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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:

- Vibro Plate
- Cycling
- Intramural Sport
- Swimming

Active Age Festival 2009 - Bigger and Better than Ever!



This years Active Age Festival was hosted by Dundee University in their fantastic facilities at the ISE. There were over 110 older adults in attendance from all over Scotland. Fun was had by all and the day was a great success.

Attendees took part in a wide variety of activities ranging from Yoga, Dance, and Sports to Aquanastics and a Campus Walk (Brilliantly lead by Dundee's very own Anna Anderson). The day started off with a welcome by the Dundee principal, and ended with a Ceilidh. As well as tucking in to lots of tasty Dundee grub at lunch time, participants took some time to walk through stands in the main hall and learn more about foot message, the British Heart Foundation and the Vital Mind Project which focuses on the

research and development of highly cognitive brain fitness content (more information p5).

Scottish Universities Sport are very grateful to Tunnocks, Tetleys and Coca-Cola for their kind donations to the event which were enjoyed by all in attendance. Special thank you as well to Hazel Ednie, SUSPAC superstar who put a great deal of work into making this a successful event and to all those at the ISE Dundee who made us feel very welcome.

The Active Age Festival continues to grow each year and next year the aim is to take it to new levels. Watch this space for bookings and venue information. We look forward to seeing you all next year!

For photos from the event please visit the Scottish Universities Sport Facebook page where photos from the event have been uploaded.



Workshop on Intramural Sport

There will be a SUS Physical Activity workshop on intramural sport in the Aberdeen Sports Village on the 6th of October from 2 - 4pm.

The workshop is aimed at sport presidents and department staff. Whether your university has a flourishing intramural programme or none at all you are sure to gain some useful information from the afternoon!

Presentations and discussion will focus on:

- The implementation of an intramural programme/ taster tournaments
- Ensuring continuous growth of intramural sport
- Facilitating the participation of disabled students in intramural programmes

Editor's Letter

Starting University is often the first opportunity young students have of living independently. They are faced with many new choices in all aspects of student life including course options, making friends, socialising, participating in clubs or societies and diet. They are our customers and we need to do everything possible to help them to make the correct choices. This week a council in the West of Scotland has installed straighteners into the changing rooms of schools to encourage more girls to take part in physical education. We spend hours developing new programmes to encourage the sedentary population to get more active when perhaps we have been looking in the wrong places.



In August the Health Secretary issued a statement to say that the 'UK must move from relegation candidates to play-off contenders in the international physical activity league tables to improve health and cut costs' The evidence linking increased physical activity with increased health benefits has been well documented over the years. However, this message fails to attract more people to take part in physical activity. It's simply not a motivator for most people especially young adults. Appropriate marketing of physical activity may then be the key. Finding out what's 'hot' in the latest magazines and which celebrity is participating in which form of physical activity may unlock the secret to targeting certain groups of students. Participation levels in Yoga certainly rose when Madonna announced that was the reason for her super toned body. Although we want to encourage people to exercise to benefit their physical and mental health, clever marketing may be the catalyst to get them through the door initially. Hopefully then they can see the fantastic and varied options that are available to them during their University career and they will continue to stay physically active after graduation.

Jackie

SUSPAC Committee 2009–2010

SCOTTISH UNIVERSITIES PHYSICAL ACTIVITY



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



Aberdeen Sports Village Opens

Aberdeen Sports Village is a partnership between Aberdeen City Council, the University of Aberdeen and **sportscotland**. Through **sportscotland**'s National and Regional facilities strategy, the Aberdeen partners submitted a bid to develop a regional facility in Aberdeen, and from this initial bid, the vision for the Sports Village was born. The site chosen for the development was the Chris Anderson Stadium in the Linkfield area of Aberdeen, which had a long history of sporting competition, but was nearing the end of its useful life. The Stadium was named after Chris Anderson, the former vice-chairman of Aberdeen Football Club, who was a sporting visionary and the driving force that helped take the Dons to the peak of European Football in the 1980's. He was also a great supporter of Higher Education within the City.



Demolition and site clearance started in October 2007 and through the winter, foundation and earthworks were completed. In April 2008, work commenced on the steel structure and over time, the Sports Village began to materialise both in size and stature. The finished building is a tribute to the partnership working; both from the funding partners, but also in the design by Edinburgh based Reiach & Hall Architects, who have created a vibrant, open and welcoming sporting environment.



The Chris Anderson name still lives on within the Village through the naming of the stadium, athletics track and football pitch in his honour. Sport lives on through memories of tight finishes, last ditch tackles, courage and camaraderie - we hope that the Sports Village will continue to generate these memories for years to come.

The state-of-the-art £28 million facility, which is now open to the public, hosts a handful of sporting amenities previously unavailable and unseen in the North-east. Included in the complex is a full size indoor football pitch, indoor running straight with throwing and jumping areas, large games hall, squash courts, large fitness suite and performance gym, exercise studios, sports

science facilities and dining and conference areas. The old external running track and football / hockey pitch has been enhanced by a new stand with seating for five hundred.

Sir Alex Ferguson, speaking as ASV unveiled the organisation's official logo, said: "The Aberdeen Sports Village development is a top class sporting facility that is accessible to the local community in the North of Scotland and beyond, and I've no doubt that it will be a breeding ground for many of the region's sporting stars of the future." "The area has been crying out for a high quality sports facility for some time and I would urge athletes and sports-minded people from all walks of life to make full use of ASV when it opens next summer."



Edinburgh University CSE undergoes extension

The CSE extension is due for completion in July 2010, and will encompass a new iconic three-storey build, with access to the unique sub basement vaults, the new £4.8 million facilities will provide around 1900 square metres of additional state-of-the-art sports conditioning and physical activity space.

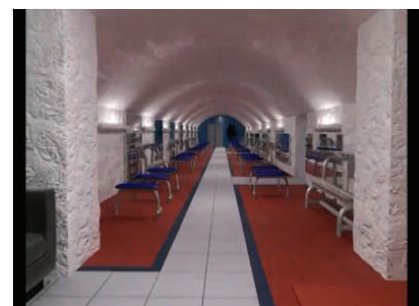
Air conditioning, stunning views to Holyrood Park and improved access routes around the Pleasance, including extensions to the existing FWI Olympic gym and FASIC sports injuries clinic, are all key features of the new build. More specifically, the extension will provide:

- ✦ The sub-basement level, encompassing a new 40 station bench weights area (dumbbells and bars), with five power lifting platforms. A variety of benches by 'power-lift' will be available, with 'ivanko' dumb-bells from 2-70 kilogrammes.

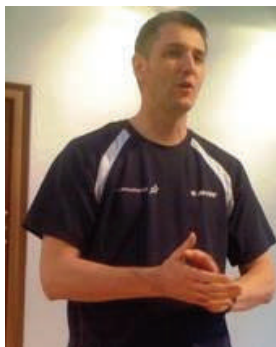
- ✦ The basement level, encompassing a new Performance gym with eight 'power-lift' platforms furnished with 'eiliko' discs and bars, plyometric exercise lane, rebound wall, bench area and staff base.

- ✦ The ground level, encompassing a new body conditioning gym with 30 cardiovascular machines by Precor, including 20 of their hugely popular 'AMT' units, and 16 matted 'CSE my-pod' stations with light studio weights, fit balls and medicine balls.

The first floor, encompassing an open plan studio to support CSE's dance, exercise classes and workshop programme.



Expert Interview: Alistair Currie



What are your Jog Scotland roles & responsibilities?

As jogscotland Manager I am responsible for the day to day management of the jogscotland team, the development and management of strategic partnerships with funding partners and sponsors, and the overall development of new programme areas. I am on the Management Committee of scottishathletics to represent the recreational & health participation side of the sport, both in terms of its own development and its wider position within the sport.

What do you enjoy most about your job?

I enjoy hearing about the outcomes that our work has on individuals and groups around the country. Quite literally jogscotland has transformed the lives of many people and had a huge positive effect on many local communities. As someone who has progressed through all levels of the sport from schoolboy athlete to international level performer and now, as I get older, into recreational participation it is the buzz I get from spreading my passion for running to other people that gives me most pleasure in my job.



And what is the most challenging?

The most challenging is probably balancing the desire to change the world overnight through our work to being realistic based on available resources: human; time; and financial. Like many other programmes who get publicly funded that can also bring about challenges ... the secret to it is to find out what they want for their investment that you can deliver without comprising your objectives and ideals.

www.jogscotland.org.uk

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

You don't have to be super-fit or sporty to join a jogscotland group or to start one up if there isn't one where you study. As long as you can walk then you can progress to a jog and from there onto a run. Take the first step and many more will follow!

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

Well I could write a book on that! Trying not to sound too clichéd it is vitally important for current and future generations that we tackle the issues now. But I feel strongly that it needs to be done in a manner that doesn't come over as 'Big Brother'. Being active and leading a healthy lifestyle should be fun and should not something that you are forced into. We try to put that approach into all our work at jogscotland.

In Focus:



Established in 2002 by scottishathletics, the governing body of athletics in Scotland, jogscotland uses simple, gentle walk/jog/run programmes to encourage everyone to get out and be active!

The jogscotland programme is supported by NHS Health Scotland, sportscotland and the Scottish Government Health Department; three national bodies working together to help many people in Scotland adopt a healthier and more active lifestyle. jogscotland has four main areas of work ...

- 1. Groups:** jogscotland trains leaders, and provides support, advice and promotion for jogging groups across the country in local communities and in workplace settings.
- 2. Events:** jogscotland organises the Co-operative jogscotland 5k Challenges - fun races held in five venues across the country, that encourage people to walk, jog or crawl round scenic 5k routes.
- 3. Co-operative Junior jogscotland:** The Junior jogscotland programme started in January 2007, the programme uses fun running based games to get children active.
- 4. Special Projects:** jogscotland seeks to develop and promote healthy living and increased physical activity with traditionally 'hard to reach' groups of people.

Research in Brief

AGE BASED DISCRIMINATION ILLEGAL IN UK

The 2009 Equality Bill to be introduced by the UK government, will deal with age based discrimination within health care and social care. According to the former health secretary Alan Johnson, 'old age is the new middle age. Healthcare needs to adapt to meet changing needs of today's older people to promote health and maintain quality of life in later years' - British Medical Journal 2009, 339:b3378.

BMJ helping doctors make better decisions

BRITISH HEART FOUNDATION ACTIVE RESOURCE PACK



The BHF's activity resource pack for primary schools has been updated to provide further ideas to help teachers improve physical activity provision and offers resources, training and support to teachers delivering physical activity.

www.bhf.org.uk/teachers

PE TARGETS MISSED

The health and Sport Committee for the Scottish Executive has stated that a 'radical overhaul' of PE in Scottish Schools is required to ensure pupils become more physically active. The target of two hours per week of physical activity set in 2004, have been missed with only one local authority meeting the targets.

<http://news.bbc.co.uk/1/hi/scotland/8050568.stm>

BASES RESEARCH PAPER OF THE MONTH

The latest research published by Mueller et al highlights a role for eccentric training in the elderly population. Data suggested that eccentric and resistance training is beneficial for developing muscle strength in an elderly population. Further research is recommended by Mueller and colleagues to consider dose response and gender differences.



SUSTRANS NEW CYCLE MAP

Sustrans has launched its 2009 national cycle network map. The interactive map can help locate your nearest route by entering your postcode. With 12,000 miles of walking and cycling routes, the Sustrans website is very user-friendly UK wide.

<http://www.sustrans.org.uk/map>



Vital Mind Project

The project is dedicated to support the elderly population and therefore includes the research and development of highly cognitive brain fitness content. The innovative in the technology parts; such as new methods of UI, usage of UFD and content authoring tool are required to support the main objective of providing ICT to the elderly population. Those technological goals may also fit the general population needs in advances UI in front of the iDTV, usage of UFD with STB and authoring tools for iDTV content creation and therefore may be considered as beneficial results of the projects.

The objectives of Vital Mind are outlined in four main areas:

- Design and development of cognitive activities to enhance the basic elements of cognition and to improve quality of life for senior citizens.
- Development of new methods for user control by detection of hand movements using vision and/or gyro and of non-voice vocal commands
- Production of Authoring and Production Tools for iTV based cognitive training applications
- Promotion of the use of USB Flash Device (UFD) as an addition to the broadcast delivery system.



UPDATE - ROUND THE UNIS

ABERTAY

This summer at Abertay, the gym supported a new exhibition entitled The Beautiful Game presented on campus in the Hannah Maclure Centre. The exhibition explored the aesthetics of sport and athletics by employing a wide variety of artistic media. The Beautiful Game brought sports into a visual arts context; exposing the active



aesthetic, with particular focus around activities that have been in the past labelled as extreme, adventure or lifestyle pursuits.

These activities were considered attractive to a younger audience, in particular 16 – 26 year olds and the project was designed to introduce this age range both to the visual arts and to these sporting activities simultaneously. The programme was designed to bring together local community members, artists, athletes and academics but to do it in an accessible and inclusive way, using fun and interactive events. It brought together areas of the community that rarely connect but who have common interests, in particular sports and outdoor pursuits. For further information on this, or any other events in the Hannah Maclure Centre please contact exhibitions@abertay.ac.uk.

ST ANDREWS

It's been a year of change for the staff at St Andrews. After more years service than I can count, our Assistant Director John Scott retired in April of this year. Our Sports Development Manager Ian Gaunt, who joined us from Loughborough University in May 2008, was successful in



his application and took up the post on John's departure.

Since time began we have two separate exercise programmes, one for Students and Staff and one for the general public. This has led to much confusion....and frustration over the years. As Fitness Programmes and Activities Manager I decided to set the cat among the pigeons and merge both programmes into one which is open to all. 'Energise' will be launched on Sunday 27th September. It offers twice the variety of classes to everyone and provides more flexibility in the time that classes are available. No complaints so far so fingers crossed that the benefits will be shared by all.

DUNDEE

ISE at Dundee University has opened its newly completed artificial pitches at its Riverside Sports Grounds as part of its 1.5m two-phase development of the facility. The new facility has attracted significant interest from a wide range of sports clubs and agencies. The completion of the second phase of the development in Spring 2010 will see improved changing and a new reception at Riverside. Alongside this development, are the newly replaced university tennis courts. The four new tennitop ace surfaced courts have new lighting and fencing and has been welcomed by all university players. The SUS Hockey Development day will be taking place on the new surface at the Riverside.



HERIOT WATT

Well it has been a great summer for us at Heriot-Watt University. For 5 weeks of the school summer holidays we ran a sports and activities camp. It is a great opportunity for kids aged 5 – 14 to take part in a range of sports from badminton to basketball and activities such as capture the flag and rounders. It was great fun, and although we didn't quite get the weather we had hoped for we did



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

manage to make it out and about most days. All the kids were sent home safely at the end of the day and thankfully this year we only had a grazed knee and a few bruises to report!

Juliet has also been out and about with the 'Prime Timers'. She organised a day out to Loch Leven, and all seemed to have a great day. There were boat rides, gentle or brisk walks, and the odd cuppa and scone to keep the energy levels up. She also had a great day at the Active Age Festival with a few of our lively members. I have heard great reviews and I can safely say that all that attended from Heriot Watt had a great time, once again.

We are now preparing for the start of the semester and looking forward to having the students back. We have added a few new classes to the timetable which I am looking forward to and Juliet is spending time on the Activity Referral Centre, designing classes, delivering consultations and liaising with several local initiatives.

GLASGOW

During the summer vacation, the Stevenson Building has been undergoing a major programme of refurbishment. Additional space has now been created in the upper gym area thus allowing the creation of 2 additional "stretch & core zones" and an increased number of muscle conditioning machines. The CV area has also benefited from the addition of some new treadmills and the strength suite has been opened out to allow for a more spacious and enjoyable workout! In addition to this we have also undertaken complete refurbishment of the swimming pool changing areas and installed a new ceiling in our activity hall.

Certainly a busy summer for Sport and Recreation at the University of Glasgow!

As many of you may be aware, we have also seen the retiral of Alan



Francis, our longest serving member of the Department. Alan leaves us with 33 years of service to the Department and his cheery disposition will be sadly missed by all. Throughout his career in has been involved in various areas of service delivery including sports coaching, exercise classes, intra-mural and recreational sport. More recently he has been involved in managing our extensive "activeage programme" and will no doubt be sadly missed by all those who have benefited from this regular activity. His joyful personality will sadly be missed and I am sure you would all join us in wishing Alan well in his retirement.

STRATHCLYDE



This year we have introduced an 'Express' theme within our exercise class timetable and gym programming. With time so often being sited as a reason for not exercising we have added shorter 30 minute classes to our timetable to compliment the existing 45 minute sessions. A new range of 'Express Workout Cards' have also been developed for those who want to drop into the gym and do a quick workout without having a personal exercise plan written for them. The introduction of these along with our existing services will hopefully make it easier for everyone to get active in the way in which they choose to do so.

Edinburgh

The return of the students this week saw spaces on Edinburgh's Intra Mural programme disappear before our eyes. For the forthcoming year our programme encompasses 8 sports leagues: Squash, Netball, Basketball, Football, Rugby, Hockey, Tennis and Cricket. Saturday 19th September saw our hugely successful Martial Arts demonstration day with over 200 people in attendance. The next day was the highlight of our fresher's week, Sunday of Sport. The event was a chance for freshers to try Netball, Basketball, Volleyball, Table Tennis and Korfbal. All in all the year has starting well in physical activity teams at Edinburgh!



St Andrews

Saints kayaker completes voyage of epic proportions
James Killingbeck, a science student, left home on the River Tamar on 10 June and arrived in St Andrews at lunchtime on Thursday 13 August 2009. James (21) undertook the 1500 mile trip in aid of the Marine



Conservation Society. Complete with 'essential gear' such as a cooking stove and mobile phone, James chose to take the long way home - heading all the way up to Inverness before coming back down to St Andrews via Aberdeen. Not content with kayaking, James 'rested' in between legs by running and climbing up the mountains of Snowden and Scafell Pike, which he described as "a welcome contrast to kayaking". Last week saw James celebrate his 21st birthday by climbing Ben Nevis and kayaking the Caledonian Canal with a friend. Growing up in Devon and Cornwall, James was already a fan of sailing and watersports, but until recently had never set foot inside a sea kayak. James, who has described the trip as "a great privilege for the lone kayaker", has been encouraged along the way by complete strangers. At Blackpool, he was welcomed by the RNLI crew who stowed his craft in their boathouse and gave him accommodation for the night. James carried all the equipment necessary to be completely self-sufficient in his kayak, which is called Odyssey. His kit included a tent, cooking stove, food, spare clothes, a repair kit, first aid kit, charts, timetables, spare paddles and essential communication hardware such as VHF for coastguard contact, Emergency EPIRB and mobile phone. Checking in regularly with his father, John, the young adventurer cited the "poor weather of July, with high winds and seas", as his biggest challenges, with the rounding of major headlands such as the Lizard being key moments in the voyage.



Highlights during the trip so far have included seeing twelve basking sharks off Lands End, numerous dolphins, seals, and an array of sea birds, including huge flocks of gannets. James's mammoth journey has seen him pass Plymouth, Fowey, Falmouth, Lizard, Mousehole (Newlyn), St Ives, St Agnes, Widemouth (Bude), Saunton Sands and Porlock Weir. From there he crossed the Bristol Channel to Portcawl, Rhossilli, Tenby, Milford Haven, Fishguard, Barmouth, Abersoch, Aberdaron, Caernarfon, Menai Strait, Rhyll and Blackpool; before heading across Morecombe Bay to Ravenglas and Workington. Finally, James headed across the Solway Firth to Kirkcudbright, the Isle of Whithorn, Mull of Galloway, Port Logan, Arran, Crinnan Canal, Oban, Appin, Fort William, Fort Augustus, Inverness, Spey Bay, Rattrey Head, Newtonhill (Aberdeen) finally finishing in St Andrews. He said, "This trip has been a great privilege for the lone kayaker. Complete strangers have offered much generosity and encouragement along the way.

SUS Arrives 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.





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PHYSICAL ACTIVITY COMMITTEE

We're on the Web!
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Pedal Power the Change: Right to Play Bike Ride

Congratulations everyone who cycled from Edinburgh To London- 57452 miles cycled for Right To Play

On behalf of Right To Play; Congratulations and thank you to everyone who took part in the Edinburgh to London cycle challenge recently.

Over the course of 6 days more than 100 people covered 542 miles by bicycle, and we are very proud of what they achieved, even more so given the steep climbs and long distances that were made harder still by the horizontal rain and strong head winds early in the week, and the extreme heat late on.

Last years Strathclyde University Sports President, Campbell Steel, was one of the riders who completed the gruelling ride for charity. He said "It was hard work, but the banter between the riders and the cause kept me going to the finish line."

Seeing over 100 people in Right To Play jerseys cycling ecstatically from Edinburgh with Right To Play Ambassador and Team Columbia's Mark Cavendish, and finishing together 6 days later outside Buckingham Palace on The Mall were truly marvelous sights.



Dates for your Diary

- 25th-27th September—Coast and Castles Challenge Ride, [sustrans](http://sustrans.org.uk)
- 4th October—Mobilis Performance Screening Course, RGU SPORT, Aberdeen
- 6th October—Intramural Workshop, Aberdeen Sports Village
- 13th October—The Higher Education Forum, London
- 17th November—Cycling Scotland Annual Conference, Hilton Aberdeen Treetops
- 15th December—SUS Christmas Seminar 2009, Glasgow Caledonian University

Web Links



www.activescotland.org.uk

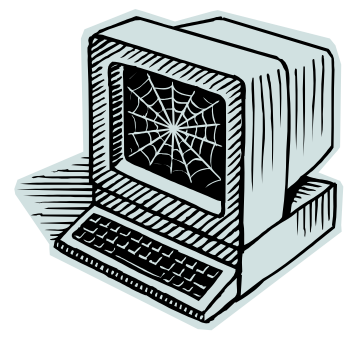


www.bases.org.uk

www.bhf.org.uk



www.jogscotland.org



www.skillsactive.com/

www.sustrans.org.uk