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Minister launches new initiative for sports lecturers at skills conference



SkillsActive's annual conference, Reaching Higher – A Well Trained Workforce, provides Minister for Public Health and Sport, Shona Robison with the platform to launch a brand new sports industry initiative.

The 'Lecturers into the Sports Industry' programme, developed by SkillsActive in partnership with sportscotland, encourages lecturers from universities to continue their professional development by spending time with employers in the sport and recreation sector, facilitating enhanced interaction between the university sector and employers.

SkillsActive's national manager for Scotland Pam Scott said: "We're delighted that the minister can launch this initiative at our conference. With the mounting number of sports graduates leaving university each year, it's essential that university lecturers get a full picture of what it's like to work in the sports sector. Working with sportscotland, will ensure the initiative will have a successful outcome."



Reaching Higher, the strategy for sport in Scotland emphasises the need for a well trained workforce for the sports sector to flourish. The programme will allow lecturers to get a firsthand experience of job roles within the sport and recreation sector, allowing them to contextualise their teaching.

Launching the programme, Sports Minister Shona Robison said: "Training and employment are extremely important for creating a vibrant, sustainable, modern Scotland with increased economic growth and opportunities for all. This is particularly true in the

current challenging financial climate.

"The skills of Scotland's people are one of our key economic strengths and I would like to thank SkillsActive for its valuable contribution to nurturing and developing this talent. The pilot project I am launching today will equip the next generation of our sports workforce with the skills they need for their future careers, providing a valuable contribution to our economy."

For more information please see: <http://www.skillsactive.com/>

SUSPAC on the Web:

Please see our website for a range of informative flyers:

www.susport.org.uk

New topics include:

- Spinning
- Stroke: recognising the signs
- Physical Activity Charity Events
- Innovative Sports



The Scottish Parliamentary Health and Sport Committee Report on "pathways into sport and physical activity" was published recently.

The report is extensive and makes some very strong and positive recommendations

Pathways into Sport, Committee Report

that, if implemented, will be of great benefit to the sporting community, and ultimately to the health of the nation.

It can be found here:

<http://www.scottish.parliament.uk/s3/committees/hs/reports-09/her09-05-00.htm>

Editor's Letter

Having just returned from the Active Travel Conference in Perth all 'fired up' about what can be done to better encourage more people to find alternative methods of transport it was with great excitement I took part in my first ever Caledonia Etape. This is an 81 mile cycle around the roads of Pitlochry. It's the only cycle event in the UK on closed roads. This was a particular attraction for me as I don't enjoy sharing the roads with some impatient drivers who have no knowledge of the highway code!! With over 3500 participants, many raising money for charity it promised to be a great day despite the damp start. However, as you may already know the event was sabotaged by a local activist who took exception to the road closures (which were done on a rolling basis to keep disruption to a minimum) and threw carpet tacks over many of the surfaces. This could have had very serious implications considering the speed of some cyclists. However, I'm glad to say that after the areas were made safe we were allowed to continue and eventually finish the event. I think it's a very sad reflection of our society that something like this can happen and it unfortunately doesn't do much to encourage people to cycle. Soapbox moment over!!



Looking forward to my second year as SUSPAC chair I hope that we can encourage more of the University population to become physically active and adopt better lifestyle choices. The events that we have organised continue to grow and develop each year. New initiatives such as Active Students are on the agenda and more inventive ways of promoting physical activity are becoming popular. Let's aim to get more students, more active, more often.

Jackie

SUSPAC experience alternative outdoor activities on the beach in St. Andrews!

The most recent SUSPAC meeting was held in St. Andrews on 4th April. After some discussion and planning for the upcoming Active Age and Dance Festival Festivals the committee, joined by the majority of Sports president and other enthusiastic parties, headed for the Strand for an afternoon of street Rugby and Traction Kiting.



The SUS crew split into two groups and each took part in both Street Rugby and Extreme Kiting. Street Rugby has been funded by Cashback for Communities and is delivered across Scotland by Scottish Rugby. Cashback for Communities takes the ill-gotten gains of criminals

and reinvests them back into our communities to make a real difference to the lives of young people. Street Rugby has been taking place in various areas across Scotland since August and allows kids who wouldn't usually partake in organised club rugby a chance to get active and have something positive to do in their free time. As the coaches showed us, Street Rugby is simple enough to be set up in school playgrounds, local games areas, or even a car park, street corner or beach!! Since August 2009, Scottish Rugby have been able to deliver 4897 school, club, coach education and Street Rugby sessions to, 43,580 young people.



At the other end of the beach in St. Andrews the team from Traction Kiting parked their camper van filled with buggies, boards, kites and flags. Traction kites are specially designed kites which are flown by individuals and produce a large amount of power or pull. This power is then harnessed and used to pull the individual in a buggy, on a land board or on a surf board. Needless to say we didn't quite make it onto a buggy or the like but enjoyed a fantastic introduction session which left most of us yearning for more!



For more information on Street Rugby contact Neill Carrie, neil.carrie@sru.org.uk or check out the Cashback for Communities website at: www.cashbackscotland.com.

Further information on Traction Kiting may be found on their website: www.tractionkiting.co.uk





The 2nd National Active Travel Conference was held on Wednesday 13th May at Perth Concert Hall.

The event aims were as follows:

- To promote the contribution that Active Travel can make to Scottish Government strategic objectives and local authority Single Outcome Agreements.
- To initiate debate on what the future for Active Travel should be in Scotland in 2040.
- To encourage a commitment by the Scottish Government and local authorities to at least 10% of present and future transport budgets going to Active Travel and for effective joint working across departments to ensure that policies to support the development of Active Travel are included in all relevant strategic documents.
- To identify recommendations for practice and policy change that will achieve our preferred future.
- To provide training and tools for practitioners to develop Active Travel in their professional area.

Active Travel Conference

Run in partnership with Living Streets, Paths for All, the Strathclyde Partnership for Transport and Cycling Scotland the conference, titled Walking, Cycling, Connecting Communities provided an opportunity for the political value of active travel to be fully explored, with delegates gaining a better understanding of the practice and policy measures necessary to realise the full potential of active travel.

Louise Batchelor was an excellent chair for the day and kept the proceedings on track. The keynote speech was delivered by Stewart Stevenson MSP the current Minister for Transport, Infrastructure and Climate Change. Whilst he made some interesting points it was felt by the delegates that the Scottish Government still have some way to go to fully support Active Travel. Professor John Whitelegg from Liverpool John Moores University gave an inspirational account of his experience of towns in Germany and how they have radically altered urban areas to be more cycle and walking friendly. He's involved with a similar project here in the UK and



would hope that it's something that can be rolled out in the future.

The session before lunch was an extremely active debate on the Preferred Future for Active Travel. 4 debaters For and 4 Against made their points before being questioned by members of the audience. A vote was held and it was decided that 'Streets for People: Scotland's Future' was an achievable concept. The following 2 sessions highlighted both current successes and struggles in promotion of cycling and walking. Gil Penalosa by video conference from Canada talked about his experience in Bogota and John Nelson gave a summary of the work being done on the Dumfries Smarter Choices initiative.

The afternoon ended with a choice of workshops on various aspects of Active Travel from the marketing and infrastructure to the health benefits and a current audit of what facilities exist at present for cycling and walking. Overall the event was extremely thought provoking and it is hoped that the momentum can continue to build to change things positively for the future.

REPS Scottish Convention in partnership with the FIA 2009 Ratho, Edinburgh's International Climbing arena Friday 26th June

This is the second Scottish REPs (Register of Exercise Professionals) convention and this year is filled with an exciting mix of informative presentations and educational workshops. The day is geared toward both Fitness professionals and fitness managers; how they can improve and meet the needs of professionalising the Scottish Fitness industry.

An exciting programme has been confirmed:

- *'Strength training for performance in sport revisited'*: Dave Clark, Head of Strength & Conditioning at the Scottish Institute of Sport, will present a key note presentation on how strength & conditioning has developed in recent years & the science behind it all.
- *'The importance of exercise within different population groups'*: Dr Colin Moran from the University of Glasgow will provide us with an update on physical activity recommendations, and how these are specific to population groups. The latest research will again emphasise the need for professional exercise specialists.
- *'Physical Activity and Health Alliance (PAHA)'*: The strategy for increasing Physical Activity in Scotland (Flora Jackson, PAHA)
- *Updates from REPs and the FIA.*
- *Health and Fitness Workshops*: A choice of 6 educational workshops that will professionalise your teaching skills and knowledge.
- *Management Workshops*: There will be 2 workshops focused on managing clubs, centres and teams that will help professionalise the management of facilities.

The day is just £40 for REPs members and £65 for non-members at this a truly impressive venue. <http://exerciseregister.org/custom/REPsScotConvintro.htm>

Expert Interview: Dr Anna Campbell



1. Tell us about your role with CanRehab?

I set up CanRehab in 2008 to provide training and workshops for health professionals and fitness instructors working with cancer patients and survivors. My role is to raise the awareness of the benefits of physical activity in combating the side effects of cancer treatment and potentially reducing the risk of cancer recurrence. My

colleagues and I at CanRehab aim to provide evidence based guidelines for fitness instructors on appropriate exercise prescriptions for all cancer patients and survivors. We are currently working with Skills Active and the charity Macmillan to provide a Level 4 qualification in cancer and exercise.



2. What do you love most about your role?

I love the fact that I am working on something that I genuinely feel passionate about – encouraging cancer patients and survivors to become more active at a time in their lives when they may have lost a lot of confidence and functional ability. In addition, this job allows me to combine my academic interests into cancer research and the health benefits of physical activity with my love of teaching and training.

3. What do you find the most challenging aspect?

The most challenging aspect is trying to provide cancer rehabilitation as part of a cancer care package within an NHS setting – this will require a lot of time and energy to put evidence into practice! Also with the current financial climate, it is more challenging to persuade people to pay for cancer rehabilitation training – but with more people surviving cancer and wishing to get active, I believe there will be a demand for cancer exercise specialists in the future.

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

I didn't do a lot of exercise when I was young and therefore I understand how difficult it can be to change from a sedentary lifestyle to a physically active one! However since my mid twenties, activities such as running and cycling have become part of my life and I personally feel that keeping active helps me to stay healthy and mentally alert and positive.

5. What message would you most like to give to university and college students?

Your qualifications and skills should provide you with the potential for a variety of careers – I changed career from basic research scientist to business development manager to biotechnologist to educator!



6. And finally, what's your vision for physical activity in Scotland over the next five years?

That Scotland will continue to shake off its "sick man of Europe" tag and that more people in Scotland will realise that being active can be great fun and that even a little bit of activity has significant health benefits.



As part of Edinburgh's Telford College's 40th Anniversary celebrations a Sports Summit entitled 'What's the Score?' was held in the college on May 1st. Together with keynote national presentations, networking and promotion opportunities, there was an interactive panel discussions on current practice and partnerships and the legacy opportunities from the Commonwealth Games in Glasgow, 2014. Our very own editor Jackie Davidson gave an engaging presentation on the work of SUSPAC while Edinburgh University's Sport's President Joe Gray spoke about Intra-Mural Sports. Lunchtime gave us all an

opportunity to take a tour of the sports facilities available to sports students in the college.

The Summit showed the will of Scotland's Colleges to be involved in competitive sport as well as physical activity on a larger scale. SUS look forward to working with the colleges to drive this forward over the coming years.

For more information and presentations please see: <http://www.ed-coll.ac.uk/content.asp?ArticleCode=340>

Research in Brief

The Student BASES Conference Experience



Name: Euan Hair

Place and Course of Study: University of Dundee
– Final Year, Sports Biomedicine.

Where did you present and when? I presented an oral presentation at the Student BASES conference at the University of Hull in April 2009.



What was your project about? My project investigated the influence that strength training has on the physical performance of elite youth football players. Specifically, my project used free weights to develop the overall strength and power that these players could develop, with the primary goal of improving sprint and agility performance.

How did you get the chance to do this? I had always had the intention of presenting at the annual student BASES conference given the chance. A friend of mine recommended the experience as they had presented at the conference the previous year. My project supervisor sent an email suggesting that I present at the 2009 conference so I jumped at the opportunity.

How were you selected to present? I was asked to submit an abstract to the conference committee. This was a brief overview of my project detailing the reasons behind my project, the methods I used to analyse my results and my overall findings. The abstract was then assessed by the committee and I was later informed that it was accepted.

What did you have to do in the preparation? I used my abstract as a skeleton for the presentation to ensure I covered the basics. Bases provided me with guidelines for the length, time and quality of my presentation. I prepared a 10 slide presentation on PowerPoint. Finally, I practised until my presentation flowed and kept to time.

How did the presentation go? The presentation went really well. My practice seemed to pay off. I was very nervous waiting for my presentation, as I was second last in my group. However, as much as the waiting made me incredibly nervous, the standard of the presentations before mine was really high so I learnt a lot about how to conduct myself throughout my own presentation. The question answer session after the presentation is the bit to dread but the atmosphere at the conference was not too tense as it was mostly to a group of peers. This meant that any question asked was by someone who was genuinely interested which made the experience really enjoyable as it showed people valued your research regardless of your qualifications.

How did the conference go? What were the highlights for you? The conference was extremely well organised. From when I arrived I was continually surprised and impressed. My journey and accommodation was really comfortable. The following day the conference opened with a lecture from Robert Robergs a leading exercise physiologist. He opened with a motivational lecture about what we can do to improve the sports and exercise field. After this lecture I was buzzing. Throughout the whole conference there was so much choice on what session to visit. You could learn about GPS monitors, How to analyse biomechanics of the human body, how to use Rate of perceived exertion scale (RPE) and much more. The highlight of the conference was getting to meet the experts throughout the conference and being able to learn about how they developed their career pathway. They were also willing to suggest ways for me to develop my own career.

Why do you think this is a good event? I think this is a great event because it has given me direction. I am due to graduate from my course soon and I had no idea what current options were available to me. This conference has given me direction and a stronger motivation to develop my career as a sports scientist. My only regret is that I didn't attend the BASES conferences before now.

Would you give anyone advice following your experience? My advice to anyone considering attending is, go! It will be an valuable and enjoyable experience. Once you are there you will forget you are on your own because you'll meet a lot of people - also nervous and eager to impress! Finally, my advice to anyone presenting or thinking about presenting is, go for it! It is a very rewarding experience.

What did you most take away from the experience at BASES? The most valuable message was take all opportunities you are presented with! I felt this was positive reinforcement of what I have achieved so far as a student. I have had excellent opportunities through my time on the Sports Biomedicine Degree at Dundee University. Not only have I had time and training to work with elite squads under the supervision of ISE's sports science team, I have also undertaken my UKCC Strength and conditioning level 1 qualification and personal training and gym qualifications.



UPDATE - ROUND THE UNIS

HERIOT WATT

Firstly Heriot Watt became the British University Curling champions in Stranraer!

Heriot-Watt through the Centre for Sport and Exercise have received a £2000 grant from cycling Scotland to help promote active commuting to campus. This money will be used to promote cycling and to help steer Heriot-Watt towards achieving the cycle friendly employer award.



The focus of this will be launched at bike week in mid June which will represent the start for what is hope will be an increased % of staff and students cycling

to campus. The money will help to fund Dr Bike maintenance session and to provide commuter cycling training. In addition we will be introducing leisure cycles at lunch time and weekends. This is an exiting initiative that will hopefully persuade staff and students to incorporate their physical activity into their commute to campus.

Staff at Heriot-Watt University are preparing for the annual influx of children aged 5-14 for the School's Out! Programme. School's Out! will run for 5 weeks (29th June-31st July) during the summer for children of all abilities to come and try out various different sports and activities from basketball to dodgeball and from unihoc to capture the flag. Being on a green campus, we like to take full advantage of the outdoors so if the sun is shining we will be found roaming about in the woods or playing kick the can in the sunken garden. It is a great opportunity for children to mix with others from different schools and different ages in fun and active surroundings.

Our staffing structure mean that we can also give children aged 15 and over the opportunity to volunteer with us. This not only gives them help and support working with children but also gives us extra help looking after everyone!

ST ANDREWS

8 students and 5 staff are preparing to travel to Zambia this summer to help educate children and local communities about HIV Aids. Working with Sport in Action, a non-governmental organisation in Zambia, 4 sports students will be coaching a variety of sports in the capital city Lusaka and rural areas of Zambia, using sport as the vehicle to get messages across. We will also be sending out 4 students who are trained in counselling, helping leaders and families to cope with the issues zambian communities have to deal with. The group has been fundraising since Christmas and will benefit a great deal from the trip, learning how the zambian peer leaders coach, interact and engage with larger groups and individuals. It is hoped the programme will go with plans already underway for a bigger project in 2010.

GLASGOW CALEDONIAN

The gym has been busier than ever and numbers attending exercise classes have also increased this year - Body Attack, Body Pump, Circuits and Indoor cycling are the most popular and record attendances have been achieved for Attack(80) and Pump(60).

We have introduced an option of on-line monthly payments for memberships and this has to some extent reduced queues at reception during peak periods. Currently well over 300 members chose to pay on a monthly basis.

ABERTAY

On June 9th a number of current and former staff from the University of Abertay Dundee will compete for the 86th Annual Staff Golf

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

Tournament. Current champion Grant Small is unable to defend the trophy, first competed for in 1923, so a new winner will be crowned at St. Michaels Golf Course, near Leuchars in Fife. First prize is the much-coveted trophy and a brand new wedge. Organised with the support of the Abertay Golf Team there are also prizes for Best Scratch, Best Lady, Longest Drive, Closest to the Pin and the less popular Most Golf Played and Most Golf Played on One Hole. Best of luck to all our competitors.

EDINBURGH



Golden Oldies ~ Peffermill has been notified that it's the preferred location for the major 'golden oldies' hockey festival in July 2011 ~ this will involve over 1000 'ripe' hockey players from all over the world ~ our congratulations to them for that.

Archery Shelter ~ after nearly a year in the planning, development of the new archery shelter at Peffermill is due to begin imminently. This will give our all conquering archery club better practice facilities in inclement weather ~ the £33k project is being funded by the Sir JD Pollock's 1936 and 1962 Trusts, and will take 6 weeks to build.

Work is now under-way for the Pleasance extension... Monday 18th May saw excavation works begin in Pleasance front car park with the intention to dig an escape route into the sub-vaults. This is an extensive project and there will be some challenges along the 52 week build period but the rewards in terms of space, quality provision and flexibility will be worth it I'm sure!



Student Page

NIKE ROCKSTAR at GCU, Friday 24th

Both staff and students got the chance to learn some of the hippest moves in the music industry when Nike Rockstar – Nu Soul, led by Nike Athletes Vicki Igbokwe and Sonja Moses, a free fitness event came to GCU. Glasgow Caledonian was the only Scottish University visited by Nike as part of its UK tour. The Nike Rockstar Workout is the latest dance workout including two hours of fun and fitness. The event was aimed at 18 – 25 year olds to participate in a more active lifestyle.

The session was over a 2 hour period; 1st hour – Nu Soul, 2nd hour Fitness. So as we only had an hour for the dance workout we only had time to learn ¼ of the routine, however we were shown the full routine by Vicki and Sonja and it left everyone wanting more. The girls were extremely enthusiastic even though the crowd were a little subdued and shy. This was soon kicked out of us with a funky warm up then straight into the 'across the floor' section, where attitude was the key and we weren't getting let of lightly – unless we started showing some really dance floor attitude we weren't moving on!!

The attitude began to flow and off we went into the routine, it was built up gradually, learning moves slow tempo then taking it up to pace. Everybody was thoroughly enjoying themselves and there was a great buzz around the room from the 100 or so participants. The routine was finished in true Nike battle style, 2 groups facing each other battling it out on the dance floor – awesome.

Now that we were all danced out it was time for Nike Master Trainer Sonja Moses, who is currently training the 12 Nike Select Athletes from around the UK (videos can be viewed on Nike Women) to take us through some fitness training tips, this was not for the faint-hearted! 2 minutes of press ups, 2 minutes burp Rees and 2 minutes of tuck jumps. It was a tough session but everyone got something out of it and the reasoning behind this session was to promote fitness for those that dance and how it can improve performance.

The afternoon was a great success and everyone bounced out the room having worked hard and had great fun and as a treat from Nike we were all given goodie bags, which pleased everyone!!

Stella Bartram, the HR Operations Manager said, 'It was great to see so many students, of mixed abilities taking part in the activities, its an amazing opportunity for students to have fun whilst at the same time improving health and fitness, even those who couldn't dance had changed their minds by the end!'

This event allowed participants to learn new moves such as popping, gliding and b-boying whilst developing cardio endurance and muscle strength. They also learnt about using dance as a way to benefit their active lifestyles.

To find out more click: <http://www.nike.com/nikewomen/>

RGU promote physical activity to local School Children



RGU: SPORT have been busy promoting physical activity in local Secondary schools in Aberdeen. Staff members have visited Cults Academy and Harlaw Academy to teach 6 sessions of BoxFit and circuits to third year students. So far 30 schoolchildren per session have been taught new ways to improve their physical activity. These sessions have been carried out in relation to the Get 2:It programme for 5-15 year olds that RGU: SPORT have created to encourage schoolchildren to exercise more. These fun and creative classes are a great way for children to get excited about physical activity.

Students use Physical Activity to raise money for Charities.



Our very own Joe Gray (Edinburgh University, AU President) is putting his physical capabilities to the test. He alongside a friend is cycling from London to Africa, through France and Spain aiming to raise £10,000 for WaterAid. To make things interesting, he will be riding his newly acquired tandem bike and setting a 4 week target to complete the task. That means 80 miles a day, 6 days a week, give or take the Pyrenees carrying everything from a tent and camping gear to spare parts for the bike.

Similar to Joe and his friend, two Gaelic Football players from RGU will be cycling 300km in just 3 days in aid of the Juvenile Diabetes Research Foundation. The bike ride will start in London and finish in Paris, with approximately 110 people taking part. The girls have been putting plenty of hours in the saddle, building up their fitness and endurance to complete the demanding 100km per day. The 3 day challenge will take place on the 3rd to 6th of July, and will be raising at least £1000 per person for the charity.

For more information on this challenge and more events please visit www.jdrf.org.uk



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Dates for your Diary

- 24th June - Sport in Communities Conference, The Royal Society of Edinburgh
- 26th June - Professionalising the Fitness Industry in Scotland (REPS Convention), Ratho ~ Edinburgh
- 17th-23rd August - Pedal Power the Change: Right to Play Bike Ride, Edinburgh to London
- 1st-3rd September - BASES Conference, Leeds Metropolitan University
- 1st-4th September - BUCS Conference, Keele University
- 13th September - Pedal for Scotland, Glasgow to Edinburgh
- September - SUSPAC Newsletter, Issue 10

Pedal Power the Change: Right to Play Bike Ride

A Bike Ride from Edinburgh to London will take place this August in aid of Right to Play.

Right to Play are looking for 200 adventurous cyclists to tour from Edinburgh to London this August 17-23 for BUCS official charity - Right To Play.

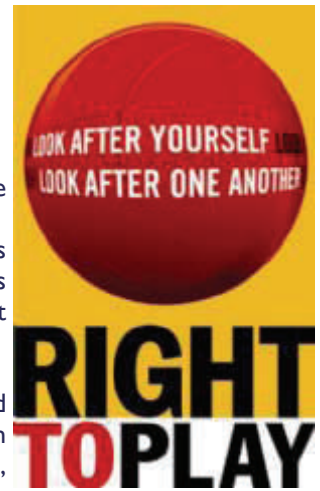
Leaving from Edinburgh castle in one capital and arriving outside of Buckingham Palace in another, this six day trip will take you over hills, along coasts and through national parks. Whether you are experienced or a beginner, this promises to a fantastic challenge for a worthy cause.

Registration is £85 and the sponsorship pledge is to get as close to £815 as possible, which includes all accommodation, food, guides and team support. Group discounts are available. Each entrant will raise enough to offer 60 children an education for year, and collectively we will extend this opportunity to 12,000 children in the developing world.

For more information and to book a place please go to the website:

www.students4righttoplay.org.uk/

or phone Will on 02077347946



Web Links



www.activescotland.org.uk



www.wsff.org.uk

www.paha.org.uk

physical activity and health alliance

Networking Physical Activity and Health in Scotland

SkillsActive
Shaping Skills for the Future

www.skillsactive.com/

www.pathsforall.org.uk

