



SUSPAC News

Issue 11
December 2009

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SUSPAC on the Web:

Please see our website for a range of informative flyers:
www.susport.org.uk

New topics include:

- Weight Loss
- Physical benefits of exercise
- Get fit for Skiing
- Eating Disorders

Health and Wellbeing Project Underway At Inverness College!

Exciting project gets the green light at Inverness College.....



Jed McKernie and Kristen Grant of Inverness College have received a grant to conduct a research project on 'How would the creation of a tertiary sports council increase the participation in sport and fitness activities within the college and local community?'

They will attempt to identify whether a tertiary sports council would increase participation in sport and fitness activities within the college and local community.

The main objectives of this project are to;

- To investigate barriers which exist for staff and students for engaging with sport and fitness activities and establish why there has been low attendance levels of current sports activities
- To develop a model that will be shared with Scottish Colleges and implemented at other similar institutes.

To strengthen links with other partners in the local and national areas.

Having this type of information available will help Inverness College make important decisions regarding the need for, and implementation of, a tertiary sports council in their local community.

Jenni Lloyd, College Sport Development Officer said "This type of research is vital. This will help Inverness college, not only determine the barriers to physical activity that they need to surmount, but it will also help them uncover the best ways to increase participation in physical activity within the college and the local community."



News on Physical Activity from BASES

Are you interested in commenting on the content of new Physical Activity Guidelines in the UK which are currently under development? We are pleased to invite you to log on and participate in a national web consultation. This is an opportunity for the scientific community and interested stakeholders and practitioners to comment on the draft recommendations on what new UK Guidelines on Physical Activity should include. Please visit www.ukguidelinesconsultation.co.uk.

You will have the opportunity to provide input on Physical Activity Guidelines for 4 different age groups, and the consultation Closes: **Wednesday 23rd December, 5pm.**

To access please visit www.ukguidelinesconsultation.co.uk. If you have any questions please contact Charlie Watts at the BHFNC at: C.A.Watts@lboro.ac.uk

Editor's Letter

It's strange how things seem to come in and out of fashion. The revival of 80's clothes, music, celebrities and even trends in fitness and exercise (although I'm not sure the thong leotard will make a re-appearance!!)

Over the past year boot camp style exercise, kettlebell workouts and circuit training have been amongst the most popular according to the American Council on Exercise. These trends apparently reflect the change in the economy as consumers want more for their money.

Basic, functional, whole body training are the buzz words of the day as the demand increases for workouts that will provide multiple benefits for less time and cash. However, as trends come and go and new ideas and technology are developed things don't seem to have moved on a great deal. Just last week it was announced that almost two thirds of Scottish men are overweight.

Obesity is putting a massive strain on the National Health Service but all of the government health initiatives hardly seem to scrape the surface. Perhaps we overcomplicate things and should consider getting 'back to basics' 'every cure of obesity must begin with these three essential precepts: discretion in eating, moderation in sleeping, and exercise....'

Jean-Anthelme Brillat-Savarin, 1825

I hope everyone has a lovely Christmas and a Happy New Year. Next February we are hosting the 2nd SUS Dance Festival. We hope to make this event bigger and better, so look out for further details soon.

Jackie



SUSPAC Committee 2009–2010



- Chair — Jackie Davidson, Aberdeen University
- Committee— Hazel Ednie, Dundee University
- Julie Falls, Glasgow University
- June Adamson, Edinburgh University
- Lyndsey Gallacher, St. Andrews University
- Seona McKenzie, Strathclyde University
- Beth Montgomery, GCU
- Christine Duncan, Aberdeen University
- Supported by— Shona Roche, SUS
- Ross Simpson, SUS



AIMS OF SUSPAC:

- 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



Stevenson College focus on participation!

Stevenson College are set to host a student sports fair in January in an attempt to increase participation levels in sport throughout the college.

The event will be held **Wednesday January 13th** in the **Stevenson College Games-hall from 12.00 until 14.00**. Tables will be hosted by College Sports Clubs (swimming, football, basketball, fitness, combat and badminton), the Stevenson Sport Union, Scottish Colleges Sport, BASES, NSCA and NASM as well as many others.

We applaud Stevenson College for making significant efforts to increase the level of physical activity and participation throughout their college.

"I'm so pleased that Stevenson has decided to run this sports fair. It's a great way for the students to learn more about all the exciting opportunities there are for physical activity at their own college, it's a great way to engage them and get them involved." Jenni Lloyd—College Sport Development Officer.



Edinburgh University Jogscotland Group Scoop award!

Edinburgh University Jogscotland Group scoop second Jogscotland Award At the recent annual Scottish Athletics awards, the University of Edinburgh were awarded the inaugural Workplace Group of the Year, sponsored by Healthy Working Lives. This is the second such award for the group after being named Jogscotland Group of the Year

in 2007. The group have risen from their humble beginning of a group at the Little France campus to University wide, now with a group on various sites around the University. Groups are open to all staff no matter the level of fitness. The jogleaders are equipped to take absolute beginners through to intermediates and eventually to advanced runners in a carefully planned programme.

It's been yet another action packed year for the UoE groups. Many members entered the Edinburgh BUPA 10k, so for the six weeks prior to the race they were escorted round the route by UoE jogleaders ensuring that everyone was well prepared for the big day. Jogscotland has been a gateway to other activities for members, one jogleader has organised triathlon teams. Yet another jogleader is currently investigating the possibility of setting up a regular 'boot camp' fitness evening for our Group.



Jogscotland is also involved in fundraising activities. So far this year UoE JogScotland members have raised well over £3000 for charities such as Cancer Research, Macmillan Cancer Support, Clic Sargent and I.S.E.A (Scotland). Evidence of this year's activities can be viewed at:

www.youtube.com/watch?v=wgmj5acyFzw

New College Sport Development Officer appointed

As you may be aware, SUS has recruited a development officer to lead the delivery of College Sport over the year ahead. After an extensive recruitment process Jenni Lloyd has been appointed officially started on the 9th November Jenni comes to SUS following a previous role as Youth Development Manager at the Scottish Volleyball Association.

Jenni attended Acadia University in Canada where she served 4 years on the Women's Varsity Soccer Team. Jenni then made a move to Scotland to gain experience travelling and to complete an MSc in Sports Medicine at the University of Strathclyde. While attending Strathclyde Jenni rekindled her love of volleyball and was a member of the Strathclyde University's Volleyball Team, and represented Scottish Universities for Volleyball in 2005. Jenni then went on to play volleyball for Lenzie VC and Su Razzzi VC (the 2008/2009 Division 1 Champions!) Injuries currently have Jenni sidelined for the time being but she hopes that after proper rest/rehab she will be back in fighting form. Jenni brings with her a wealth of relevant professional experience and a real passion for sport and sport development.

We are looking forward to seeing all aspects of College Sport develop during Jenni's initial twelve month stint and wish her every success in this exciting new role.



Expert Interview: Michelle McAllister—Glasgow



1. What are your roles & responsibilities at Glasgow University Sport & Recreation?

A. I head up the health & fitness advice site, inductions, group fitness classes, and event management.

2. What do you enjoy most about your job?

A. Creating a change in participant's lifestyle & overall health, prompting change in attitudes to exercise, being part of a worthwhile institution, developing my new ideas & watching them benefit others & meeting new people through event organisation.

3. And what is the most challenging?

A. Influencing the way participants approach a healthy lifestyle, accommodating all individuals in a group environment & catering to everyone's aspirations.

4. Can you tell me something about your personal view on physical activity, health & fitness?

A. It has saved me! I'm maintaining a healthier lifestyle these days & am capable of helping others who have been in my position whether it be injury recovery or weight management. Impossible is nothing!

5. What message would you like to give to University & College Students?

A. getting started is daunting but benefits of regular exercise are endless!

SUS's Commitment to Equity



SUS has reinforced its commitment to equity in recent months by beginning work towards the Foundation Level of the Equality Standard - A Framework for Sport. The Executive and PDC Committees supported by sportscotland have been working since the summer to ensure SUS can achieve this standard.

Equity and its importance:

Scottish Universities Sport believes that equity is a broader concept than equality. It is not just about equal numbers, but is concerned more with fairness, justice, inclusion and respect for diversity. Sports equity is about making sure that everyone has an equal chance to participate in and contribute to sport or physical recreation if they choose to do so, and that no one is discriminated against unfairly for any reason, including - but not limited to - gender, race, disability, age, religious or political belief, sexual orientation, social background, ethnic origin, language, marital or civil partnership status or pregnancy. Sports equity is also about recognising and acknowledging that inequalities do exist between people in Scottish sport, taking positive and proactive steps to overcome these inequalities, and thus making sure that any barriers standing in the way of people who are traditionally not involved in sport and physical recreation are removed.

Ensuring equity may require the unequal allocation or reallocation of resources and entitlements in order to overcome previous inequalities or discrimination.

Scottish Universities Sport is absolutely committed to promoting and achieving equity, and to ensuring that unfair discrimination is eliminated. A copy of the SUS Equity policy can be found on our website: www.susport.org.uk

What is the Equity Standard?

The Equality Standard for Sport (the Standard) is a framework and vehicle for widening access and increasing the participation and involvement in sport and physical activity from under-represented individuals, groups and communities, especially women and girls, ethnic minority groups and disabled people.

It will assist sports organisations in developing equality-proofed policies, structures and processes and will allow for performance to be assessed, ensuring continuous improvement in equality.



Research in Brief



Researchers At Edinburgh University have been involved in the publication 'The Young People's Health in Great Britain and Ireland Report' published by Child and Adolescent Health Research Unit (CAHRU) in November 2009.

The report investigates health issues and behaviours in young people and their social environment and is available to download at: <http://www.education.ed.ac.uk/cahru/publications/reports.php>



Generation Scotland is running a long-term nationwide study that will consider how our genes affect our chances of contracting illnesses and how we respond to treatments.

The study is a collaboration between Scottish Universities Medical Schools, NHS Scotland and other Scottish Biomedical Research Institutes.

Almost 20,000 people have now volunteered for the Scottish Family Health Study (GH:SFHS).

For more information: <http://www.generationscotland.org/>



Physical Activity and Adolescent Girls – Knowledge Exchange Network

This network facilitated by PAHA has been developed to support an exchange forum between practitioners, researchers and policy makers. The focus is on sharing resources, materials and documents that supports physical activity in adolescent girls. For useful policy documents and up-to-date research visit:

<http://www.paha.org.uk>



Diabetes Risk Calculator

Would you know if you or someone you know is at increased risk of developing Type 2 Diabetes?

Take the 2 min test online to assess your risk. Go to:

<http://www.diabetes.org.uk/measure-up/>



UK Physical Activity Guidelines Consultation



There is still time to be involved in the consultation process on the review of the current physical activity guidelines. The four nation's governments are set to produce a new set of physical activity guidelines in 2010. Have your say in this stage of the consultation process by visiting: <http://www.ukguidelinesconsultation.co.uk>

www.ukguidelinesconsultation.co.uk

BHF's recent initiative to get inactive kids moving

Ultimate dodgeball is a version of the traditional 'dodgeball' game aimed at 7-16 year olds. BHF have launched this game as a fundraising BHF endorsed activity for school-aged children. School groups raise sponsorship and keep 20% of the proceeds for the school fund. It is also a favourite game among university students and packs can be available to interested groups who wish to be active and raise funds for their club.

The BHF Ultimate dodgeball pack is worth £30 and includes; organisers guide, resources, and three balls. For more details: <http://www.bhf.org.uk/events-and-volunteering/events/young-peoples-events/ultimate-dodgeball/for-teachers.aspx>



BEATING HEART DISEASE TOGETHER

UPDATE - ROUND THE UNIS

DUNDEE

ISE celebrated 10 years of delivering the Phase IV cardiac rehab exercise programme recently with an event at ISE University of Dundee.

The programme started in 1999 and since its inception nearly 500 members have been referred to ISE from Ninewells hospital. The class caters for people with heart disease who may have had a heart attack, bypass operation, angioplasty, a valve replacement or an implantable defibrillator.

The evening event was hosted by ISE and Hazel Ednie Coordinator of the programme and SUSPAC committee member said the evening was a success highlighting some key moments over the 10 years that included; developments in cardiology, cardiac referral and individual stories and fundraising efforts. Many of the original members of the class were in attendance along with the consultant cardiologist Professor Stuart Pringle of Ninewells Hospital and the Phase III Professional NHS team.

UWS

On Saturday 31st October, The Students' Association of University of the West of Scotland (SAUWS) organised a football tournament in conjunction with "Show Racism the Red Card". The aim of the initiative was to address the issue of racism through a football tournament. The event was sponsored by Strathclyde Police and Renfrewshire Council.

Thirty-five players in all took part in the football tournament, and considering the weather was dreadful and that a Halloween party was on in the Union on the Friday night, the number of participants was fairly positive.

The main goal of the



tournament was to engage students in a welcoming environment to educate and galvanize support for the anti-racism message. Damian Kane gave a presentation during the lunch break on racism and how to tackle the different issues related to this societal problem. The discussion was very motivating and most of the players involved were able to contribute some input into the discussion. It was also fascinating to discuss how the different nationalities see the racism in their own countries. Furthermore, The DVD provided an excellent support for the educational part of the day.

After a formal medals ceremony, all the players were thanked for their support and participation in this football tournament. Press coverage was requested in order to promote this event through the Renfrewshire area.

HERIOT WATT

As we approach the end of semester 1 I am happy to say we are all still in-tact and looking forward to the festive period. We have had a great semester with some new classes and instructors on the timetable. We have also recruited some new gym instructors from the Sport Science degree course who completed their Level 2 gym with us last year. This means that we have been able to offer more gym programmes and inductions throughout the week and more importantly at evenings and weekends, which is great for us and even better for your customers. We are once again going to be introducing some new classes and instructors next year. We will now have 3 styles of yoga on the timetable and we are introducing a second kickboxing class as a result of its huge success. We are also going to be offering more dance classes throughout the week ranging from partner dance to street dance.



Have you got stuff happening at your place? If so please let us know !

Our partnership with the School of Life Science continues and I have just come to the end of the Level 2 Gym syllabus with around 60 first year Sport Science students. We are going to be starting their practical exams at the start of Semester 2.

Our activity referral service is doing well with Juliet also introducing new classes because she has reached capacity on two so far. She is regularly seeing new clients, the vast majority being referred from local GP practices however, we have had a few appear on our door step via word of mouth.

Juliet is also currently organising lots of trips with our Prime Time members. They are off to do the Labyrinth walk in January, Falkland Palace in February and The Seabird Centre on April. We are also hosting a couple of Festive events over the next couple of weeks – any excuse for a mince pie!!!!

I think it is safe to say we are all looking forward to the festive period and a wee rest but we are also looking forward to semester 2 and the challenges ahead. Hope you all have a great Christmas and a very happy and successful 2010.

GLASGOW

Sport & Recreation has been very busy over term 1, membership has increased once more. Numbers have greatly increased in gym usage and exercise classes, further to this we have had to offer an additional ActiveAge class with numbers being so high.

New additions to the timetable in term 1 has been Kettlebells, this class has proved extremely popular so we are adding another Kettlebell class in term 2.

On December 1st we are holding our 'Health Day' the event focuses on disease prevention. The day will



offer some of the following: nutrition seminars, exercise demonstrations, fitness testing and various information stands including British Heart Foundation, Chest, Heart & Stroke Scotland, Woodlands Herbs, Beatson Pebble Appeal and Esteem Beauty. The day will end with the 'Movember' shave off. A few members of the Sport and Recreation staff have been growing moustaches over the month of Movember to raise money for Prostrate cancer charity.

The teaching team are very pleased to have Kerry Murdoch return from her year's maternity leave; however maternity leave comes round once more for April Logan who will finish up at the end of January.

And finally, Davie Watt (teaching team) will be climbing Mount Kilimanjaro November 2010, this is one tough challenge but we are sure he will take it in his stride!! This is to raise money for the Beatson Pebble Appeal Centre for Cancer Research (www.gla.ac.uk/services/givingtoglasgow/beatsonpebbleappeal). If you want to sponsor Davie go to: <http://uk.virginmoneygiving.com/KilimanjaroDave>.

STRATHCLYDE

It has been a very busy Semester here at Strathclyde with our user numbers and memberships continuing to rise. The semester culminated with a variety of festive events including a Christmas Ceildh and the 26th running of the Christmas 5K Handicap at Glasgow Green both of which were very successful.

On the 1st December the University Court supported the EDF2 which includes a new Sports Facility due for completion by 2012. So 2010 and the next few years are going to be busy and exciting ones for everyone in the CSR.



RGU

RGU'S VFS – Volunteer for Sport award allows Sport and Exercise students to gain valuable work experience and qualifications from shadowing and taking sessions at RGU: SPORT. <http://www.vfsport.org/>

As a reward RGU: SPORT funds students on selected courses that they wish to attend. They also achieve a Millennium Volunteers award which is a nationally recognised qualification.



Our reason for the project was that we had a shortage of coaches and wanted to add value to the Sport and Exercise Science course. Also research has shown that

volunteering can enhance your CV, build your confidence, create more fun in your life, improve your health, boost your career options/employability and personal achievement.

“73% of employers would employ a candidate with volunteering experience over one without”.

EDINBURGH

Pleasance Dreams—A fantastic £4.5 million extension of the Pleasance Gym is under way. Due for completion in July 2010, and encompassing a new iconic 3-storey build with access to the new sub basement vaults, the new facilities will provide around 1900 square metres of additional state of the art sports conditioning and physical activity space.

We have just started advertising our Get Fit Challenge which starts in January. It aims to help our members achieve their 2010 fitness goals. Members are invited to sign up for one of 3, 6 week programmes – weight loss, tone up or weight gain.



Abertay

In this, the second year that Abertay has employed student staff as Gym Assistants, we have implemented the Abertay Gym Buddy Scheme. Working on the principle of a dating site, members who submit their details and training profile are able to look through the profiles of other scheme members for common ground such as preferred training time or type, shared goals or working within the same course or department. It is then up to the individuals to initiate and maintain contact with their chosen 'buddy' - with the usual Gym Assistant support available. Already proving popular with members who are unsure of where to start or feel a bit intimidated by the facility, it is hoped that the scheme at Abertay will go from strength to strength.



Aberdeen

Ran an event, Iron Man, this is for the athletic student. This consists of 3 sports, a 900m Swim, a 10K Row and finishing on a 10K Run. This was ran on the 11th Nov, this year was the second time running, and it was a success, with 12 entries and 3 team entries, each team member does one or other of the sports. The winner was a member of the Triathlon club, he did it in an hour and 32 min, the longest time was 4 hours and 10 min, the chap was determined to finish the event, and he did!



SUS Communicates on Twitter and Facebook!



You can now follow SUS on Twitter! Or even join our fan page on Facebook. You can find us on Facebook by searching Scottish Universities Sport, and you can follow us on Twitter at: www.twitter.com/ScotUniSport. You can get regular updates on all the important, and fun things going on around Scottish Universities Sport.



SCOTTISH UNIVERSITIES SPORT

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PHYSICAL ACTIVITY COMMITTEE

We're on the Web!
www.susport.org.uk
facebook & Twitter

Dates for your Diary

- 15th December—SUS Christmas Seminar 2009, Glasgow Caledonian University
- 14th January— Colleges Rebound Gymnastics—Regional training
- 19th January— Exercise Addiction workshop, University of Glasgow
- February—SUS Dance Festival (information will be on SUS website shortly)
- 17th March— SUS Varsity day
- 31st March— BASES Annual Student Conference, Aberystwyth University
- 15th&16th June— SUS Conference, Robert Gordon University

Calley Students Association takes matters in to their own hands!



Recent activity in the Caledonian camp has been largely focused around the formation of a physical activity strategy. As yet there is no formalised aim as set out by the institution to drive forward physical activity and so the Students Association has decided to act on this by undertaking a mini review of the current provision.

This has involved meeting with various stakeholder within the University such as relevant academic sectors, facility managers, university executive members, SUS representatives and of course students.

The outcome so far has been a presentation of a paper to the Student Officer University Liaison Group (SOUL) with the intention of finding a champion for the project within the University and also to set up a steering group, to bring together all areas of the institution and discuss the progression of Physical activity.

It would be useful for us as an institution to hear from others who already have a strategy in place, so if anyone has any further information on this area, please get in touch. Beth.montgomery@gcal.ac.uk

Beth Montgomery—Vice President Sports and Societies.



Web Links

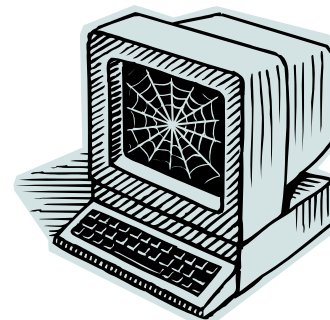
www.bhf.org.uk



<http://www.diabetes.org.uk/>



www.bases.org.uk



jogscotland



www.jogscotland.org



<http://www.paha.org.uk/>



UK Physical Activity Guidelines

cährü...

child and adolescent health research unit

