

Terms of Reference

Name: UBC Wellbeing Physical Activity Committee

Updated: August 10, 2020

The purpose of the Physical Activity Committee is to facilitate action to increase physical activity and reduce sedentary behavior for all UBC members at the Vancouver and Okanagan campuses. Collaborations across both campuses produce accessible programs, policies, and facilities that support physical activity for all community members and build healthy vibrant communities. Representatives from both campuses include staff, faculty, students, and residents of the University Neighbourhood Association (UNA).

In alignment with the “Calls to Action” and “Principles” of the *Okanagan Charter*¹, *UBC Strategic Plan*², *Wellbeing Strategic Framework*³, *Physical Activity Action Plan*⁴, *Inclusion Action Plan*⁵, *Indigenous Strategic Plan*⁶ and the *Recreation @UBC-V & UCB-O Plan*⁷, the Physical Activity Committee will:

1. Use settings and whole system approaches
2. Ensure comprehensive and campus-wide approaches
3. Seek to work and explore integration across other campus strategic plans
4. Use participatory approaches and engage the voice of students and others
5. Develop transdisciplinary collaborations and cross-sector partnerships
6. Promote research, innovation and evidence-informed action
7. Build on strengths
8. Value local and indigenous communities’ contexts and priorities
9. Act on an existing universal responsibility

¹ Okanagan Charter: An international charter for health promoting universities & colleges (2015).
<http://hdl.handle.net/2429/54938>

² Shaping UBC’s Next Century Strategic Plan 2018-2028 (2018).
https://strategicplan.ubc.ca/wp-content/uploads/2018/04/2018_UBC_Strategic_Plan_Full.pdf

³ Wellbeing Strategic Framework
https://wellbeing.ubc.ca/sites/wellbeing.ubc.ca/files/u9/wellbeing_strategic_framework_FINAL_0.pdf

⁴ UBC Action Framework to Increase Physical Activity and Reduce Sedentary Behaviour (2017)
https://wellbeing.sites.olt.ubc.ca/files/2016/10/PA_Action_Framework_2017.pdf

⁵ Building Inclusive UBC: An Inclusion Action Plan (2020)
<https://equity3.sites.olt.ubc.ca/files/2020/08/UBC-InclusionActionPlan-WebVersion.pdf>

⁶ Indigenous Strategic Plan (2021)
https://aboriginal-2018.sites.olt.ubc.ca/files/2021/06/UBC.ISP_StrategicPlan2020-SPREAD-Borderless-REDUCED.pdf

⁷ UBC Action Plan to Increase Physical Activity and Decrease Sedentary Behaviour (2016)
<https://recreation.ubc.ca/wp-content/uploads/2016/05/PA-Action-Plan-v3-May-29-2016.pdf>

Objectives

1. Communication & Collaboration

- Develop and improve cross campus partnerships and collaborations to enhance learning and support for programs, policies, and environments.
- Commit to relevant and timely communications regarding physical activity resources and initiatives. Provide research knowledge and translation to inform process.
- Plan, implement, and promote the annual Move UBC campaign.

2. Advocacy

- In alignment with the Inclusion Action Plan and Indigenous Strategic Plan, identify and facilitate the decrease of barriers to physical activity while advocating physical activity as a form of social inclusion for all community members.
- Work with partners to influence the direction of built environments, including new and existing facilities that facilitate physical activity.
- Address oppressive systems and biases such as racism, diet culture, anti-fat bias, and ableism to promote physical activity for all

3. Assessment & Evaluation

- Identify measures of success for impact of Committee work and conduct annual assessment in alignment with the Wellbeing Strategy.
- Use results from current UBC community surveys (including IPAQ embedded into UES, CCWS and WES) to inform Committee support and promotion of physical activity initiatives.

Target Audience

All staff, faculty, students, alumni, and residents of the UNA on both UBC Vancouver and Okanagan Campuses.

Collaborative Partners – Departments, Units and Faculties

- Athletics & Recreation
- School of Kinesiology
- Campus Community + Planning
- UBC Wellbeing
- Student Housing & Residence
- Kinesiology Undergraduate Society (KUS)
- Alma Matter Society (AMS)



- UBC Students' Union Okanagan (UBCSUO)
- Graduate Student Society (GSS)
- Building Operations
- University Neighbourhoods Association (UNA)
- Human Resources
- Student Development & Services
- Faculty of Health and Social Development
- School of Health and Exercise Sciences
- International Programs and Services

Meeting Frequency

Monthly meetings 60-90 minutes in length (TBD based on need). Member who cannot attend meetings are requested to send updates from their area/department in advance.