

GUSA Council Member - Nomination Form & Manifesto 2021/22

Position		Health and Fitness Convenor
Nominee:	Name:	James Patterson
	Club:	Tennis & GUBC & GUSCC
Nominator:	Name:	Laura Duncan
	Club:	Tennis
Seconder:	Name:	Phoebe Verstralen
	Club:	Netball



My name is James Patterson and I am a 4th year Aero Engineering student. I have been a member of GUSA, the Glasgow University Tennis Club and the Glasgow University Ski & Snowboard Club since 1st year. This year, I also joined the Glasgow University Boat Club. Furthermore, I have been a GUSA freshers helper 2017-2019 and was elected as Fundraising and Outreach Convenor for this year. Throughout the year, I have thoroughly enjoyed working with other council members to address the challenges that sport has faced due to the Covid pandemic. Unfortunately, this year, much of the fundraising and outreach ideas, events and programs I have had have not been able to happen. However, a side project I had this year was setting up Performance Sport. This has urged me to carry on with the work done this year and run for the Health and Fitness Convenor.

Throughout the past year, I worked with Bertie, Sherief and Calum with the aim to help and support the elite athletes at the University of Glasgow. A group was set up to give the bursars more of a structure and an identity as high-performance athletes. Moreover, I set up an Instagram to promote and celebrate their incredible achievements – many of which were overlooked since they may not have been competing in BUCS competitions. To aid the ease of training for bursars, I attempted to gain discounts, sponsors and other funds. I am proud to say that there has been an agreement put in place with Hampden Sports Clinic for our bursars to use at discounted rates. Furthermore, there have been positive discussions with supplementation companies for additional discount. I would like to carry on the work I have done this year in the role of Health & Fitness, to help our athletes perform at their best without limitations.

I have also been an avid gym-goer since early high school. Staying healthy is now part of my routine, and I truly believe that it is a crucial part of maintaining mental wellbeing. With gym closures in the past year and limited social interaction, it has never been more important to keep healthy and positive. Now, more so than ever, health and fitness has to be adaptable. Over lockdown I have been making myself and others fitness plans to keep healthy, positive and in some form of routine. This was a success as they managed to provide a purpose and maintain physical and mental wellbeing through a difficult time. From the experiences I've had, I have created a manifesto of points that I would like to carry out if voted in as your Health and Fitness Convenor:

- Performance Sport – I would like to continue the work done with performance sport. The goal is to create more of a “sporting excellence” culture at the university. We have amazing facilities and many successful athletes at the university; however it is too often that they can be ignored and unsupported. I would search for more funding for bursars, increased understanding from the academic side and give them the resources they need to achieve at the highest level and in their futures.
- Fitness Adaptability – Throughout the pandemic, it was highlighted the lack of gym facilities was an issue in attempting to keep healthy. It is uncertain the short-term futures of gyms and consequently I would ensure that students have access to adaptable fitness. This is fitness which does not depend solely on a gym, as I would work with students and professionals to come up with comprehensive plans/ideas/events to ensure students had the ability to maintain wellbeing despite environment, lack of gyms or isolation.
- Injury Prevention – Having had 2 major injuries in my sporting career I understand the importance of injury prevention. However, this is something glossed over far too often. I would create incentives and initiatives to highlight this importance while working with clubs, students and professionals/undergraduates to limit sporting injuries and maximise sporting potential.

I am very excited about what I can bring to the GUSA team, and with your vote, implement these ideas which can truly make a difference to the university and our student athletes.