

REPORT FROM THE PHYSICAL ACTIVITY COMMITTEE
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SUSPAC had its last meeting on Tuesday 6 October at the University of Aberdeen, Aberdeen Sports Village.

The primary items of business for SUSPAC are as follows:

- **Newsletter-** The latest newsletter is available on the web. The deadline for the next newsletter is 4 December and it will be available in time for the Christmas Seminar. Topics will include cycling and snowsports.
- **Flyers/Good Practice Guides** -The next run of flyers will be released in December and include 'Preparation for a Ski Holiday', Nutrition, Social Benefits of Exercise and Exercise and Depression.
- **Intramural Workshop-**The last workshop was held after the meeting in Aberdeen. Christine Duncan and Laura Hayward (presidents of Sport in Aberdeen and Edinburgh respectively) presented on the structure of their intramural programmes and events. Ross Simpson (SUS and previous president at Heriot-Watt) gave an outline of the campus sport programme at Heriot-Watt. There was plenty of opportunity for discussion and questions after the presentations.
- **Future Workshop Sessions-** The next workshop will be held at the University of Strathclyde after the meeting on January 19th. The main focus will be on exercise addiction and eating disorders.
- **Obsessive exercise and eating disorders-** This topic will be covered in the next workshop. The committee have also been collating various governing body guidelines in this area so we can signpost students and staff to the appropriate information.
- **Dance Festival-** A possible date for the festival is 20 or 27 February. The University of Glasgow is no longer a possible venue so we are looking to one of the colleges to host the event.
- **Action Plan-** The action plan was reviewed and specific responsibilities were allocated to individuals.

SUS Executive is asked to consider the following:

Item
None at Present