

The British Association of Sport and Exercise Sciences  
**ANNUAL REPORT 2007–2008**



[www.bases.org.uk](http://www.bases.org.uk)

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## The Board Report



Prof Richard Davison



Prof Jo Doust



Dr Claire Hitchings



Dr Michael Graham



Dr Jason Gill



Dr Martin Sellens



Dr Will Calvert



Gaynor Heys

“It is appropriate to highlight some of this year’s significant achievements.”

The Board has pleasure in presenting its report and the financial statements of the British Association of Sport and Exercise Sciences (BASES) for the year ended 31 March 2008. The Board is pleased to report a surplus for the financial year after taxation of £43,187. A long-term objective has been to improve the financial stability of the Association and increase the reserve funds. This has included seeking a commercial partner for BASES. An agreement with Gatorade Sports Science Institute has been agreed in principle and it is hoped to have this signed shortly. It is now considered that reserves are sufficient to allow re-investment into the Association and its members.

A BASES Strategic Plan has been developed for 2008-2010. This has involved consultation with the out-going Strategic Management Team, members and key external stakeholders. It is appropriate to highlight some of this year’s significant achievements under each of the five Association’s objectives contained within the Strategic Plan. Because of the overlap across the first three objectives, they are grouped together.

- 1. The promotion of research in sport and exercise sciences**
- 2. The encouragement of evidence-based practice in sport and exercise sciences**
- 3. The distribution of knowledge in sport and exercise sciences**

The Association has used its expertise to deliver high-quality continuing professional development events through its conferences, workshops and forums. The 2007 BASES Annual Conference was hosted by the University of Bath. It attracted 600 delegates from 20 countries. Lord Sebastian Coe and Sir Clive Woodward opened the Conference. In order to ensure some consistency across Annual Conferences, all the positive changes that were made to recent Conferences were maintained – namely more types of presentation (scientific communications, applied practice, symposium, debates and workshops), a streamlined abstract review process, and allowing BASES student members to submit the same material to both the Student and Annual Conferences in the same year.

The University of Bedfordshire hosted the 2008 BASES Annual Student Conference, welcoming a record 251 delegates. The Conference was themed, "Beyond the lecture: Putting theory into practice." Amongst the highlights were the two keynote speeches: Prof Greg Whyte opened the Conference talking about applying sport and exercise science in the "real world" and Prof Edward Winter ended the Conference with a lecture entitled "From theory to practice: do you take your science with you?" The Conference was sponsored by Gatorade Sports Science Institute.

The workshop committee organised 25 workshops, of which eight were new. The number of delegates attending these workshops was 463 compared to 400 last year. Formal evaluations of the workshops were very positive.

One new initiative was the launch of on-line Q&A sessions as an additional service for members. These events provided a unique opportunity for members to join sport and exercise science experts and benefit from their experiences and opinions by asking questions and debating topical issues - all from the comfort of members' armchairs.

Seven sessions were run across a variety of topics, including: Applying counselling skills in sport psychology consulting; fat and fit versus thin and lazy: Identifying the truth about "apparently healthy" individuals; the role of exercise in the regulation of appetite and thus potentially obesity; and nutritional supplements as ergogenic aids. Feedback from the sessions was extremely positive. This initiative is part of the member networking on-line project. Significant investment has been made into [www.bases.org.uk](http://www.bases.org.uk) to enhance user experiences with the launch of blogs, podcasts and a redesign of the BASES website. The website has been re-designed to take account of objectives including showcasing BASES and promoting BASES membership, member networking and continuing professional development opportunities. Profiling job vacancies and studentships as well as the BASES accreditation and endorsement schemes were also considered

“Investment has been made into [www.bases.org.uk](http://www.bases.org.uk) to enhance user experiences with the launch of blogs, podcasts and a redesign of the BASES website.”

important. Other priorities included developing student-content and promoting research. It is hoped that the website is now an invaluable resource for anyone involved or interested in sport and exercise sciences.

BASES continues to promote research and evidence-based practice through its publication portfolio - the *Journal of Sports Sciences* and *The Sport and Exercise Scientist* – the official publication of BASES.

The *Journal of Sports Sciences* has just received the latest impact factor as 1.44 and is ranked 24th out of over 72 sports-related journals. It continues to grow in popularity and reputation, with the number of articles submitted increasing by more than 25% over the past year.

*The Sport and Exercise Scientist* continues to be a valued membership benefit. The student-specific section *Strictly for Students* has developed in the past year with a 10-page special in the most recent issue. The publication showcased the work of recipients of BASES international travel grants, resulting in some high-quality articles. This publication is archived in the Member Area of the BASES website.

BASES has also updated its *Sport and Exercise Physiology Testing Guidelines* into two volumes with specific guidelines for physiological testing in over 30 sports disciplines and guidelines for exercise testing in key clinical populations. These volumes contain contributions from many leading specialist physiologists, covering a wide range of mainstream sports, special populations, and ethical, practical and methodological issues. The book, *Biomechanical Evaluation of Movement in Sport and Exercise* has also been updated.

Progress is continuing on the BASES Position Statement on Physical Activity in the Prevention of Chronic Disease. By the time this report appears in print, all the chapters of the accompanying Human Kinetics book entitled *BASES Guidelines on Physical Activity in the Prevention of Chronic Disease* will have been completed.

The Association continues to recognise excellence in research through its awards and grants, including annual and Conference awards.

The launch in June 2007 of an international travel grant scheme, using surplus income generated from the BASES Annual Conferences, has proved very popular and successful. The grants provide excellent opportunities for BASES to support its members in the communication of high-quality research to an international audience, as well as helping to promote BASES.

More recently BASES has launched Career Development Scholarships for Applied Work in Sport and Exercise Science. Applicants must identify how the funding will be used to enable them to progress in their chosen career. This must involve applied work in sport or exercise science with a specific client group(s). The work might involve direct scientific support services to a client, work supporting a coach or a governing body's sports science provision, including the production of educational resources. This must be support/consultancy work and not primarily research. Applicants must be a student or graduate member of BASES or on BASES Supervised Experience.

#### **4. The development and maintenance of high professional standards for those involved in sport and exercise sciences**

The key aim for the forthcoming period is to enhance the BASES professional accreditation scheme for UK sport and exercise scientists by reviewing, amending and standardising documentation used for the Supervised Experience and Accreditation processes. Progress has been made on this project and the next stage is to appoint a consultant to finalise this work. Funding has been allocated to appoint an Education Officer, who will be responsible for the further development of the

**“The key aim for the forthcoming period is to enhance the BASES professional accreditation scheme for UK sport and exercise scientists.”**

accreditation programme and associated continuing professional development programmes, undertaking quality assurance reviews, market research, and administering and facilitating the process of training and assessment of accreditation supervisors.

One objective in this area is to become a regulated profession under the Health Professions Council. If accepted, then this will lead to a formal recognition and regulation of the profession of Sport and Exercise Scientist and would lead to a protected title. As such, BASES would no longer seek Science Council membership and Chartered Scientist Licensed Body status.

Progress continues in the development of a BASES Register of Exercise for Health Practitioners and a specialist accreditation route for “Exercise Science Practitioners.” This development will help to provide a clearer career path for Exercise Science Practitioners.

BASES has also played a major role in representing its members in the Health Professions Council's consultation regarding the threshold level of qualification for entry to the register of applied psychologists. The Association has argued strongly that both British Psychological Society Chartered status and BASES Accredited status would be suitable threshold entry standards to the register.

In addition, BASES continues to play a key role in assuring the appropriateness of the curriculum, resources and opportunities that undergraduate courses offer for training sport and exercise scientists through the BASES Undergraduate Endorsement Scheme (BUES). Seventeen institutions now have endorsed courses.

#### **5. The representation of the interests of sport and exercise sciences nationally and internationally**

In the past year BASES has developed and implemented a strategy for increased membership recruitment and retention through enhanced services and marketing. The strategy aimed to improve the membership package, increase membership by targeting academic staff members and students, reduce membership attrition and increase recommendations to join BASES from existing members.

This strategy has proved successful with an increase in membership across the year of 700 with a membership of 2,596 at 31 March 2008 compared to 1,896 at 31 March 2007.

There are many examples of the way in which the Association has continued to build relationships with key stakeholders. A Memorandum of Agreement to foster cooperation in an international context has been signed by BASES, the Australian Association of Exercise and Sports Science and Sport and Exercise Science New Zealand.

A Memorandum of Collaboration has been drafted with the lead organisations providing scientific, applied clinical and exercise practice, and public health support for patients and populations with cardiovascular disease, namely the Association of Chartered Physiotherapists in Cardiac Rehabilitation and the British Association for Cardiac Rehabilitation. It is hoped to sign this by the 2008 BASES Annual Conference.

Representatives from the Research Assessment Exercise Panel, UK Sport and the American College of Sports Medicine were invited as VIPs to the 2007 BASES Annual Conference. Work with the Nutrition Society and the British Dietetic Association continues with the Sport and Exercise Nutrition Register. BASES also has a joint committee with the British Psychological Society Division of Sport and Exercise Psychology.

UK Sport is using the expertise within BASES to contribute to its “think tank” initiative. The Home Country Sport Institutes and the British Paralympic Association have contributed to the BASES High Performance Sport Accreditation Scheme.

“There are many examples of the way in which the Association has continued to build relationships with key stakeholders.”

BASES is in discussion with the Higher Education Academy’s Hospitality, Leisure, Sport and Tourism Network, to cooperate more closely in developing a workshop programme, and are considering the possibility of a sport and exercise science-specific teaching and learning conference.

The Association also held its fifth successful Heads of Department Forum at Leeds Metropolitan University with an emphasis on networking, providing unique opportunities to meet colleagues, exchange views and perspectives and address key issues in Higher Education in sport and exercise sciences.

In order to provide expert advice particularly to the media, BASES has developed a media list. All BASES accredited sport and exercise scientists are invited to join this list. This development means that BASES can service enquiries from the media concerning sport and exercise science and ensure that output and quality control mechanisms are in place for any output from BASES to the media.

***Prof Richard Davison, Chair***

***Prof Jo Doust, Chair Elect***

***Dr Claire Hitchings, Executive Officer***

***Dr Michael Graham, Chair of the Division of Sport and Performance***

***Dr Jason Gill, Chair of the Division of Physical Activity for Health***

***Dr Martin Sellens, Chair of the Division of Education and Professional Development***

***Dr Will Calvert, Non-Executive Director***

***Gaynor Heys, Non-Executive Director***

# Statement of the Directors and Unaudited Financial Statement for the year ended 31 March 2008 for BASES

## Company Information for the year ended 31 March 2008

**DIRECTORS:** Prof R Davison - Chair  
Dr C L Hitchings, D L Pearce, G E Heys,  
Dr W Calvert, Dr M Sellens, Prof J Doust,  
Dr Michael Graham, Dr Jason Gill

**SECRETARY:** J Bairstow

**REGISTERED OFFICE:**  
Leeds Metropolitan University  
Carnegie Faculty of Sports and Education  
Headingley Campus, Beckett Park  
Leeds, LS6 3QS

**REGISTERED NUMBER:** 5385834

**ACCOUNTANTS:**  
Kirk Newsholme  
Chartered Accountants  
Richmond House, 16 Blenheim Terrace  
Leeds, West Yorkshire, LS2 9HN

## Report of the Directors for the year ended 31 March 2008

The directors present their report with the financial statements of the company for the year ended 31 March 2008.

## PRINCIPAL ACTIVITY

The principal activity of the company in the year under review was that of promoting evidence-based practice and research in sport and exercise sciences through conferences, workshops and publications.

## DIRECTORS

The directors shown below have held office during the whole of the period from 1 April 2007 to the date of this report.

Prof R Davison - Chair

Dr C L Hitchings - Executive Officer

Other changes in directors holding office are as follows:

Prof E M Winter - resigned 14 September 2007

Dr R White - resigned 14 September 2007

Prof J Doust – appointed 19 September 2007

Dr M Graham – appointed 19 September 2007

Dr J Gill – appointed 19 September 2007

Dr M Sellens – appointed 19 September 2007.

D L Pearce, G E Heys and Dr W Calvert were appointed as directors after 31 March 2008 but prior to the date of this report.

## COMPANY OBJECTIVES

The objects of the Company are the promotion of research in sport and exercise sciences, the encouragement of evidence-based practice in sport and exercise sciences, the distribution of knowledge in sport and exercise sciences, the development and maintenance of high professional standards for those involved in sport and exercise sciences and the representation of the interests of sport and exercise sciences both nationally and internationally and as such is a “not for profit” organisation.

This report has been prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small companies.



## On behalf of the Board:

Prof R Davison - Chair - Director  
4 September 2008

# Income and Expenditure Account

for the year ended 31 March 2008

		Year Ended 31.3.08	Year Ended 31.3.07
	<b>Notes</b>	<b>£</b>	<b>£</b>
<b>TURNOVER</b>	<b>2</b>	274,392	301,051
Cost of sales		<u>98,666</u>	<u>135,870</u>
<b>GROSS SURPLUS</b>		175,726	165,181
Administrative expenses		<u>134,382</u>	<u>127,987</u>
		41,344	37,194
Other operating income		<u>-</u>	<u>500</u>
<b>OPERATING SURPLUS</b>	<b>3</b>	41,344	37,694
Interest receivable and similar income		<u>2,195</u>	<u>428</u>
<b>SURPLUS ON ORDINARY ACTIVITIES BEFORE TAXATION</b>		<u>43,539</u>	<u>38,122</u>
Tax on surplus on ordinary activities	<b>4</b>	<u>352</u>	<u>81</u>
<b>SURPLUS FOR THE FINANCIAL YEAR AFTER TAXATION</b>		<u><u>43,187</u></u>	<u><u>38,041</u></u>



## Balance Sheet 31 March 2008

		31.3.08		31.3.07	
	Notes	£	£	£	£
<b>FIXED ASSETS</b>					
Tangible assets	5		3,301		7,164
<b>CURRENT ASSETS</b>					
Stocks		1,104		1,420	
Debtors	6	38,794		48,731	
Cash at bank and in hand		<u>227,854</u>		<u>187,041</u>	
		267,752		237,192	
<b>CREDITORS</b>					
Amounts falling due within one year	7	<u>108,506</u>		<u>124,996</u>	
<b>NET CURRENT ASSETS</b>			<u>159,246</u>		<u>112,196</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			<u>162,547</u>		<u>119,360</u>
<b>RESERVES</b>					
Income and expenditure account	8	<u>162,547</u>		<u>119,360</u>	
		<u>162,547</u>		<u>119,360</u>	

The company is entitled to exemption from audit under Section 249A(1) of the Companies Act 1985 for the year ended 31 March 2008.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2008 in accordance with Section 249B(2) of the Companies Act 1985.

The directors acknowledge their responsibilities for:

(a) ensuring that the company keeps accounting records which comply with Section 221 of the Companies Act 1985 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Section 226 and which otherwise comply with the requirements of the Companies Act 1985 relating to financial statements, so far as applicable to the company.

These financial statements have been prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small companies and with the Financial Reporting Standard for Smaller Entities (effective January 2007).

The financial statements were approved by the Board of Directors on 4 September 2008 and were signed on its behalf by:



**Prof R Davison - Chair - Director**

# Notes to the Financial Statements

for the year ended 31 March 2008

## I. Accounting Policies

### Accounting convention

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2007).

### Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	- 10% on cost
Computer equipment	- 25% on cost

### Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

### Pension costs and other post-retirement benefits

The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to the income and expenditure account in the period to which they relate.

## 2. Turnover

The company's income is mainly derived from membership fees. The company also receives grant funding from UK Sport. This income is recognised in the income and expenditure account so as to match the costs as and when they are incurred. The balance of the grant income not spent has been included in accruals and deferred income. During the year membership income appears to have reduced from 31 March 2007 to 31 March 2008. However, the membership fees income table details how membership fees received in the year ended 31 March 2008 have increased on the previous year.

### Membership fees income

	31.03.08	31.03.07	31.03.06
Deferred income b/fwd	35,204	49,296	7,067
Receipts in the year	112,613	102,528	155,984
Deferred income c/fwd	(39,218)	(35,204)	(49,296)
Income per accounts	<b>108,599</b>	<b>116,620</b>	<b>113,755</b>

The income per accounts is affected by two factors. First, in October 2005 the method of charging membership fees was changed from falling due on 1 April each year to being on an annual rolling basis from the month payment is received. This resulted in membership income being deferred across the period of the membership year, which often includes two financial years. Second, on 1 April 2007 membership fees were reduced with members paying by direct debit receiving an additional discount. This resulted in a like-for-like reduction in membership fees received during the year.

## 3. Operating Surplus

	31.3.08	31.3.07
<b>The operating surplus is stated after charging:</b>	<b>£</b>	<b>£</b>
Depreciation - owned assets	2,215	2,192
Loss on disposal of fixed assets	1,690	-
Pension costs	1,327	1,269
Directors' emoluments and other benefits etc.	<u>39,359</u>	<u>37,114</u>

#### 4. Taxation

As the company's activities are undertaken not with a view to realising a profit but to advance the promotion of research into sports sciences and the other objectives set out in the Directors' Report, HMRC have agreed that only the company's other income is subject to corporation tax.

#### 5. Tangible Fixed Assets

	Fixture and fittings	Computer equipment	Totals
Cost	£	£	£
At 1 April 2007	2,965	7,666	10,631
Additions	-	43	43
Disposals	(326)	(3,448)	(3,774)
At 31 March 2008	2,639	4,261	6,900
<b>Depreciation</b>			
At 1 April 2007	545	2,923	3,468
Charge for year	297	1,918	2,215
Eliminated on disposal	(98)	(1,986)	(2,084)
At 31 March 2008	744	2,855	3,599
<b>Net Book Value</b>			
At 31 March 2008	1,895	1,406	3,301
At 31 March 2007	2,420	4,743	7,163

#### 6. Debtors: Amounts falling due within one year

	31.3.08	31.3.07
	£	£
Trade debtors	17,231	29,275
Prepayments and accrued income	21,563	19,456
	38,794	48,731

#### 7. Creditors: Amounts falling due within one year

	31.3.08	31.3.07
	£	£
Trade creditors	32	6,463
Tax	439	81
Social security and other taxes	3,428	3,802
Other creditors	315	1,057
Accruals and deferred income	104,292	113,593
	108,506	124,996

Included within accruals and deferred income is £98,028 of deferred income, of which £39,218 relates to deferred membership fees and £29,552 relates to UK Sport grant income received that has not yet been spent.

The balance is made up of BASES Undergraduate Endorsement Scheme income of £12,467, Course Finder income of £7,000, Workshop income of £8,795 and £996 of other income all of which have been received in advance.

## 8. Reserves

Retained reserves	£
At 1 April 2007	119,360
Surplus for the year	<u>43,187</u>
At 31 March 2008	<u><u>162,547</u></u>

## 9. Ultimate Controlling Party

The directors control the broad operating and financial strategy of the company.

## 10. Capital

The Company is limited by guarantee and has no share capital. The liability of the members in the event of a winding up is limited to £1 per member.

## Chartered Accountants' Report to the Board of Directors on the Unaudited Financial Statements

In accordance with our terms of engagement and in order to assist you to fulfil your duties under the Companies Act 1985, we have compiled the financial statements of the company for the year ended 31 March 2008 which comprise the Income and Expenditure Account, the Balance Sheet and the related notes from the accounting records and information and explanations you have given to us.

This report is made to the company's Board of Directors, as a body, in accordance with the terms of our engagement. Our work has been undertaken so that we might compile the financial statements that we have been engaged to compile, report to the company's Board of Directors that we have done so, and state those matters that we have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's Board of Directors, as a body, for our work or for this report.

We have carried out this engagement in accordance with technical guidance issued by the Institute of Chartered Accountants in England & Wales and have complied with the ethical guidance laid down by the Institute relating to members undertaking the compilation of financial statements.

You have acknowledged on the Balance Sheet as at 31 March 2008 your duty to ensure that the company has kept proper accounting records and to prepare financial statements that give a true and fair view under the Companies Act 1985. You consider that the company is exempt from the statutory requirement for an audit for the year.

We have not been instructed to carry out an audit of the financial statements. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the financial statements.

**Kirk Newsholme  
Richmond House  
16 Blenheim Terrace  
Leeds  
West Yorkshire  
LS2 9HN**

**Date: 4 September 2008**

## Detailed Income and Expenditure Account

for the year ended 31 March 2008

	31.3.08		31.3.07	
	£	£	£	£
<b>TURNOVER</b>				
Membership income	108,599		116,620	
Advertising income	39,553		36,560	
Workshop income	39,424		34,615	
<i>The Sport &amp; Exercise Scientist</i> income	20,659		20,280	
Course finder income	15,100		15,226	
<i>Journal of Sports Sciences</i> income	14,166		14,098	
Conference income	13,644		15,435	
Accreditation income	10,700		7,275	
Supervised Experience income	4,240		4,086	
BASES Undergraduate Endorsement Scheme income	3,550		2,483	
UK Sport Accreditation grant income	2,400		2,064	
HPSA income	1,150		120	
HE Sports Network refund	500		-	
Merchandise income	314		445	
Publications and other income	199		2,033	
UK Sport HPSA grant income	148		14,685	
Human Kinetics commission	46		259	
UK Sport CPD grant income	-		12,942	
Website income	-		1,075	
Website sponsorship income	-		750	
		<u>274,392</u>		<u>301,051</u>

### COST OF SALES

	31.3.08		31.3.07	
	£	£	£	£
Membership on-line expenses	63		25,003	
Workshop expenses	33,020		28,429	
<i>The Sport &amp; Exercise Scientist</i> expenses	21,784		20,035	
Conference expenses	6,860		3,770	
Accreditation expenses	9,116		5,475	
Supervised Experience expenses	1,939		2,151	
BASES Undergraduate Endorsement Scheme expenses	928		1,079	
UK Sport Accreditation grant costs	2,400		2,064	
HPSA expenses	732		80	
Merchandise expenses	315		235	
UK Sport HPSA grant expenses	148		13,185	
International travel grant expenses	4,500		-	
Heads of Department Forum expenses	847		989	
Annual Report expenses	2,261		1,175	
Meeting expenses and travel expenses	13,753		19,117	
UK Sport CPD grant expenses	-		11,742	
Membership forms expenses	-		1,341	
		<u>98,666</u>		<u>135,870</u>
<b>GROSS SURPLUS</b>		175,726		165,181
<b>Other income</b>				
Sundry receipts	-		500	
Deposit account interest	2,195		428	
		<u>2,195</u>		<u>928</u>

## Detailed Income and Expenditure Account Continued

for the year ended 31 March 2008

	31.3.08		31.3.07	
	£	£	£	£
Brought forward		<u>177,921</u>		<u>166,109</u>
		177,921		166,109
<b>EXPENDITURE</b>				
Rent & utilities	3,652		3,645	
Directors' salaries	39,359		37,114	
Directors' social security	4,370		3,171	
Directors' pensions paid	2,371		2,255	
Wages	36,333		34,871	
Pensions	1,327		1,269	
Telephone	600		434	
Post, stationery & advertising	12,830		12,993	
Computer support & maintenance	1,607		176	
Insurance	380		296	
Sundry expenses	746		229	
Accountancy	2,500		2,500	
Training & Development	3,941		4,677	
Legal and professional fees	7,943		9,354	
Website	5,086		1,482	
Irrecoverable VAT	4,925		8,884	
		<u>127,970</u>		<u>123,350</u>
		49,951		42,759

### Finance costs

Bank charges  
Credit card

	31.3.08		31.3.07	
	£	£	£	£
Bank charges	1,035		1,903	
Credit card	<u>1,472</u>		<u>542</u>	
		<u>2,507</u>		<u>2,445</u>
	47,444		40,314	

### Depreciation

Fixtures and fittings  
Computer equipment

	31.3.08		31.3.07	
	£	£	£	£
Fixtures and fittings	297		280	
Computer equipment	<u>1,918</u>		<u>1,912</u>	
		<u>2,215</u>		<u>2,192</u>
	45,229		38,122	

### Loss on disposal of fixed assets

Fixtures and fittings  
Computer equipment

	31.3.08		31.3.07	
	£	£	£	£
Fixtures and fittings	228		-	
Computer equipment	<u>1,462</u>		<u>-</u>	
		<u>1,690</u>		<u>-</u>
<b>NET SURPLUS</b>		<u>43,539</u>		<u>38,122</u>

## Division of Education and Professional Development

I have spent the first few months of my tenure getting to grips with what that role is, and trying to develop a strategy for fulfilling it. Of course, you could say that, like wood treatment, the Division should do what it says on the tin; provide opportunities for the membership to enhance their own education and professional development, and to contribute to that of others. Certainly the Division, encompassing as it does the committees for Workshops, Accreditation and Conferences, beavers away to provide members with opportunities to continue their professional development. The BASES Undergraduate Endorsement Scheme, which assures the appropriateness of the curriculum, resources and opportunities that undergraduate courses offer for training sport and exercise scientists, is also within the Division. These committees run semi-autonomously, and their reports can be found elsewhere. I have been working with the Board and other committee members to see how BASES can improve services to the membership in all these areas. The annual BASES Heads of Department Forum has taken place and provided a golden opportunity for dialogue about the direction of the Division and of the Association as a whole.

The continuing professional development needs of practitioners are addressed by the accreditation system supported by the workshop programme. The accreditation system has been under review for some time and the Board has now allocated resources to appoint an Education Officer and are aiming to appoint a consultant to drive the process forward. At the same time, the workshop programme is being developed to align more closely with the professional competencies required for the existing accreditation pathways in biomechanics, interdisciplinary, physiology, psychology and high performance sport.

Although the accreditation system currently focuses on the needs of sport and exercise science support, the new Divisional system recognises the importance of the interaction between exercise and health. The Association is moving to support practitioners in this burgeoning area of professional activity. Dr John Buckley has initiated a move to develop a BASES Register of Exercise for Health Practitioners and the



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accreditation and continuing professional development needs of this emerging profession will be explored over the next year. The Division is acutely aware that a large proportion of the Association's membership comprises academics and students. Many of these members are also either practitioners or working to become practitioners and in this role their continuing professional development needs are addressed by accreditation and workshops. However, we recognise that the Association also needs to support their continuing professional development needs in teaching and learning. Consequently, we are in discussion with the Higher Education Academy's Hospitality, Leisure, Sport and Tourism Network to cooperate more closely in developing a workshop programme, and are considering the possibility of a sport and exercise science-specific teaching and learning conference, perhaps to be run in parallel with the BASES Annual Student Conference.

This report is less a record of achievements over the past few months and more a statement of intent. Next year I hope to be able to report that we have made real progress towards the aim to better meet the continuing professional development needs of members.

**Dr Martin Sellens**  
**Chair of the Division of Education and Professional Development**



## Division of Physical Activity for Health

This has been my first year as Chair of this Division and over this time we have sought to consolidate the excellent work achieved by the previous Chair, Dr John Buckley. Over the past year John has continued to lead the development of a BASES Register of Exercise for Health Practitioners and a specialist accreditation route for “Exercise Science Practitioners.” He has also introduced a BASES Exercise for Health Practitioners Interest Group with the mission, “to advance the support and recognition of sport and exercise scientists working in the health care and health and leisure setting.” These are exciting developments, which, together with the progression towards regulation of the “Exercise Science” profession by the Health Professions Council, will help to provide a clearer career path for Exercise Science Practitioners.

Progress is continuing on the BASES Position Statement on Physical Activity in the Prevention of Chronic Disease, led by Dr Gary O’Donovan, and by the time this report appears in print, all the chapters of the accompanying Human Kinetics book entitled *BASES Guidelines on Physical Activity in the Prevention of Chronic Disease* will have been completed.

The Physical Activity for Health components of the 2007 BASES Annual Conference in Bath were a tremendous success with Profs Frank Booth, Scott Powers and Edward McAuley providing keynote lectures, as well as a number of symposia on physiological and psychological aspects of physical activity for health, including a joint symposium with the Association of the Study of Obesity on “Obesity, Physical Activity and Health.” Such joint initiatives provide an excellent opportunity for members to broaden their horizons as well as enhancing the profile of BASES. The Division committee is currently working to develop synergies with other cognate organisations, which will be of benefit to BASES and its members.

Members of the Division have made valuable contributions to the new on-line Q&A sessions piloted in the summer, as well as a special careers supplement with *The Independent*, which focused on Physical Activity for Health.

Key challenges still remain for the Division. The most notable of these is how to increase the value of BASES membership amongst the key constituency of academics working in the field of Physical Activity for Health, whose focus is research (and the sharing of research via teaching), rather than practice. The promotion of research in the sport and exercise sciences is a strategic objective of the Association, and one of the aims of the Division over the coming year must be to work towards facilitating this in the context of Physical Activity for Health.

***Dr Jason Gill***

**Chair of the Division of Physical Activity for Health**

**“The Division committee is currently working to develop synergies with other cognate organisations, which will be of benefit to BASES and its members.”**

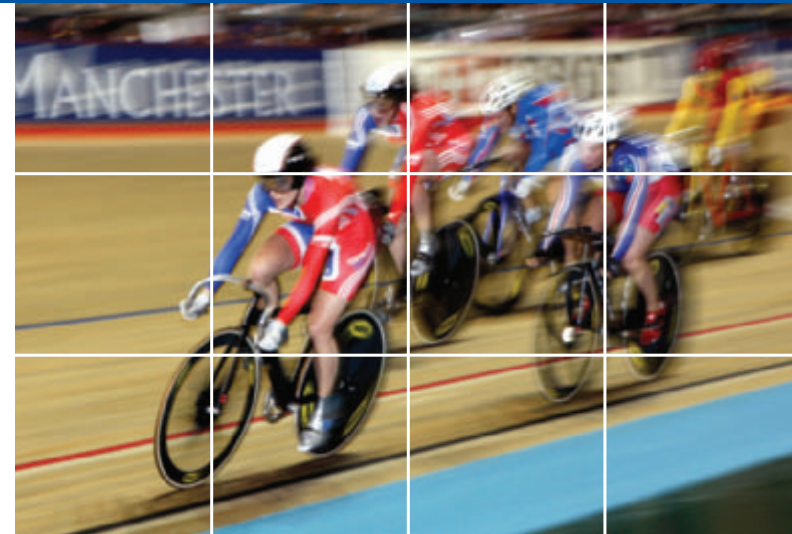
## Division of Sport and Performance

There are many challenges ahead for the Division, but I am pleased that there has been a continued increase in profile and that the Division forms a considerable part of the BASES infrastructure. The Division has entered into discussions with other organisations, as well as supporting the professional development activities of its members. Specifically, it has delivered high-quality events through the workshop programme. In the past year *The Sport and Exercise Scientist* has covered performance science and innovation in Olympic and Paralympic sport, America's Cup yacht racing, as well as a review of the BASES High Performance Sport Accreditation: One Year On. Sport and Performance was well represented in the recent on-line Q&A sessions with sessions on applying sport psychology in the golfing arena, impacting on sports performance through physiological support and nutritional supplements as ergogenic aids: Where is the evidence?

The Division also contributed to both the BASES Annual Conference and the BASES Annual Student Conference. Emma Ross, the Division's workshop representative is also running a blog on the BASES website.

Over the last year BASES has been trying to develop stronger links with UK Sport in particular with its Research and Innovation team. As a result of meetings with UK Sport, BASES has advised on a couple of

“BASES has been trying to develop stronger links with UK Sport in particular with its Research and Innovation team.”



COURTESY OF ACTION IMAGES

the initiatives to link sport science and the Research and Innovation team. These include the current “Garage Innovators” and “New Researchers” schemes.

More recently, BASES has been invited to help form “think tanks,” a group of experienced sport scientists to brainstorm and assist individual sports with a specific issue relating to their performance. The first of these think tanks has been set up to look at the Skeleton. If this proves effective, then we would expect to set up further think tanks to assist in other sports. Scott Drawer, Head of Research and Innovation at UK Sport, also attended the recent BASES Heads of Department Forum.

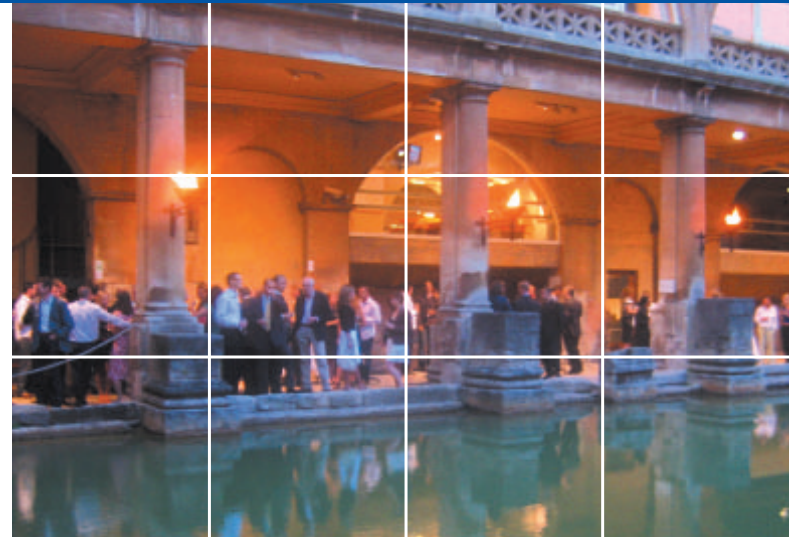
**Dr Michael Graham**  
Chair of the Division of Sport and Performance

“The keynote presentations were truly international in flavour and reflected the broad nature of sport and exercise science.”

## The 2007 BASES Annual Conference

The 2007 BASES Annual Conference was held at the University of Bath and attracted 600 delegates from 20 countries. The atmosphere for the Conference was set by an inspirational opening speech by Lord Coe, Chair of the London Organising Committee of the Olympic and Paralympic Games. The keynote presentations were truly international in flavour and reflected the broad nature of sport and exercise science. Sir Clive Woodward presented his vision for managing and supporting elite performers; Prof Julie Steele discussed the biomechanics of injury; Prof Jose Gonzalez-Alonso described the physiological limits to human performance; Prof Frank Booth posed questions about how physical inactivity causes disease; Prof Scott Powers provided evidence of one way in which exercise might protect the cardiac muscle; and Prof Edward McAuley examined the interactions between physical activity, ageing and quality of life.

The rest of the programme comprised a range of symposia, over 200 oral and poster communications and a workshop. There were many highlights and contributors to the programme had clearly invested a great deal of effort in preparing their presentations. The poster sessions were particularly successful, with a greater level of interaction and discussion than many within the organising committee had experienced at any other conferences. Overall, the delegates should be congratulated for their enthusiasm and commitment to engaging in scientific discussion – this is the one ingredient that any organising committee cannot ensure.



COURTESY OF THE UNIVERSITY OF BATH

Despite such a full programme, many delegates managed to take advantage of the sports facilities that the University has to offer, while others chose to sample the wide range of local bars and pubs. Some competed in the annual golf challenge, some lazed around in Bath's infamous spa and many enjoyed a BBQ to the strains of the BASES band. However, the centre-piece of the social programme was the drinks reception in the spectacular Roman Baths followed by the Conference dinner in the historic Pump Room. The faces on many delegates as they arrived indicated that they approved of the setting, whilst the faces as they left suggested that they had enjoyed themselves perhaps a little too much.

In reviewing the Conference, the organising committee were heartened to see so many positive comments – the long months of planning were definitely worth it. There was also some very constructive criticism that should be useful to future organising teams. We hope that we played a part in driving BASES forward as an Association and look forward to sitting back and enjoying the hospitality at Brunel University.

**Dr Keith Stokes**  
Chair of the Conference Organising Committee

## The 2008 BASES Annual Student Conference

The Conference took a lead title of “Beyond the lecture: Putting theory into practice” and welcomed two keynote speeches. Prof Greg Whyte opened the Conference talking around applying sport and exercise science in the “real world.” Prof Edward Winter ended the Conference with a lecture entitled “From theory to practice: do you take your science with you?” The Conference was sponsored by Gatorade Sports Science Institute.

The Conference was extremely successful in providing a forum for students to present their own research in a supportive environment as well as opportunities to discover other areas of research and current issues in sport and exercise sciences. The event welcomed a record 251 delegates with 196 present on both days of the event. Of those, 51 presented their work orally, while 70 presented posters. The standard of presentations was extremely high. In addition, there were symposia on sport and performance, nutrition/exercise physiology, psychology/perfectionism, sports therapy and coaching. The programme also comprised workshops, including ones on biomechanics and reliability of measurements of body fat.

There was a major focus on careers with sessions on CV and letter writing, teaching and lecturing in sport and exercise sciences and physiology. Delegates could also attend a BASES Accreditation Q&A session. There was the usual social aspect of the Conference with a wine and nibbles session and an opportunity to meet the speakers and the BASES Board.



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Another feature of the Conference was its trade fair. A record total of 26 exhibitors were present, of which 19 were educational institutions displaying postgraduate material and the remainder were trade exhibitors.

Overall, the Conference continued the tradition of being an enjoyable and informative event, and a full reflective critique will be handed to the University of Hull.

**Mark Cousins**  
Chair of the Conference Organising Committee

“Overall, the Conference continued the tradition of being an enjoyable and informative event.”

## Awards and International Travel Grants

### The 2007 BASES Annual Conference Awards

#### University of Bath Poster Presentation Awards

**Dr Doug Thake**, Coventry University

*Neutrophil oxidative activity and uphill walking in acute hypoxia equivalent to 3000m.*

**Dr Clare Elgin**, University of Portsmouth

*Physiological responses to playing different video games.*

#### Sportesse Sport Science Award

**Prof Andy Jones**, University of Exeter

*Validation of the 'critical power' concept for human exercise using 31P-magnetic resonance.*

#### Routledge-Taylor & Francis Recently Qualified Researcher Award

**Dr James Moreton**, Liverpool John Moores University

*Trained men display elevated resting levels of heat shock and antioxidant protein content of skeletal muscle and do not exhibit a stress response to customary running exercise.*

#### Human Kinetics Student Poster Presentation Awards

**Kate Gilbert**, University of Bath

*Effect of a growth hormone receptor antagonist (Pegvisomant) on the neutrophil response to 45 min of moderate intensity exercise in healthy young males.*

**Kate Janse Van Rensburg**, University of Exeter

*The effect of acute exercise on cognitive functioning and desire to smoke during temporary abstinence from smoking.*

#### Elsevier Student Oral Presentation Awards

**Alan Barker**, University of Exeter

*Quadriceps muscle energetics during an incremental test to exhaustion in children and adults.*

**Dominic Farris**, University of Bath

*Rehabilitation of Achilles tendon injuries: interventions to facilitate return to sport.*

#### Gaiam-Pro (incorporating Bodycare) Sport and Performance Applied Practice Award

**Dr Stephen Garland**, English Institute of Sport

*Analysis of speed, stroke rate and stroke distance for a world class breaststroke swimmer.*

#### Routledge-Taylor & Francis Education and Professional Development Applied Practice Award

**Dr Cassie Wilson**, University of Wales Institute, Cardiff

*Measuring the effectiveness of a personal tutor system.*

### The 2008 BASES Annual Student Conference Awards

- Undergraduate Oral Award Winner (Sponsored by BASES)

**Chloe Taylor**, Liverpool John Moores

- Undergraduate Oral Award Runner-Up (Sponsored by Human Kinetics)

**Thomas Ridgeway**, University of Wales, Cardiff

- Undergraduate Poster Award Winner (Sponsored by Hospitality, Leisure, Sport and Tourism Network)

**Robert Fordham**, University of Chichester

- Undergraduate Poster Award Runner-Up (Sponsored by Human Kinetics)

**Kenny Chu**, Liverpool John Moores University

- Postgraduate Oral Award Winner (Sponsored by Routledge)

**Garry Tew**, Sheffield Hallam University

- Postgraduate Oral Award Runner-Up (Sponsored by Human Kinetics)

**Alex Wood**, University of Wales, Bangor

- Postgraduate Poster Award Winner (Sponsored by Routledge)

**Katie Dray**, Canterbury Christ Church University

- Postgraduate Poster Award Runner-Up (Sponsored by Human Kinetics)

**Lindsey Smith**, University of Bedfordshire

- Mike Doherty Innovative Research Award Winner (Sponsored by University of Bedfordshire)

**Philip Carvil**, University of Chichester

- Mike Doherty Innovative Research Award Runner-Up (Sponsored by Cranlea)

**David Bartlett**, Napier University

- Coaching Research Postgraduate Award Winner (Sponsored by sports coach UK)

**Charlotte Woodcock**, University of Birmingham

- Coaching Research Undergraduate Award Winner (Sponsored by sports coach UK)

**Daniel Douglass**, University of Teesside.

### Annual Awards

Philip Read Memorial Award for Recently Qualified Researcher in Sport and Exercise Sciences

**Dr James Moreton**, Liverpool John Moores University

BASES Honorary Fellows Undergraduate Dissertation of the Year Award

**Adrian Sarjeant**, University of Bath

*The effects of carbohydrate-protein ingestion on muscle damage, function and soreness following strenuous intermittent shuttle running.*

### **BASES International Travel Grants**

**Dr Ailsa Niven**, Heriot-Watt University

**Dr Joanna Scurr**, University of Portsmouth

**Dr Alun Gwyn Williams**, Manchester Metropolitan University

**Dr Keith Tolfrey**, Manchester Metropolitan University

**Prof Greg Atkinson**, Liverpool John Moores University

**Dr Mark Hamer**, University College London

**Prof Julien Baker**, University of Glamorgan

**David Nunan**, Buckinghamshire New University

**Prof Craig A Williams**, University of Exeter.

“Twenty five workshops were presented at 20 different venues by 75 different presenters and eight of them were new workshops.”

”

## Workshop Committee

In 2007-2008 the workshop committee fulfilled their main role, which was “to promote and facilitate good practice in all aspects of education, training and professional development for those within sport and exercise science, and to organise a programme of high-quality education workshops.”

Twenty five workshops were presented at 20 different venues by 75 different presenters and eight of them were new workshops. Additionally, over half of the workshops were fully booked and therefore, one of the challenges for the Workshop Committee next year is to offer more workshops and to continue to offer more new workshops. The number of delegates attending these workshops was 463 compared to 400 last year. Formal evaluations of the workshops were extremely positive and reviews of each workshop were included in *The Sport and Exercise Scientist*.

The benefits of running a workshop are highlighted below and a high number of presenters who offer their workshops more than once (over 60%) reinforce that there are significant benefits to running a workshop. These include:

- Raising awareness of the topic presented
- Show-casing your institution/facilities
- Sharing your expertise with other interested individuals
- Contributing to the BASES mission “to deliver high-quality CPD events”
- Assisting individuals in the process of gaining BASES accreditation.

So what are the benefits for those members who attend the workshops?

These have been identified by delegates as:

- The opportunity to engage with like-minded individuals on an area of common interest
- To increase a practical and theoretical knowledge base
- To support my application for BASES Accreditation
- To visit other departments, see their facilities and meet their staff.

**Dr Richard Tong**  
**Chair of the Workshop Committee**

## **Programme of BASES Workshops for 2008**

### **Counselling Approaches in Sport Psychology**

*(in association with the British Psychological Society)*

Amanda Owens, Dave Alcock and Phil Johnson

### **Increasing Children's Physical Activity through School Sports Clubs: Take Home Messages for Practitioners**

*(in association with the North West Regional Department of Health)*

Prof Les Burwitz, Dr Gillian Burgess and Andrea Livesey

### **Increasing Children's Physical Activity through School Sports Clubs: Take Home Messages for Practitioners**

*(in association with the North East Physical Activity Forum)*

Prof Les Burwitz, Dr Gillian Burgess and Andrea Livesey

### **Oxygen Uptake Kinetics**

Prof Andrew Jones, Prof David Poole, Dr Mark Burnley and Dr Daryl Wilkerson

### **Approaches to Performer Assessment for Sport Psychologists**

Dr Tim Holder, Dr Richard Thelwell and Neil Weston

### **Advanced Measurement in Paediatric Exercise Science**

Prof Craig Williams, Dr Tom Rowland, Dr Tim Cable, Dr Andrew Middlebrooke, Dr Paul Ford and Dr Neil Armstrong

### **Surface Electromyography**

Dr Adrian Burden

### **1-Day Introduction to Counselling Skills**

*(in association with the Talented Athlete Scholarship Scheme)*

Dr Jonathan Katz and Dr Brian Hemmings

### **How to Manage Change: The Theory and Practice of Applying Change Management Principles in Sport**

Keith Power and Dr Richard Plenty

### **Putting Theory into Applied Practice: Supporting Coaches and Athletes**

Jonathan Robinson and Claire Lane

### **The Self Aware Sport Psychologist**

William Winstone and Jonathan Males

### **Establishing and Running an Institutional Research Ethics Committee**

Prof Edward Winter and Dr John Saxon

### **The Process of Performance Analysis for Assessing Performance and Coaching Intervention**

Ryan Coombs

### **Motivational Interviewing and Brief Negotiation in Sport and Exercise Settings**

Dr Jeff Breckon

### **Developing Mental Toughness: Strategies/Interventions for Athletes and Collective Toughness for Teams**

Dr Tom Fawcett

### **The Application of Biomechanics and Performance Analysis in Strength and Conditioning**

Dr Phil Graham-Smith, Paul Jones, Paul Comfort and Martyn Matthews

### **Using E-Learning in Sport and Exercise Science**

Jamie Barker, Geoff Walton and Sue Lee

### **Safeguarding Young People and Vulnerable Adults in Sport and Exercise Sciences**

Prof Richard Davison and Prof Celia Brackenridge, Liz Kinder, Dr Andy Miles, Geoffrey Platt and John Mills.

## The Journal of Sports Sciences

The *Journal of Sports Sciences (JSS)* has just received its latest impact factor for the calendar year 2007, now calculated as 1.44. On the surface, this appears to be a setback from last year's all-time high of 1.79. However, on closer inspection, we find the number of citations of "recent articles" (n = 317) for 2007 (the census years of 2005 and 2006), being very similar to those cited in 2006 (n = 318). The only difference in the two impact factors is the increase in this year's ratio denominator, with the number of articles published in the two-year census period increasing from 177 in 2006 to 220 in 2007.

This increase in published articles (with the *JSS* moving from 12 issues in 2005 to 14 issues per year in 2006) is almost inevitable and reflects one of the serious dilemmas of a successful journal, that being the pressure to increase the number of articles it publishes, due to the pressure of an increase in the number of articles being submitted. Hence, the impact factor (ratio of cites/published articles) has declined, with this year's impact factor (2007) =  $317/220 = 1.44$ , compared with last year's impact factor (2006) =  $308/177 = 1.79$ . The relative standing of the *JSS* still remains impressive, now ranked 24th out of over 72 sports-related journals.

Last year, due to the pressure of numerous international commitments, Prof Ron Maughan decided to stand down as the founding editor of the Nutrition and Biochemistry Section. Prof Maughan has been one of the pioneers of this important and still emerging area of sports science, and his contribution to the *JSS* has been greatly appreciated over the past years. Fortunately, he has agreed to remain on the *JSS* Editorial

“The *JSS* continues to grow in popularity at an impressive rate, maintaining a stable reputation as one of the leading academic journals of sport science in the world.”

Board as the Book Review Editor. Dr Stuart Galloway has been appointed as Prof Maughan's replacement.

The *JSS* continues to grow in popularity and reputation, with the number of articles submitted to the *JSS* from 1 January to 30 June 2008 increasing to 332. On an annual basis this represents an increase of over 25% on the 530 submitted in 2007. Of course, this has been greatly assisted by the on-line system, developed and supported by Manuscript Central. As with all such on-line systems there are a number of teething problems. However, I think most would agree, since its launch in November 2005, Manuscript Central has been a great success for authors, section editors, reviewers, administrators and, in particular, the Editor in Chief.

The *JSS* continues to grow in popularity at an impressive rate, maintaining a stable reputation as one of the leading academic journals of sport science in the world. I should like to thank all those responsible for keeping the *JSS* in such a healthy state, including authors, section editors, reviewers, members of the editorial and advisory boards and all the support team and administrators at Taylor & Francis.

**Prof Alan Nevill**  
Editor in Chief



## The Sport and Exercise Scientist

Members reported in a member feedback survey that *The Sport and Exercise Scientist* was one of the key member benefits. With a view to maintain this, we have sought to improve the quality of the publication. A key aim of *The Sport and Exercise Scientist* is to provide up-to-date information to those with an interest in sport and exercise sciences and to support excellence in the delivery of sport and exercise science practice, teaching and learning, and research. We draw on the experience of the BASES community to share knowledge and articles are sourced via several different routes. The launch of the BASES International Travel Grants requires winners to submit an article to *The Sport and Exercise Scientist*. In addition, applied papers, debates and symposia from the BASES Annual Conference are all considered for publication. We encourage articles from Interest Groups, Divisions, members and the sport and exercise science community in general.

The Editorial Advisory Board of *The Sport and Exercise Scientist* discussed what articles have been the highlights. The International Travel Grant winners' articles have been excellent. For example, Dr Joanna Scurr's eye-catching and innovative research on bra support featured in the September 2007 issue. Dr Scurr's work has received considerable media exposure. It is pleasing to showcase work that has both scientific merit and public appeal.



“Members reported in a member feedback survey that *The Sport and Exercise Scientist* was one of the key member benefits.”

Such exposure can only be good for BASES. There are many examples of excellent articles that provide real value. Other notable content includes Prof Edward Winter's article in the June 2008 issue on using the term “participants” versus “subjects,” Prof Greg Atkinson and colleagues' Consolidated Standards of Reporting Trials (CONSORT) statement, Dr Lee Ingle's article on chronic heart failure and Prof Tim Noakes' article on cold water swimming.

In terms of the process of working on *The Sport and Exercise Scientist*, it is a challenging and enjoyable role. The past year has benefited from a stable Editorial Advisory Board, comprising Dr Claire Hitchings, Prof Greg Atkinson, Dr Dan Bishop, Dr Dominic Micklewright, Dr Sarah Rowell, Dr John Saxton and Christopher Wagg.

In June, Dr Sarah Rowell and Prof Greg Atkinson stood down and we took this opportunity to expand the Editorial Advisory Board, recognising the need to cover the wide range of interests and experiences of members with Dr Richard Thelwell, Dr Lee Ingle, Dr Melissa Day and Claire-Marie Roberts joining the team.

**Prof Andy Lane**  
Editor of *The Sport and Exercise Scientist*

“Student members now make up more than half of BASES members with current student numbers topping 1,300.”

## The Student Advisory Group

The Student Advisory Group (SAG) has four focus areas that we have been working on for the past year: Increasing the number of BASES student members; encouraging greater participation in student activities; developing the member benefits for student members; and contributing to the BASES Annual Student Conference.

Student members now make up more than half of BASES members with current student numbers topping 1,300. The *Strictly for Students* section of *The Sport and Exercise Scientist* is a new development. It is written predominantly by students for students, offering useful insight and advice in many areas of academia, careers and applied work. In the past year it has covered areas such as effective ways of learning, the benefits of being involved in research, ways of gaining work experience, interview technique and the June 2008 issue had a 10-page *Strictly for Students* special.

Developing member benefits is an area the SAG has been especially active in. This year has seen an update to *A Guide To Careers In Sport and Exercise Sciences*, developed in association with Human Kinetics. BASES has also been a leader in its website social networking, with the introduction of blogs, one of which will be run by the SAG. More recently Dr Claire Hitchings has introduced the on-line Q&A sessions, which give members the chance to ask questions and chat live on-line with experts in their field of interest. BASES piloted these sessions in June with seven experts devoting over an hour to answering members' questions. Feedback has been extremely positive.



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Much like last year's Student Conference in Chichester, this year's event in Bedford was a great success. I attended as Chair of the SAG to integrate with fellow student members, ask their opinions and thoughts on member benefits and ways in which the SAG could improve BASES for its student members. The Student Conference was very well attended by student members and exceptionally well organised by the University of Bedford. Many delegates reported what a good networking opportunity this was with lectures and workshops catering for all interests.

The SAG will continue to further develop member benefits over the coming year, all in the interest of BASES student members.

**Len Parker Simpson**  
**Chair of the Student Advisory Group**

## Supervised Experience and Accreditation

### Supervised Experience

The Pathway Supervised Experience Review Committees reviewed a total of 126 supervised experience applications (April 2007 and October 2007). Pathway-specific figures are reported in Table 1 below. There are now 285 BASES individuals registered on supervised experience.

**Table 1: Supervised Experience Figures for 2007-2008**

Pathway	New Supervised Experience Applicants <sup>a</sup>	Total No. of Individuals Registered on Supervised Experience <sup>b</sup>
Biomechanics	0	9
Interdisciplinary	1	3
Physiology	27	141
Psychology	25	132
<b>Total</b>	<b>53</b>	<b>285</b>

Notes. <sup>a</sup>Across April 2007 and October 2007. <sup>b</sup>As of end of March 2008.

### Individual Accreditation

The Accreditation Committee met twice in the year and reviewed a total of 80 applications for scientific support and research re-/accreditation (July 2007 and January 2008). Pathway-specific figures are reported in Table 2. There are now 381 BASES Accredited Sport and Exercise Scientists and 20 High Performance Sport Accredited practitioners.

**Table 2: Accreditation and Re-accreditation Figures for 2007-08<sup>a</sup>**

Pathway	Scientific Support Re-/Accreditation	Research Re-/Accreditation	Scientific Support & Research Re-/Accreditation	Total Number of BASES Accredited Sport and Exercise Scientists <sup>b</sup>
Biomechanics	-	1	1	15
Interdisciplinary	1	3	2	30
Physiology	16	10	3	153
Psychology	21	2	3	183
<b>Total</b>	<b>38</b>	<b>16</b>	<b>9</b>	<b>381</b>

Notes. <sup>a</sup>Across July 2007 and January 2008. <sup>b</sup>As of end of March 2008.

### Laboratory Accreditation

Three new laboratories were accredited:

- University of Dundee
- University of Birmingham
- Roehampton University.

The total number of accredited laboratories is 31.

**Dr Claire Hitchings**  
Executive Officer of BASES

## BASES Undergraduate Endorsed Courses

Institution	Course Title	Qualification
Coventry University	Sport & Exercise Science	3FT/4SW Hon BSc
Edge Hill University	Sport & Exercise Science	3FT Hon BSc
Manchester Metropolitan University, Cheshire	Sport, Exercise & Coaching Sciences	3FT/4-6PT Hon BSc
Northumbria University	Applied Sport & Exercise Science	3FT Hon BSc
Roehampton University	Science of Sport & Exercise	3FT/4-7PT Hon BSc
Sheffield Hallam University	Sport & Exercise Science	3FT/6PT Hon BSc
St Mary's University College	Sport Science (Joint Honours)	3FT/4-6PT Hon BSc
	Sport Science (Single Honours)	3FT/4-6PT Hon BSc
University of Central Lancashire	Sport Science	3FT Hon BSc
University of Chichester	Sport & Exercise Science	3FT/4-6PT Hon BSc
	Sport Coaching Science	3FT/4-6PT Hon BSc
University of Edinburgh	Applied Sports Science	4FT Hon BSc
University of Glamorgan	Sport & Exercise Science	3FT Hon BSc
University of Gloucestershire	Exercise & Health Sciences	3FT/4-6PT Hon BSc
	Sport & Exercise Sciences	3FT/4-6PT Hon BSc
	Sport Science	3FT/4-6PT Hon BSc
University of Hull	Sport & Exercise Sciences	3FT Hon BSc
University of Portsmouth	Sports Science	3FT Hon BSc
University of Salford	Applied Sports Science	3FT Hon BSc
University of Wales Institute, Cardiff	Sport & Exercise Science	3FT Hon BSc
York St John University	Sport & Exercise Science	3FT/4-6PT Hon BSc

## Acknowledgements

The Board would like to pay special tribute to those members who have contributed their time and energy to the Association. The results achieved would not have been possible without their unpaid commitment and efforts. We thank each person for their support and contribution.

### **Division of Education and Professional Development**

Dr Martin Sellens (Chair), Dr Caroline Angus, Amy Dyer, Jocelyn Tantawy and Dr Richard Tong.

### **Division of Physical Activity for Health**

Dr Jason Gill (Chair), Prof Julien Baker, Lisa Board, Dr Gary O'Donovan and Len Parker-Simpson.

### **Division of Sport and Performance**

Dr Michael Graham (Chair), Paul Dent, Dr Mandy Plumb, Emma Ross and Christopher Wagg.

### **Biomechanics Accreditation and Supervised Experience Review Committee**

Dr Neil Fowler, Dr Mike Lauder, Dr Carl Payton and Dr Ray White.

### **Interdisciplinary Accreditation and Supervised Experience Review Committee**

Dr Steve Atkins, Dr Diane Crone and Fiona Lothian.

### **Physiology Accreditation and Supervised Experience Review Committee**

Lisa Board, Dr Paul Bromley, Dr John Buckley, Matt Cosgrove, Dr Audrey Duncan, Prof Andy Jones, Prof Alison McConnell and Prof Edward Winter.

### **Psychology Accreditation and Supervised Experience Review Committee**

Dr Joy Bringer, Ross Hall, Dr Costas Karageorghis, Zoe Knowles, Paul Russell, Cath Shearer, David Shearer, Dr Tony Westbury, Neil Weston and Amanda Wilding.

### **Accreditation Committee**

Dr Martin Sellens (Chair), Prof Stephen Olivier, Dr John Saxton, Dr Joanna Scurr and Dr Richard Thelwell.

### **High Performance Sport Accreditation Committee**

Dr Chris Harwood (Chair), Dr Malcolm Fairweather, Glenn Hunter, Dr Claire Hitchings, Dr Carl Payton and Dr Ken van Someren.

### **Workshop Committee**

Dr Richard Tong (Chair), James Bell, Lisa Board, Dr Stewart Bruce-Low, Dr Phil Graham-Smith, Emma Ross and Karen Williams.

### **The Student Advisory Group**

Len Parker-Simpson (Chair), Amy Dyer and Christopher Wagg.

### **BASES Undergraduate Endorsement Scheme Committee**

Dr Neil Fowler (Chair), Lisa Board, Dr Adrian Burden, Dr Christopher Bussell, Dr Mark Goss-Sampson, Dr Tim Holder, Dr Ray Lloyd, Helen Matthews, Dr Andrew Miles, Dr Steve Olivier, Dr Alun Rees, Dr Chris Sellars, Dr Martin Sellens, Dr Nick Smith, Dr Paul Smith, Jocelyn Tantawy and Dr Richard Tong.

### **The Sport and Exercise Scientist Editorial Board**

Prof Andy Lane (Editor), Dr Claire Hitchings, Prof Greg Atkinson, Dr Dan Bishop, Melissa Day, Dr Lee Ingle, Dr Dominic Micklewright, Dr Sarah Rowell, Dr John Saxton, Dr Richard Thelwell, Christopher Wagg and Claire-Marie Roberts.

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- The 2008 BASES Annual Student Conference Organising Committee: Mark Cousins (Chair), David Pears and Carly Thomas
- Interest Group Convenors: Dr James Bilzon, Dr John Buckley, Alastair Evans-Gordon, Dr Neil Fowler, Dr Shaun Galloway, Dr Paul Gamble, Dr Michael G Hughes, Dr Liam Kilduff, Andy Kirkland, Dr Louis Passfield, Dr Marcus Smith, Dr Henning Wackerhage, Dr Andy Williamson and Dr Craig Williams.
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- Individuals who have contributed to the Association this year by responding to various requests for input and assistance.

# The British Association of Sport and Exercise Sciences

## Promoting excellence in sport and exercise sciences

The British Association of Sport and Exercise Sciences is the UK professional body for all those with an interest in the science of sport and exercise.

**Mission** | Promoting excellence in sport and exercise sciences.

**Vision** | The professional body leading excellence in sport and exercise sciences through evidence based practice.

## Objectives of BASES

The Association's objectives are:

- the promotion of research in sport and exercise sciences
- the encouragement of evidence-based practice in sport and exercise sciences
- the distribution of knowledge in sport and exercise sciences
- the development and maintenance of high professional standards for those involved in sport and exercise sciences
- the representation of the interests of sport and exercise sciences nationally and internationally.

## Committees 2007-2008

### BASES Board

**Chair** | Prof Richard Davison

**Chair Elect** | Prof Jo Doust

**Executive Officer** | Dr Claire Hitchings

**Chair of the Division of Sport and Performance** |

Dr Michael Graham

**Chair of the Division of Physical Activity for Health** |

Dr Jason Gill

**Chair of the Division of Education and Professional**

**Development** | Dr Martin Sellens

**Non-Executive Director** | Dr Will Calvert

**Non-Executive Director** | Gaynor Heys

### BASES Operational Group

**Executive Officer** | Dr Claire Hitchings (until 31 July 2008) and Debbie Pearce (from 1 July 2008 to 31 July 2009)

**Office Manager** | Jane Bairstow

**Administrative Assistants** | Marsha Stankler and Jane Gillott

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# The British Association of Sport and Exercise Sciences

– the professional body for sport and exercise sciences



## Strategy 2008 -2010

### Mission

Promoting excellence in sport and exercise sciences

### 2008 Priorities

Health Professions Council application, accreditation, membership recruitment and retention, public relations and marketing

### Vision

The professional body leading excellence in sport and exercise sciences through evidence-based practice

#### Research, evidence-based practice and distribution of knowledge

- Deliver high-quality CPD events – conferences, workshops and forums
- Maintain our publication portfolio
- Launch position statements to provide authoritative views on contemporary issues
- Recognise excellence in research through awards and grants
- Invest in [www.bases.org.uk](http://www.bases.org.uk) to enhance user experiences
- Launch member networking online
- Secure a major sponsor for the Annual Conference

#### High professional standards

- Become a regulated profession under the Health Professions Council
- Provide the professional accreditation scheme for UK sport and exercise scientists
- Enhance the consultant finder to promote accredited individuals
- Increase the number of BASES undergraduate endorsed courses
- Review the Code of Conduct and develop ethical guidelines

#### Represent sport and exercise sciences

- Increase membership recruitment and retention through enhanced services and marketing
- Develop a public relations and marketing strategy to increase our profile
- Build relationships with key stakeholders
- Provide expert advice particularly to Government agencies, the media and practitioners
- Reduce our impact on the environment
- Engage and respond to the student voice
- Develop a London 2012 Strategy

**The promotion of research in sport and exercise sciences**

**The encouragement of evidence-based practice in sport and exercise sciences**

**The distribution of knowledge in sport and exercise sciences**

**The development and maintenance of high professional standards for those involved in sport and exercise sciences**

**The representation of the interests of sport and exercise sciences nationally and internationally**