions to provide appropriate, imaginative and diverse PA opportunities
- Carry out research into, and education and promotion of, physical activity within the sector

It was thought that it may be appropriate in the summer to produce a flyer/leaflet which has the mission statement and aims/actions of SUSPAC.

Fitness Festival

5. It was decided that SUSPAC should run a fitness festival type event. It was agreed to be an Active Age Festival to be held at Heriot Watt on September 6th as this would be before the start of term so people would be more likely to be free. This would be in the form of workshopping but thought had to be put into what is taught.
A Wednesday was picked in order to encourage both instructors and older people to come. Discussion was had on what the sessions should be and it was thought that we had to be careful what we were promoting.
As everyone has different teaching styles several professionals should be invited to come and do sessions. The festival should be promoted on a 'bring your friends', 'anybody welcome' basis. Professionals could be invited as participants to see good practice working at a cost of say £10.

ACTION

JB

All

It was felt that parallel sessions would be useful to offer choice but then perhaps repeated so that everyone could try all of the activities.
A challenge of some sort where competition in teams took place was also discussed. Activities mentioned included: circuits, dance, pilates, chair yoga, curling, bowling, tennis, resistance, relaxation and perhaps incorporating taster sessions of massage etc. The day would look something like this:

10.30 arrival and drinks
11-12 first activity
12-12.45 second activity
12.45-1.30 lunch
1.30-2 talk or something gentle
2-3 activity
3-3.30 tea break
3.30-4.30 activity
4.30 – dance off
5-6 buffet tea
6-6.30 departure

It was agreed that this should be a SUSPAC event held yearly in September at different Universities.

The cost needed to be looked at and sponsors approached to cover costs of the tea for example.

Publicity should be sent out in July for this.

It was agreed to get together over lunch on the 8th June at the Conference to update on this matter.

It was felt that Professional Development would spin out of this and we should wait to see what develops.

JB/JS

All

Future Meetings

6.

All committee members would need to be re-elected at the AGM so a reminder that nominations need to be sent in writing to JS prior to the AGM nominated and seconded by a member of SUS.

All

The dates for this year's meetings were set as follows:
Wednesday 12th July – Aberdeen – 12.30-2.30 (lunch included)
Monday 6th November – SUS Office – 12-2 (lunch included)
Friday 9th February – St. Andrew's – 12-2 (lunch included)
Tuesday 24th April – Glasgow – 12-2 (lunch included)

The lunch time slot allowed for there to be a workshop/guest speaker to be invited for 2-4 each session to go over topics that would be useful.

Possible sessions for this could include:

- Looking at Overwork, workload and time management (injuries from too many classes)
- Marketing/Promotion – effective and efficient if limited funds
- Standards – evaluation, mentoring, tutoring.

PAC were to consider other possible topics and speakers for these sessions.

All

Other Business

7. Student Representation

It was questioned whether the student representative had to be the President. It was felt that there was merit in this being the case but it should be made sure when they are appointed that it is someone with a nominal interest and if they know they can not attend a meeting then they should arrange for an appropriate representative to go on their behalf in order that PAC always has a student present. (This should also be carried out by other members of the committee)

All

8. Event

It was suggested that SUSPAC should think about organising another event perhaps for around Easter-time and this should be a practical one perhaps focussed around strength or behavioural change – i.e. something aimed at professionals. It was noted to check Blackpool dates to avoid clashes.

All

9. Audit

It was noted that the Audit was still being worked on and hopefully will be ready to go out after the summer.

10. ILAM

JB had a useful meeting with Cath Coombs from ILAM concerning self-assessment. Elements from the self assessment can be used by institutions to facilitate constructive criticism and develop best practice.

11.

Next meeting – there will not be another meeting before the AGM so any interim business should be conducted via email. Thanks were noted to all for attending and to Dundee for providing the venue.

Actions List

Look into having a leaflet produced of aims and statement	JB
Promote Active Age Festival	All
Look into cost of Festival and attract sponsors	JS/JB
Meet to update on content for Festival	All
Nominations for re-election to JS prior to AGM	All
Consider Speakers and Topics for Workshop sessions	All
If unable to attend a meeting send a representative	All
Think about an event to host at Easter-time	All