



Scottish Student Sport Physical Activity News

Issue 28

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INSIDE THIS ISSUE:

Editor's Letter	2
Staff Interview	2
Student Interview	3
Colleges Welcome	3
Myths and Facts	4
Active Age Festival	5
Recipe of the Issue	6
Exercise of the issue	6
Round the departments	7
Upcoming events	8

SUS becomes SSS

Six years into existence Scottish Universities Sport (SUS) has grown remarkably and the membership has now agreed to become Scottish Student Sport (SSS) to bring colleges into the organisation and provide a competitive framework of sports participation and competition to the entire tertiary sector.

Individual bodies for higher and further education sport, Scottish Universities Sport (SUS) and Scottish Colleges Sport (SCS), have been rebranded as new entity, Scottish Student Sport (SSS), in the wake of a lengthy consultation period.

Student sport leaders welcomed the merger – a move that is set to see talented FE students across the country compete on a higher stage with their university counterparts.

Stew Fowlie, SSS Chief Operating Officer, stated “The launch of Scottish Student Sport represents a landmark moment in the history of college and university sport in this country. The formal integration of student activities under one new organisation is hugely significant and Scottish Student Sport can now look forward to the future with genuine ambition and optimism.”

SSS recently announced their its new visual identity. The revised design marks a key stage in the evolution of SSS, which now represents some 45 institutions across the country - embracing Colleges and Universities to provide a competitive framework of sports participation and competition to the entire tertiary education sector.

The striking, fresh cyan colour suitably marks the transition to SSS, while the swoosh reflects the organisation’s history and brand strength. The strap-line Active, Competitive, Innovative continues to encapsulate neatly the working style, structure and priorities of the organisation.

SSSPAC on the Web:

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

Feature topic this month:

- **Kettlebell exercise**

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SSS Christmas Seminar

The SSS Christmas Seminar is being held at The University of Abertay, Dundee on the 13th of December starting at 9.30am and finish around 5.00pm.

There will be a key note speaker discussing the 'Value of Student Sport & Physical Activity', update sessions with SSS Committees, break-out sessions and the EGM.

The break-out sessions for this year are as follows:

- The intrinsic power of sport
- The economic power of sport
- The power of sport & health
- The power of sport & the community

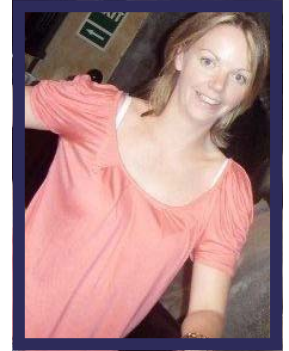


Please note there is a charge of £15 per person to attend the Seminar.

Sign up today at <http://www.susport.org.uk/events.asp>

Editor's Letter

Hello and welcome to the first Physical Activity Committee newsletter as part of Scottish Student Sport (SSS). SSS joins together College and Universities throughout Scotland, meaning SSS now represents some 45 institutions across the country. The strap-line remains, Active, Competitive, Innovative. This establishes and highlights the working style, structure and priorities of SSS. This is a very exciting move, and one which will see great benefits across the HE/FE sector, as along with our partners we improve the sport, exercise and physical activity opportunities for all Scottish Students.



I am delighted to once again be involved with Physical Activity Committee. It is fantastic to have Claire Gibb join us from Stevenson College, her dedication in improving participation levels at Stevenson College has been immense, with her hard work recognised by SSS when she was awarded the Volunteer of the Year Award at our annual dinner.

It has been a very busy start for the PAC team, so far this term Robert Gordon University hosted our Annual Activeage Festival, the Disordered Eating Workshops led by Zara Lipsey & Alan have run in the East & West, and most recently Edinburgh University hosted the Student Dance Festival; all events well attended and a resounding success!

We have some exciting plans for the rest of the year, so please keep updated on all our activities and check our PAC facebook page and look out for our next newsletter.

Staff Interview: Alastair Adamson (UWS Sports President)

What made you want to be come a Sports President?

I wanted to improve the participation, identity and provision of sports and societies at UWS.

What is your preferred sport?

I Play American football but am a keen rugby player.

What do you view as the challenges for the year ahead?

I see many challenges. First being getting students enthusiastic and involved with clubs, both sporting and non sporting. Secondly changing the attitude of many at UWS surrounding sport and how integral it is to a students experience. This will come by improving facility accessibility, fighting for the budgets of clubs and endeavouring to provide free sessions for all to engage them in activity. Another challenge i see is from the university and individuals not willing to change for the better, I intend to do things to help bridge the gap and make people aware of the benefits to all areas of the university, that having students involved in sport and physical activity, there will be.

What are your aims for the year?

- To get more students signed up to clubs
- To get more clubs on each and every campus
- To get more societies up and running
- To improve the structure of the sports union
- To improve the identity and engagement of sports within the student population
- To get better access to facilities for students and clubs
- To Lobby the university over its emphasis on sport and recreational activity
- To link up with university committees such as mental well being group and student experience group, to help bridge the gap and create a healthy motivated physical culture at UWS
- To run free taster sessions and events for students and local communities to raise the profile and give more to the students
- To local clubs and organisations to help solidify the provision of any sport or activity a student may wish to partake in
- To take the sports union on its first ever sports tour
- To make the clubs feel proud to be representing UWS and make the university and Union proud to be supporting the students in these endeavours



I am striving to make sports something students and staff see as an everyday part of their time at university. Not just an extra!!

What sport do you play?

Cricket and Rugby

What are the responsibilities that you have as captain?

Overseeing player recruitment and training sessions, liaison with the sports president and organising the team during matches.

How many members do you have in your club?

10 -15

How to recruit new players to your team?

Freshers fayres, posters, active recruitment, word of mouth and success of the team.

What are your aims as captain for the year?

To achieve a stable future for the club and to improve the team as a whole and as individual players.

College's welcome to SSS

Welcome, Colleges, to the SSSPAC Newsletter! In this article I hope to highlight a little of what we have been doing at Stevenson College in the past 8 weeks since the implementation of our Sport and Physical Activity programme. Also to share with you some of the exciting SSS events which will be happening over the coming months which we hope you will come along to and be a part of.

As some of you will know, we recently opened a fantastic new Centre for Sport and Exercise at our Sighthill Campus. The CSE includes two training suites, a full size multi sports hall and a fully equipped gym. While this serves as an ideal training facility for our Sport and Fitness courses, it also facilitates our new sport and physical activity programme.

Our new programme incorporates everything from Fitness Classes, Zumba and a Healthy lifestyle drop-in to coached sessions in basketball, beginner's volleyball and even a new GLEE club and Chess Club to name but a few!

Our Sports Fair was held on Wednesday 14th September, the day was a huge success with over 100 sign ups to the various clubs and activities on offer.

Fiona and Ross from Scottish Student Sport were also there on the day to promote the 1000 mile challenge to our students.

The recent merger of SCS and SUS into SSS has benefited our football teams tremendously as it extended access to regional leagues, which means that games take place closer to home and are thus more accessible to college players. Another gain is that Colleges are able to enter into more events than ever before. This weekend, with the help of local club Murrayfield-DAFS, we are entering our first ever cricket team into the indoor 6's tournament which is being held at Mary Erskine Sport Centre.

We are looking forward to seeing you all at the competitions and events throughout the year.

Claire Gibb



MYTHS AND FACTS—Weight Training

MYTH ONE: The best way to lose weight is aerobic exercise and dieting.

Fact:

The best way to lose weight is anaerobic exercise and eating regularly. Most strength training consists of anaerobic exercise. The anaerobic lactic acid energy system inside the muscle cells is where the muscle gets the energy to lift weights. The anaerobic energy system is far less efficient than the aerobic system, so that much more fuel is burned by anaerobic activity than is burned by doing the same amount of work aerobically. Metabolic rates can stay elevated hours after an anaerobic workout, while the metabolic rate drops along with the heart rate after an aerobic workout. More fat is burned for a longer period of time by working out anaerobically. Dieting does not work well because when you restrict the amount of calories consumed per day, your body reacts by lowering your metabolic rate so that less calories are needed, instead of burning more fat to make up for the lost calories. The best way to change your diet is to decrease the caloric intake in a wave-like pattern, so that your body does not adapt and more fat is burned. Another important thing to do is to eat six small meals a day instead of 3 larger ones. The reason behind this is that if you eat 3 meals a day, you get hungry and your body starts to lower your metabolic rate, which means that less fat is burned. If you eat 6 smaller meals, you don't get as hungry, and your body maintains a higher metabolic rate, meaning that you burn more fat.

MYTH TWO: Weight lifting causes big muscles.

FACT:

Fact: You can create a program which increases strength without any increase in muscle size. Muscle size is only one component in strength. Another important one is the nervous system. The nervous system can almost exclusively be trained so that it can activate muscles harder and longer, which increases the strength in those muscles, without allowing the muscles themselves much if any increase in size. This is great news for women who don't want to bulk up, but still want to get stronger.

MYTH THREE: You'll Need to Eat a Lot More Protein

Fact: People who regularly work out at a high intensity or people trying to build muscle mass do require more protein than a sedentary individual. However, the required amount is not as much as most people think. The protein Recommended Daily Allowance (RDA) for sedentary individuals is 0.36 g per lb. of body weight. This recommendation holds true for people who work out at a low intensity. An adult who engages in high intensity cardiovascular exercise or who is trying to build muscle mass requires 0.55 – 0.82 g per lb. of body weight. For example, a 150 lb. sedentary woman or a woman who works out at a low intensity would require at least 54 g of protein per day. If she begins a high intensity cardiovascular workout program or if she's trying to gain muscle mass, she'd require 82 – 123 g per day.

MYTH THREE: The More Repetitions, the Better

Fact: Two or three sets of 15 repetitions should be plenty to give you great results! Some days you may want to change things up and do more (or less) repetitions. However, make sure to do enough repetitions so that you feel a slight burn in your muscle at the end of each set. If you don't, try increasing your weight, but make sure your form is correct. That last rep should really burn for maximum results

RGU Host Successful Active Age Festival

RGU host SSS PAC 6th annual Active Age Festival

The annual SSS PAC Active Age Festival was held in RGU this year. The event hosted around 70 guests who were treated to an action-packed day of activities.

The day itself was split into 4 sessions. In session 1 participants could take part in yoga, circuits or try their hand at numerous sports such as indoor curling, badminton and table tennis. Session 2 consisted of climbing, aqua aerobics and a walk around a local walking route. The latter two activities were also on offer in Session 3, along with a dance session. Finally, all participants took part in Zumba, a Latin-inspired fitness dance.



"RGU was delighted to host this year's Active Age Festival 2011. It was a great, fun-filled day with lots of different activities on offer. Everyone who took part had a fantastic time and were delighted with the facilities on offer" said Nicola Scott, RGU President of Sport and Physical Activity. "Thanks to all those involved who contributed to a fantastic day"



"The participants were absolutely delightful and it was a real pleasure being able to put on this event for them. A big thanks to all the volunteers, helpers, teachers and most of all...the participants! Looking forward to next year already." said Jenni Lloyd, SSS Operations Manager.

You can access all the photos from the event on our [Facebook Page](#)

University of Strathclyde



The new Semester is well under way at Strathclyde and it sees a some new and exciting developments. The Centre is now open from 7am Monday to Friday which will allow members easier access to the facilities before starting work or classes. There has also been an increase in the number and type of early morning classes on offer and these have been well supported hence far. Two new e-spinners have been added to the compliment of cardiovascular equipment in the gym and are proving very popular with members. The Centre has also been involved with developing a network for staff and student well-being initiatives, more to come next issue.

Scottish Student Sport

Recipe of the Issue

A vivacious veggie curry



Ingredients:

- 1 large onion , halved and sliced
- oil
- 2 tbsp madras curry paste
- 1 small butternut squash , about 500g, cut into chunks
- 5 tomatoes , quartered
- 100g spinach , roughly chopped
- steamed Basmati pilaff , to serve



1. Cook the onion in 1 tbsp oil for 5 minutes until softened. Add the curry paste and cook for 3 minutes. Add the squash, tomatoes and 200ml water, stir well.

2. Cover and simmer for 15 minutes until the squash is just cooked and the tomatoes have broken down. Stir through the spinach and leave for a couple of minutes to wilt. Season and serve with basmati rice.

Per serving:

131 kcalories, protein 3.8g, carbohydrate 18.7g, fat 5.1 g, saturated fat 0.4g, fibre 4.3g, salt 0.42 g

Exercise of the Issue: Kettlebell

With so many ways to get the health related benefits from exercise there's no need to let the boredom factor stand in your way.

The latest class to be added to the Energise Programme at University of St Andrews is Bodyweight Exercise and Kettlebell Class. Participants work within their own range of capability to make gains in strength, muscular tone, and flexibility using just their bodyweight, along with the occasional kettlebell movement.

The class comprises a healthy blend of calisthenic exercise, flexibility/mobility work, and short, strength-based circuits. High-level cardiovascular and muscular conditioning with minimal equipment makes this versatile workout suitable for most venues and can be adapted for

Follow SSS at <http://www.facebook.com/ScotStuSport>

www.twitter.com/ScotStuSport.



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Round the Departments

University of Dundee

Semester one has witnessed an increase in **ise** memberships on last year and good attendance figures at the exercise classes. Off the 45 classes per week on offer, the new 'express' 30 min classes are proving most popular. **ise** are 19% up on indoor sports club attendances at **ise** compared to the previous year.



The Sports Union have also relocated to new offices within **ise's** centre and we are all happy to welcome Gill Ramsay our new sports union administrator to the team. **Also**, **ise** recently appointed 3 new sport and exercise assistants who will enhance the operations team at **ise**.

Former University of Dundee Sports Union president and club member, Anna Anderson returned to **ise** in October to deliver Circus Skills as part of the Kids October holiday programme. Anna recently qualified as a Circus skills instructor, delivered 15 hours of 'never-tried-before' activities which included tightrope, stilts, juggling and plate spinning!



Edinburgh University host Olympic Torch Relay

On the 24th of October, the 2012 Torch, part of the Coca-Cola Torch Tour arrived in Edinburgh. The event which was intended to increase the nominations for the Future Flames offered the opportunity for members of the public to have a snap taken with the torch. As a result a large crowd amassed in Bristo Square and all in all the event was a success.



The torch coming to the University highlights the key role that sports play at the University of Edinburgh. We cater for 24 of the 26 Olympic sporting disciplines and we have a long history of athletes coming to the University and going on to conquer the sporting world. Hopefully, the torch coming to Edinburgh will help push the University's sporting stars to win medals in the future.





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PHYSICAL ACTIVITY COMMITTEE

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

Forthcoming Events

Cycling Scotland Annual Conference 2011

This year's Cycling Scotland conference will bring together active travel professionals, campaigners, volunteers and politicians to learn from each other and gain a deeper understanding about the benefits that cycling can bring and how best to develop and promote cycling in Scotland.

16/11/2011: Glasgow City Chambers

Scotland's Mental Health: A new strategy, a new approach?

A consultation opportunity to comment on the new Scottish Mental Health Strategy.

17/11/2011: John McIntyre Centre, Edinburgh

Children & Young People's Mental Health Indicators: Final Event

NHS Health Scotland is finalising the mental health indicators for children and young people

25/11/2011: Royal Concert Hall, Glasgow

Impact Assessment of NHS Health Scotland Publications

An exciting opportunity to be involved in the review of NHS Health Scotland's publications for Physical Activity, Healthy Weight and Child Healthy Weight.

28/11/2011: NHS Health Scotland, Woodburn House, Edinburgh

For more info on any of these events please
visit <http://www.paha.org.uk/Event/search>



SSS Communicates on Twitter and Facebook!

You can now follow SSS on Facebook on <http://www.facebook.com/ScotStuSport>
and you can follow us on Twitter at: www.twitter.com/ScotStuSport.

facebook

twitter

You can get regular updates on all the important, and fun things going on around Scottish Universities Sport.

Web Links



<http://walkcycleconnect.org/>



www.bases.org.uk



www.sign.ac.uk



Scottish Physical Activity Research Collaboration

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



www.globalpa.org.uk/charter/