

# Classroom to practice implementing a systems-based approach to physical activity in Scotland

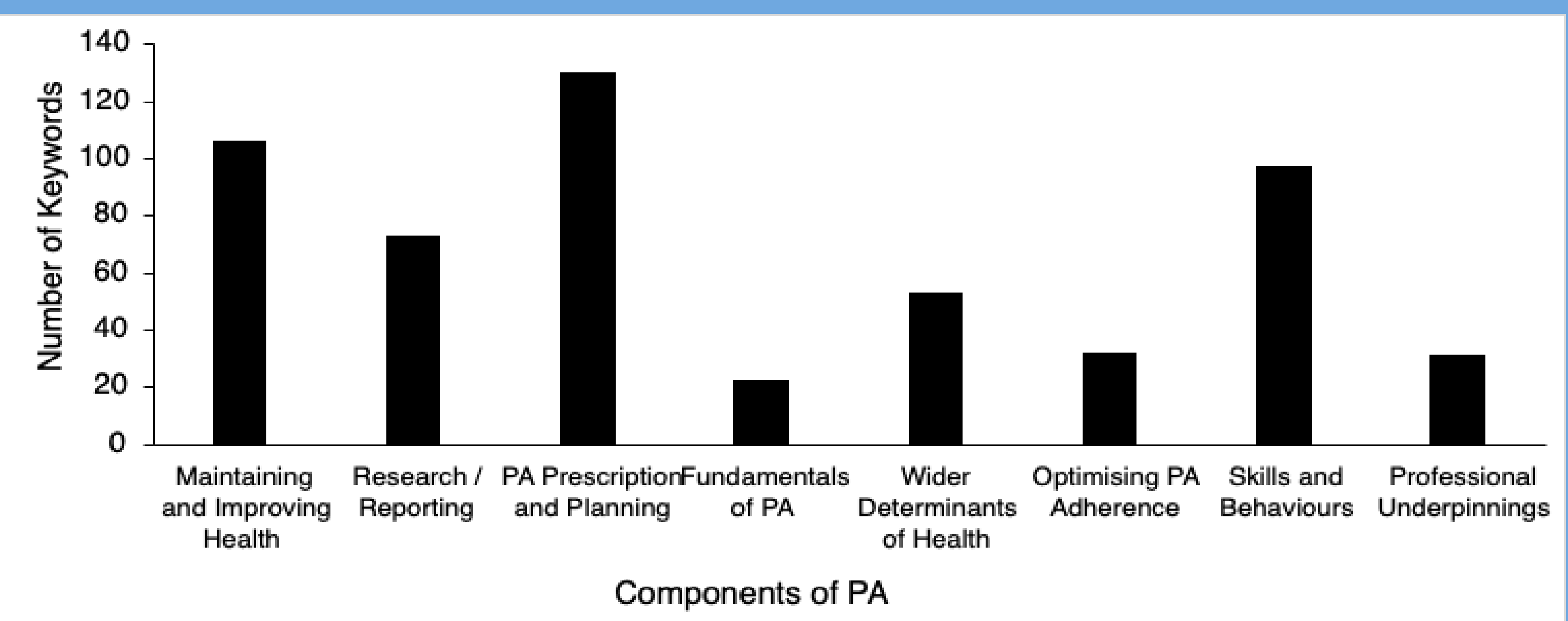
Jane Culpan MCSP PhD, [jculpan@qmu.ac.uk](mailto:jculpan@qmu.ac.uk) Jenna Rhodes MCSP MSc [jrhodes@qmu.ac.uk](mailto:jrhodes@qmu.ac.uk)



**Queen Margaret University**  
EDINBURGH

## Scotland needs to become more physically active – we can achieve this (02 October 2024 Ruth Glassborow)

Universities are responding to the call to develop the curriculum. What are we doing and how can we work more effectively to produce AHP graduates fit for modern healthcare practice?



Buchan et al (2024) conducted a review of Pre-Registration MSc Physiotherapy curriculum content to the extent to which concepts of promoting physical activity are explicitly addressed. Fundamentals of physical activity, optimising physical activity adherence, physical activity to maintain health and wider determinants of health could be strengthened to better represent the demands of modern healthcare practice.



## Scotland's Physical Activity for Health Framework

- emphasises the need for a collaborative systems-based approach to tackling physical inactivity. This involves not only healthcare professionals but also policymakers, educators, urban planners, and community leaders.

Scottish Government (2024)

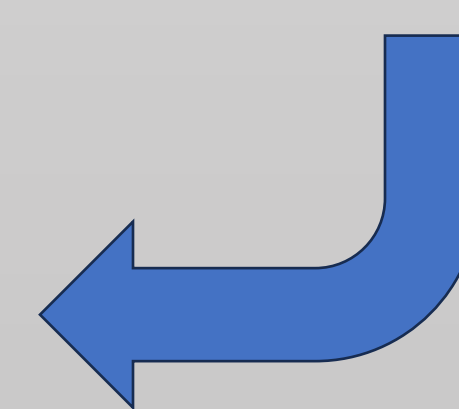


### **Action 4**

PHS (2022)

- Integrate physical activity into pre-service and in-service training for all healthcare and social care staff and associated roles, that is medics, nurses and allied health professions, healthcare support workers employed by NHS Scotland and all social care staff governed by the Care Inspectorate.

Physical activity for health  
what are we teaching students?



Does this translate into practice?  
How can we build better?

## Current work in development

Scottish Medical Schools and Schools for Health  
Physical Activity Collaborative

### Aims

1. Understand the extent to which the CMO guidelines on physical activity are recognised and applied by the healthcare population.
2. Understand the status of physical activity in undergraduate curricula in healthcare training in Scotland.

### Plan

1. Conduct a survey of medical, nursing and allied health professions students across Scottish institutions to assess the current awareness, knowledge and application of the UK CMOs Physical Activity Guidelines.
2. Conduct a survey of medical, nursing and allied health professions across Scottish Health Boards to assess the current awareness, knowledge and application of the UK CMOs Physical Activity Guidelines in practice.
3. Undertake research to review/audit of the undergraduate and postgraduate curricula to determine the current status of physical activity in the Scottish medical, nursing and allied health professions curricula.
4. Use the findings from the research to establish a benchmark/baseline evidence base for advocacy for physical activity in undergraduate healthcare curricula in Scotland.

**Please get in touch if you are are interested and would like to join the conversation**

[jculpan@qmu.ac.uk](mailto:jculpan@qmu.ac.uk)

#### References

Alsop T, Lehman E, Brauer S, et al. (2023) What should all health professionals know about movement behaviour change? An international Delphi-based consensus statement *Br J Sports Med* 57:1419–1427.  
 Buchan C, Saeed S & Culpan J (2024) Are Pre-Registration MSc Physiotherapy Graduates Prepared for Promoting Physical Activity for Health? Unpublished Masters Dissertation. QMU.  
 Council of Deans for Health (2023) *Education for sustainable healthcare within UK pre-registration curricula for allied health professions*.  
 Council of Deans for Health (2021) *Guidance: Public Health Content within the Pre-Registration Curricula for Allied Health Professions*.  
 Public Health Scotland (2022) <https://www.publichealthscotland.scot/publications/a-systems-based-approach-to-physical-activity-in-scotland/>  
 Scottish Government (2024) *Physical activity for health: framework*