

# STUDENT *SPORT* NEWS

EDITION02



 @cogcsportsclubs

 @cogcsports

 @COGCSports

## WELCOME

As we head into the depths of the autumn months, it is encouraging to see the appetite and enthusiasm from our students to get involved in our offerings. Our recreational clubs have been full to capacity and our sports teams have now had tryouts, ran training sessions as well as compete in a number of matches in British Universities and Colleges (BUCS).

With only 4 or 5 weeks of clubsport activity left until January 2022, make sure you keep getting involved. New members are more than welcome to join at any point throughout the term. Please note, pre-booking on MyCity is still required!

Our staff/student Step Count Challenge is now underway and with a tremendous amount of teams signed up, it will be interesting to see if we can better previous efforts that took place during the pandemic!

**CLUBSPORT UPDATE 04**

**STUDENT SPORT SPOTLIGHT 06**

**LOVE TO RIDE 08**

**CORE WORKOUT 10**

**HEALTHY RECIPE 12**

**NEXT TIME 14**



# CLUBSPORT UPDATES

It's been tremendous to see our students back in action at our recreational clubs and BUCS teams. We have made some slight amendments to our timetable, based on student feedback:

DAY	WHAT'S ON	TIME	LOCATION
Monday	Volleyball	17:15 - 18:45	City, C.03.032
Tuesday	Running Basketball	16:15 - 17:00 17:15 - 18:45	Café Zero, Ground Floor City, C.03.032
Thursday	Badminton	17:15 - 18:45	City, C.03.032

Here are some key statistics from the first 6 weeks of our clubsport programmes:

Number of clubs **4**

Number of recreational club members **86**

Number of recreational student interactions **308**



Number of BUCS teams **3**

Number of team members **53**

Number of competitive student interactions **345**



# STUDENT SPORT SPOTLIGHT



**Name:**

Yasmine Bowden

**Course of study:**

Sports Coaching and Development

**Volunteer role:**

Student Sport Intern

**Favourite food:**

Pineapple

**Favourite movie:**

The Hunger Games: Mocking Jay

**Words of wisdom:**

Never stop learning, because life never stops teaching



As part of her studies this year, Yasmine is learning the ins and outs of what it is like to be a Sports Co-ordinator in a college, which forms the basis of her sports development unit. Yasmine has to volunteer at least 20 hours and undertake a variety of different roles to enhance the student sport experience for our students. Yasmine will benefit from shadowing Andrew Kirk, current Sports Co-ordinator. She will take on a variety of roles such as assisting with marketing, social media, club monitoring, planning events, contributing to project team meetings, and much more.

# LOVE TO RIDE

Love to Ride is a fun, free online platform, which supports individuals, workplaces, and communities to ride their bikes. Love to Ride acts as a focal point for logging trips, social encouragement, and cycling behaviour change.



- Everyone can join in – from regular riders to people who haven't been on a bike in years (or ever!)
- Individuals only have to ride for ten minutes to go into the prize draws and help their organisation climb the leaderboard (long enough to experience the joy of riding a bike and overcome some mental barriers to riding, and short enough to be an easy first step to taking up riding)
- You can ride anywhere any time – it doesn't have to be a commute to work, any bike ride counts
- Earn points by riding and encouraging others – the organisations which earn the most points each month will win incredible prizes for themselves or their organisation
- Share the love - encouragement is at the core of Love to Ride and we want people to invite their co-workers, friends, and family to take part

**JOIN US  
HERE!**

**City of Glasgow College (Staff)  
City of Glasgow College (Students)**



### HEALTHIER & HAPPIER STAFF

Healthier & happier workers = fewer sick days & increased productivity



### VIRTUAL & FREE

An entirely free and virtual programme whether staff are working from home or the office full time, part time or casually



### SUPPORT MENTAL HEALTH

Staff can increase physical activity and improve their wellbeing while connecting with colleagues and friends online



### BE SUSTAINABLE

Contribute to lower carbon emissions, improved air quality, reduced noise pollution, and help ease congestion



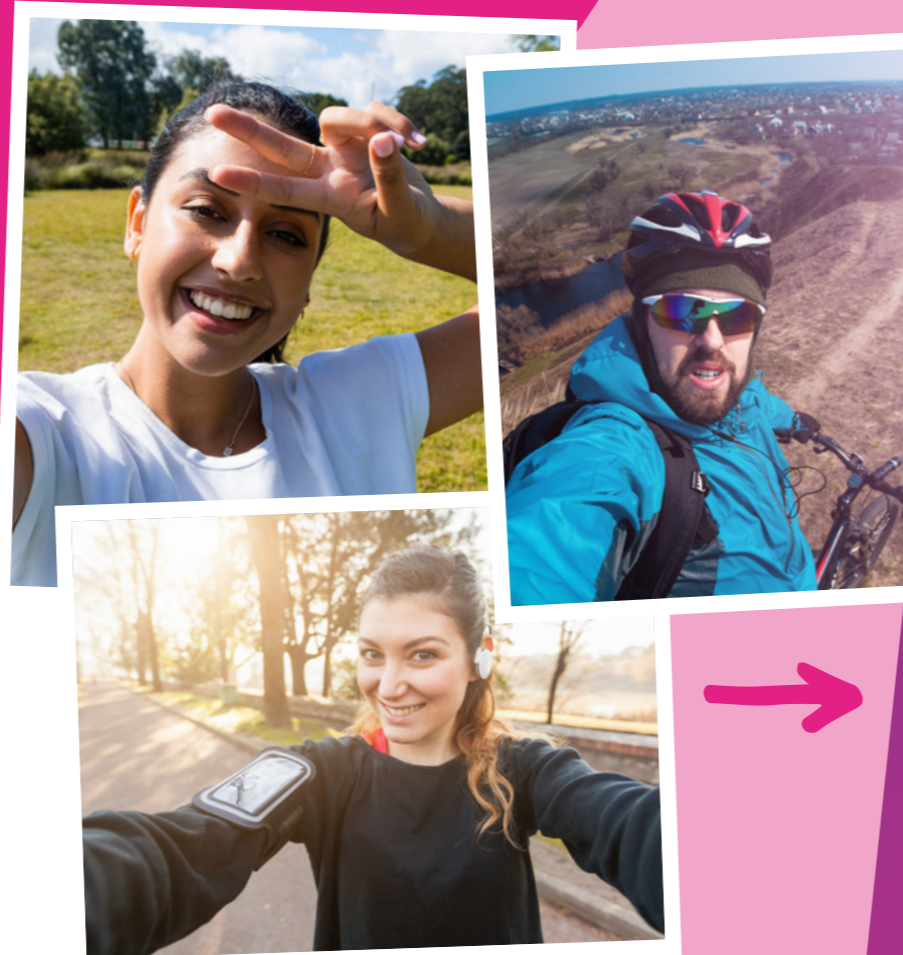
### ENHANCE REPUTATION

Responsible leadership and safeguarding of employee health and wellbeing

# CORE WORKOUT



Here is another total body workout that can be adapted/modified depending on your ability/fitness level! If you take part, remember to tag us on social media at **@cogcsports** and use the hashtag **#citytotalbodyworkout**.



## CORE WORKOUT



This is a core workout where individuals can work on improving overall fitness by working out different muscle groups within the body. Remember technique over speed!

pace. Exercises can also be modified depending on your ability. For those of us with a higher fitness capability, move on from one exercise to the next more swiftly!

This circuit consists of 7 exercises, predominantly focused on core, which you should take at your own

Once you complete all 7 exercises of the circuit, take 2-3 minutes to recover and re-hydrate, and then repeat 2 more times!

- 1 **Burpees**  
12 Reps
- 2 **Sit-ups**  
20 Reps
- 3 **Push-ups**  
14 Reps
- 4 **Russian Twist**  
20 Reps
- 5 **Side plank**  
10 Reps each side
- 6 **Bulgarian Split Squat**  
15 Reps each side
- 7 **Squat hold**  
40 seconds

# HEALTHY RECIPE

Well done to Joe Murray for submitting an excellent recipe full of greens. Green smoothies are full of fibre, which helps fuel your body for longer. It is well known that this type of smoothie has the potential to keep your blood glucose level under control and lower cholesterol.

**Name:**

Joe Murray

**Course of study:**

HNC Marketing Communications

**Recipe theme:**

COP 26 / Eco friendly

**Name of recipe:**

Super Green Detox Smoothie



## SUPER GREEN DETOX SMOOTHIE

### INGREDIENTS

- 15g Flax Seeds
- 15g Chia Seeds
- 15g Hemp Seeds
- 1 Apple 182g
- 1 Banana 118g
- 1 Kiwi 69g
- Handful of Spinach 75g
- 1 Cup Frozen Pineapple 140g
- 20g Agave Syrup
- Stick of Ginger 15g
- 1 Cup Water or Plant-Based Milk 236g

### METHOD

Start by adding the seed selection to a blender and grinding (this breaks the seeds shells and allows our body to better absorb the nutrients from them. Once the seeds are blended into a powder, place all remaining ingredients into the blender. Blend into a consistency of your liking, pour into a glass and enjoy.

# NEXT TIME

We hope you enjoyed edition 2 of our series of student sport newsletters. As always, feedback is welcomed from our students about this and future editions, in order for us to provide meaningful content. If you have any feedback, please contact **[Andrew.Kirk@cityofglasgowcollege.ac.uk](mailto:Andrew.Kirk@cityofglasgowcollege.ac.uk)**

Edition 3 will contain a delicious Christmas themed recipe, so look out for that one in mid December!

*Life is like  
riding a bicycle.  
To keep your  
balance, you must  
keep moving.*

Albert Einstein

