07/11/2008 **SUS(EX)m17~9**

REPORT FROM THE PHYSICAL ACTIVITY COMMITTEE

SUSPAC had its second meeting of the year on Thursday 23 October at the University of Dundee, Riverside.

The meeting updated on a number of issues and the following points represent the primary items of business:

- **Newsletter**– The latest newsletter was produced at the end of October and is now available on the web. Articles include-PAHA policy review on Physical Activity, Olympic Legacy, a review of the Active Age Festival and Girls on the Move Conference. The next newsletter will be produced in time for the Christmas Seminar (11 December)

- **Flyers/Good Practice Guides** –The next run of flyers will be in December and will include Pole Fitness, Women and Weights, Shin Splints and Walking.

- **Active Age Festival –** The 3rd Active Age Festival took place at the University of Aberdeen on 28 August with almost 90 participants. We were extremely lucky with the weather and one of the most popular events of the day was a walk around the University campus. A provisional date of August 20 at the University of Dundee has been set for next year.

- **Future Workshop Sessions**– The committee considered future workshop sessions to be held after the next committee meetings. 17 February in Glasgow-Special Populations (cardiac rehab, exercise and cancer, falls prevention etc.) 6 April in St Andrews-Innovative sport and exercise (speedminton, street sports, power kites)

- **Dance Festival**- We held a workshop session following the meeting to take forward the idea of a student Dance Festival. This is to be hosted at the University of Dundee on 1 February 2009. The festival will take the form of various taster sessions of different dance styles and will also provide the opportunity for dance clubs/societies to perform.

Key dates to note:

1 February Dance Festival at the University of Dundee

SUS Executive is asked to consider the following:

Item
None at Present