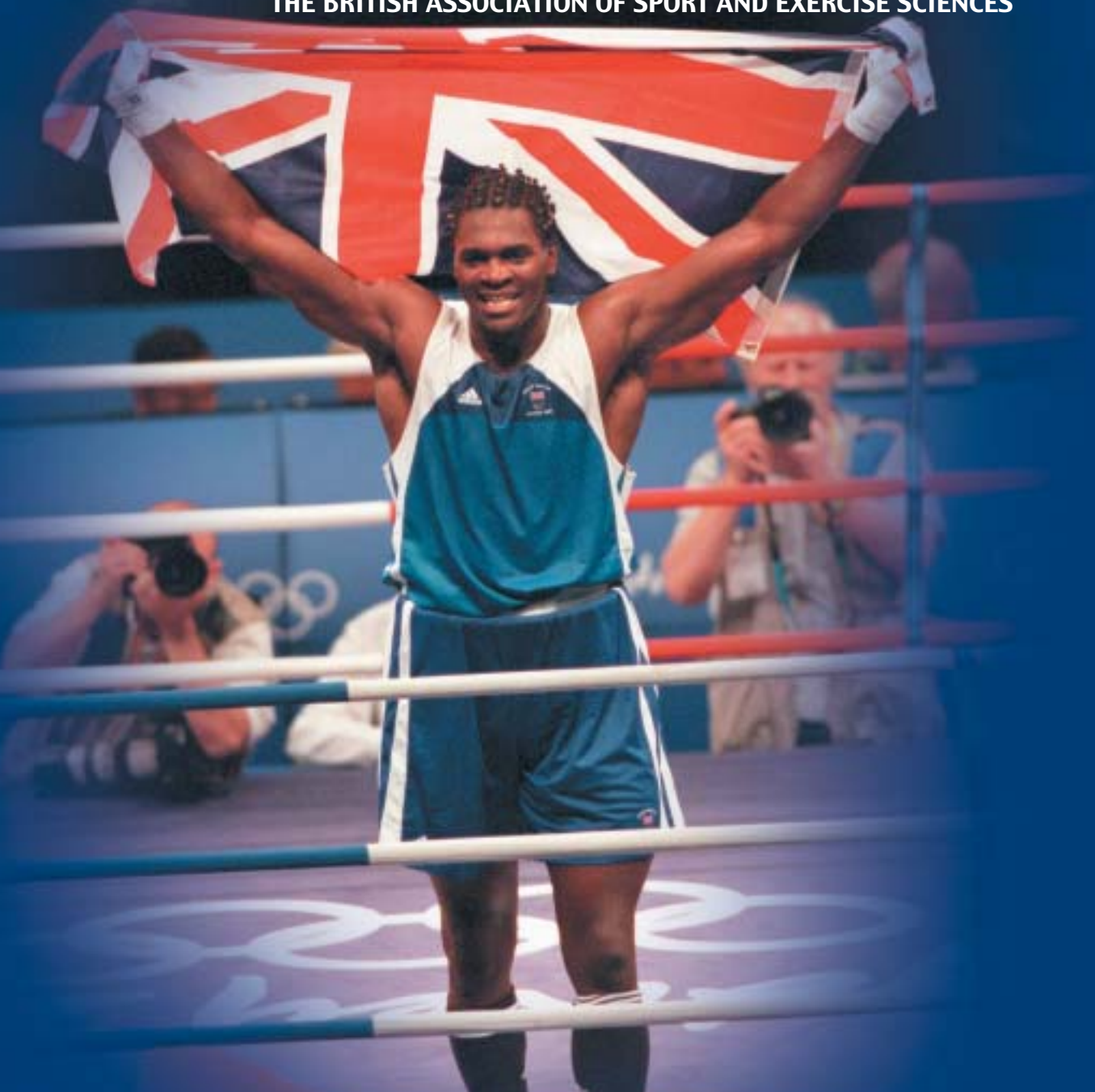




# Annual Report

2000-2001

THE BRITISH ASSOCIATION OF SPORT AND EXERCISE SCIENCES





## BASES' AIMS

- To promote fundamental and applied research in the sport and exercise sciences
- To encourage the development of evidence-based practice in the sport and exercise sciences
- To disseminate knowledge about the sport and exercise sciences
- To establish and maintain high professional standards for all sport and exercise scientists
- To represent the interests of sport and exercise scientists nationally and internationally
- To promote the relevance of sport and exercise science to society
- To facilitate communication amongst those actively engaged in research and scientific support in the sport and exercise sciences.

## WHAT DOES BASES DO?

- Represents UK sport and exercise science interests nationally and internationally
- Promotes sport and exercise science careers and consultancy
- Organises conferences, seminars and workshops
- Publishes the *Journal of Sports Sciences*
- Produces a members' newsletter four times a year
- Maintains professional standards.

## BASES EXECUTIVE COMMITTEE 2000/2001

### Elected Officers of the Association

Chair	Prof Neil Spurway	n.spurway@bio.gla.ac.uk
Secretary	Prof Ian Maynard	i.w.maynard@shu.ac.uk
Treasurer	Dr Valerie Cox	v.cox@coventry.ac.uk

### Section Representatives Elected Officers

Chair of Biomechanics Section	Dr Carl Payton	c.payton@mmu.ac.uk
Chair of Interdisciplinary Section	Diane Crone-Grant	dcrgrant@chelt.ac.uk
Chair of Physiology Section	Dr Andy Jones	a.m.jones@mmu.ac.uk
Chair of Psychology Section	Dr Tim Holder	t.holder@chihe.ac.uk

### Bases Office

Development Officer	Jeremy Cooper	jcooper@bases.u-net.com
Senior Administration Officer	Jane Bairstow	jane@bases.u-net.com
Administration Officer	David Alderson	david@bases.u-net.com



## CHAIR'S REPORT

Seen from the Chair, this has been predominantly a year of interaction.

The interactions have been, first of all, with parallel professional groups. We have agreed a Memorandum of Collaboration (MoC) with the British Association of Sport and Exercise Medicine (BASEM). I rate this as highly important. The greatest weakness of British Sports Science and Medicine, in the past generation, has been that they did not present a common front. I really do not believe this has principally been Sports Science's fault: our own ethos has been collaborative since the 1970s. The very existence of BASES, an association of all the mainstream disciplines working in Sport and Exercise Science, attests to that. By contrast, on its own frank admission, it is Sports Medicine that has been fragmented.

The most liberal and multi-disciplinary association of those involved in Sports Medicine (the then BASM) came near to signing a MoC with us (then BASS) ten years ago, when Professor Roger Bartlett was our Chair – but that Memorandum did not quite come into being. Now the climate has shifted; cooperation is more readily approved throughout society, and my overtures were instantly welcomed by the current BASEM Executive.

So the two committees have agreed to seek their AGMs' approval for:

- Representation on one another's Executives
- Facilitated participation in one another's workshops and conferences
- Work towards interdigitating quality assurance schemes
- Mutual support in all dealings with third parties.

By the mid autumn of this year, both AGMs will have taken place, and one profoundly hopes this MoC will be formally in operation. Informally, it already is!

An MoC between BASEM and the BOA has been in force since the spring of 2000. Before this report has appeared, I hope there will also be one, reinforced by reduced subscription for joint membership, with the European College of Sports Science. Discussions are in hand over a World Federation of Sport and Exercise Scientists. Back in Britain, BASES is exploring the feasibility of extending its schemes for Supervised Experience (SE) and Accreditation to specialist Conditioners, and of an alignment, or perhaps indeed merger, between its systems and analogous schemes currently being drawn up for Sports Nutritionists. At time of writing, these are aspirations, not achievements, but they show the way that things are going.

Why? Partly because enlarged membership, Full or Associate, is a crucial requirement for Chartered Status. This has been a long-standing goal, to which successive Executives have aimed with ever-increasing seriousness. The Executives have sought this to protect their own members, but they have wanted even more to protect those members of the public – from Olympians to geriatric exercisers – who seek scientific help. Inadequate practice is rife, and government intervention in the last four years has, despite the best of intentions, made it ten-fold more so. Throughout most of the 1990s, the then Sports Council ensured that no-one could work as a Sports Scientist with a Governing Body who was not BASES Accredited. Now, there are people claiming to provide scientific support to elite athletes who are not even BASES members. At best,

this situation is unregulated; at worst, it gives scope for charlatans.

BASES is not, I am happy to say, the only body aware of this. The ten new Sports Councils and Institutes, after inevitable time-lapses while they got themselves organised, are each now increasingly addressing the issue. BASES' striving, in this connection, is to prevent duplication and the multiple reinventing of wheels. When home country or UK Institutes of Sport seek to establish quality assurance systems, BASES wishes to collaborate; it is more than ready to discuss modifications or extensions to its present SE and Accreditation systems – we do not claim all wisdom, and in any case could do an even better job with more outside funding. This said, our BOA friends agree that there should be a single scheme throughout the UK, and it is one of our current missions to ensure that the ten other bodies reach the same conclusion.

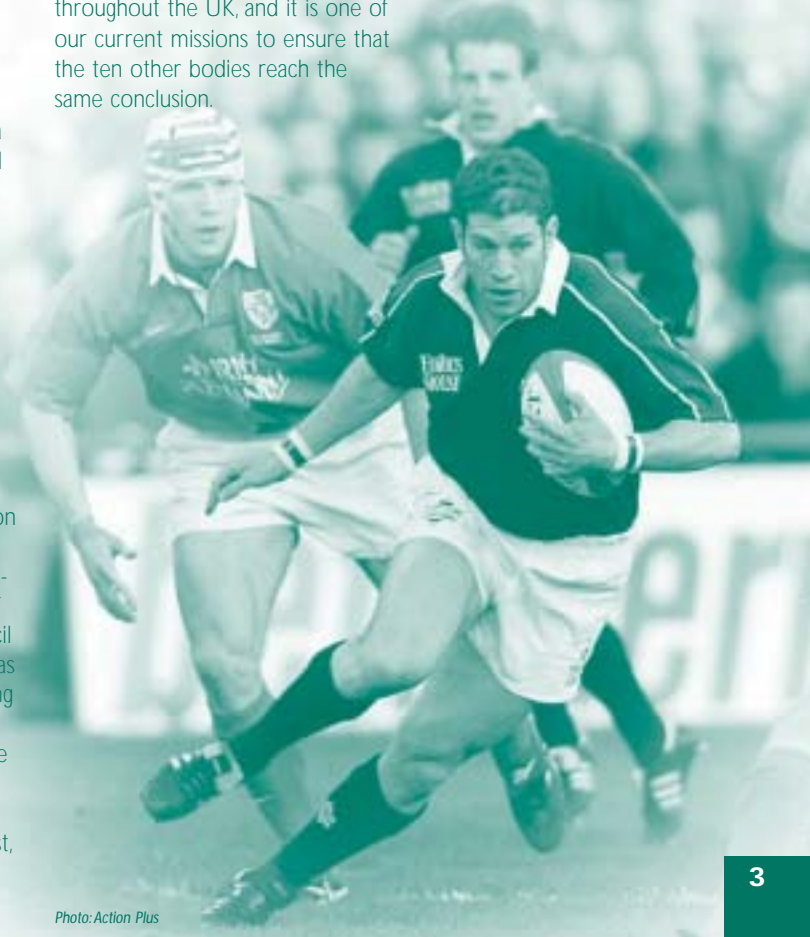


Photo: Action Plus



Political pressure, however, would be hollow, even hypocritical, if BASES' various functional committees were not working as hard as they are able to counter the current Government-imposed fragmentation in the delivery of Sport Science services in the UK. Thus our Sports Science Special Committee has established a new matrix structure, encouraging the efficient sharing of expertise within and across the different Sports Science disciplines, and between BASES members and representatives of 'user groups'. This exchange of expert knowledge culminated, on 10 July, in a very successful applied symposium that clearly demonstrated how Sport Science has added to the recent achievements of UK sport – particularly at the Sydney Olympics. Working less publicly, among our own members, the Education and Training Committee have mounted a 12 month workshop programme that will help to develop best practice in the delivery of the Sport and Exercise Sciences.

Which brings me to the Exercise end of our spectrum, where there has been just as much activity in the year under review as at the elite Sports end, and arguably more complete achievement. The launch by the NHS in March of the Quality Assurance Framework for Exercise Referral Systems was a particular landmark. Four of the five members of the Steering Group responsible are BASES members and two, Dr Andy Smith and Professor Adrian Taylor, are of course respectively the immediate past Chair of the Association and the Chair of its Exercise Science Special Committee. We must in no sense claim this Framework as an achievement by BASES only, but our association's part in it was very large, and those involved may be justly satisfied.

As the association grows in both size and scope, the complexities of its organisation and governance increase. There are concerns whether regional issues can be adequately dealt with, and local groups or Chapters are beginning to form. There are concerns also, whether our discipline-based Sections can adequately reflect the range of emphases of members' work. Some feel that macro-divisions, into Sports and Exercise sciences respectively, with or

without discipline-based Sections within each Division, would make for greater equity and balance. In any case, the magnitude and complexity of the SE-Accreditation system is now stretching our resources, and placing demands on both the full-time staff and the elected Officers, to extents which are close to the limits of practicability. In writing earlier of yet-more-extensive Accreditation I did not suggest that BASES could manage anything more than it does at present without more funds, and hence more staff. Such funding could also buy more time for voluntary officers, enabling their employers to release them sufficiently from day-job duties to serve BASES, and its members, to the increased extent that the officers themselves would wish.

Thus we must adapt as we grow. But some, at least, of the collaborations with other bodies, about which I wrote earlier, though placing yet more demands, can at the same time increase our means of meeting these demands. These will be part of our evolution from a traditional, minimum budget professional association to one, embracing the enterprise culture (a trend on which Jeremy Cooper and others comment further, in their sections of this Annual Report). It is one of the Executive's greatest tasks to ensure that this change is achieved to the maximum possible extent.

**Professor Neil Spurway**  
Association Chair



## SPORTS SCIENCE REPORT

### SPORT SCIENCE SPECIAL COMMITTEE REPORT

The initial proposals regarding the membership and terms of reference for the Sport Science Special Committee (SSSC) were developed in October 2000. Following a lengthy process of discussion, the first meeting of the large and fully representative group took place on 29 January 2001 to agree action that needed to be taken to ensure that sustainable World Class sport science support could be provided to elite UK athletes and coaches. The meeting brought together scientists from BASES and the BOA to ensure that everyone was 'speaking with one strong voice' (as required by the BASES/BOA MoC) about what was needed to enhance the existing support process. Representatives from the UKSI also contributed to the formulation of an action plan in four key areas, namely, Education and Professional Development, Quality Assurance, the Contribution of Sport Science to Performance and Research. It was agreed that four senior members of BASES and the BOA would lead four separate Working Parties that would report back to all members of the Committee through the Chair of the SSSC.

The Working Parties have made variable progress. The Working Party that focused on the Contribution of Sport Science to Performance has achieved its target by running the first BASES/BOA Sport Science Symposium. This was held at Manchester Metropolitan University on 10 July 2001 under the banner 'Winning Medals: The Contribution of Sport Science'. Details on this event are found later in the report.

With respect to the other Working Parties, Professor Adrian Lees chaired the group focused on

Quality Assurance and stimulated a lively email discussion concerning this topic. The original remit was to produce proposals regarding a quality assurance process that would create a seamless transition from BASES supervised experience, through BASES accreditation to registration by the BOA. A secondary objective was to investigate sources of funding to support the development and sustainable delivery of the modified process. The Working Party decided to re-focus its attention as Sport England involved BASES and the BOA in a project that established the job and person specifications of EIS sport scientists and recommended appropriate salary scales. Shortly after these positions were advertised, the UKSI circulated a standards document for comment. Adrian produced a BASES response to this document having consulted with the BOA Steering Group Chairs through Nick Fellows on the final submission.

The other two Working Parties have made less progress. Given the RAE, the Research Working Party was always expected to make slow progress as two of the members were on the RAE panel. Unfortunately, the Chair of the Education and Professional Development Working Party was unable to continue in that role and locating a suitable replacement and supporting that person in the build-up to the Symposium proved to be an impossible task.

Reflecting on the period from September to July (when this report was required), the overarching lesson was that creating a large and fully representative SSSC took a lot of time and was not as easy to manage as the small, very committed Symposium Programme Committee. The SSSC delivered on some aspects of its work programme. The Winning Medals



Photo: Action Plus

Symposia should have established a precedent that will encourage UK Sport to use BASES and the BOA to deliver future symposia that will bring athletes, coaches, performance directors, sport scientists and medics together to enhance the quality of the UK sport science and medicine support services. However, the BASES Executive Committee will need to give due consideration to the future membership and operation of the Committee given the time commitment required of leading SSSC members in an ever-changing environment.

**Professor Les Burwitz**  
Chair, Sport Science Special Committee



## WINNING MEDALS: THE CONTRIBUTION OF SPORT SCIENCE

The day was sponsored by UK Sport as part of their new project-based funding strategy and endorsed by Richard Caborn, the new Minister for Sport. This inaugural BOA/BASES symposium successfully illustrated that Sport Science does have a positive contribution to make. Gold medallists from both the Olympics and Paralympics of Sydney 2000, repeatedly insisted that Sport Science had a vital role to play in their preparation.

Invitations went to Performance Directors of World Class Performance Programmes, sport scientists working on these programmes, members of the SSSC and representatives from the UKSI and the four home country Institutes of Sport. Although there were some late apologies, the final audience was a fascinating mix of 110 people, who were given opportunities to interact and exchange good practice.

The programme involved three main elements. The morning was focused on 'looking back' at how sport scientists have contributed to athletic excellence. The highlight of these sessions was the contribution made by the athletes. This was typically honest and open but in all cases it acknowledged the contribution that sport scientists had made to individual and team performances. The first part of the afternoon was designed to enable sport scientists to demonstrate how they were delivering support to athletes using an interdisciplinary approach. The initial concept was that 'demonstrations of good practice would occur in realistic situations'. However, given the remit to make three similar presentations to separate groups within a 105-minute block, the workshop leaders from the BOMC, Welsh Institute of Sport, and the Universities at Edinburgh and Manchester Metropolitan opted for a simulated case study approach involving real-life or virtual athletes. Another workshop involved a presentation from Paul Gastin, the UKSI Technical Co-ordinator. The final session involved a lead presentation from David Lasini, who is the UKSI Sport Science Co-ordinator. The focus was on a United Vision for the Future of UK Sport Science and this led to a lively discussion between the audience and a plenary panel comprising representatives from the UKSI, the four home country Institutes of Sport and the BOA plus a Performance Director, an NGB Olympic Team Manager and an Olympic Gold Medallist.

The highlights of event were undoubtedly the morning sessions led by Pete Cunningham (yachting), Chris Shambrook (rowing) and Vicky Tolfrey (wheelchair basketball), although Carl Payton (MMU) and colleagues from Wales (Matt Cosgrove and Tara Williams) and Scotland (Dave Collins and Mike Hay) also achieved significant praise. These presentations were

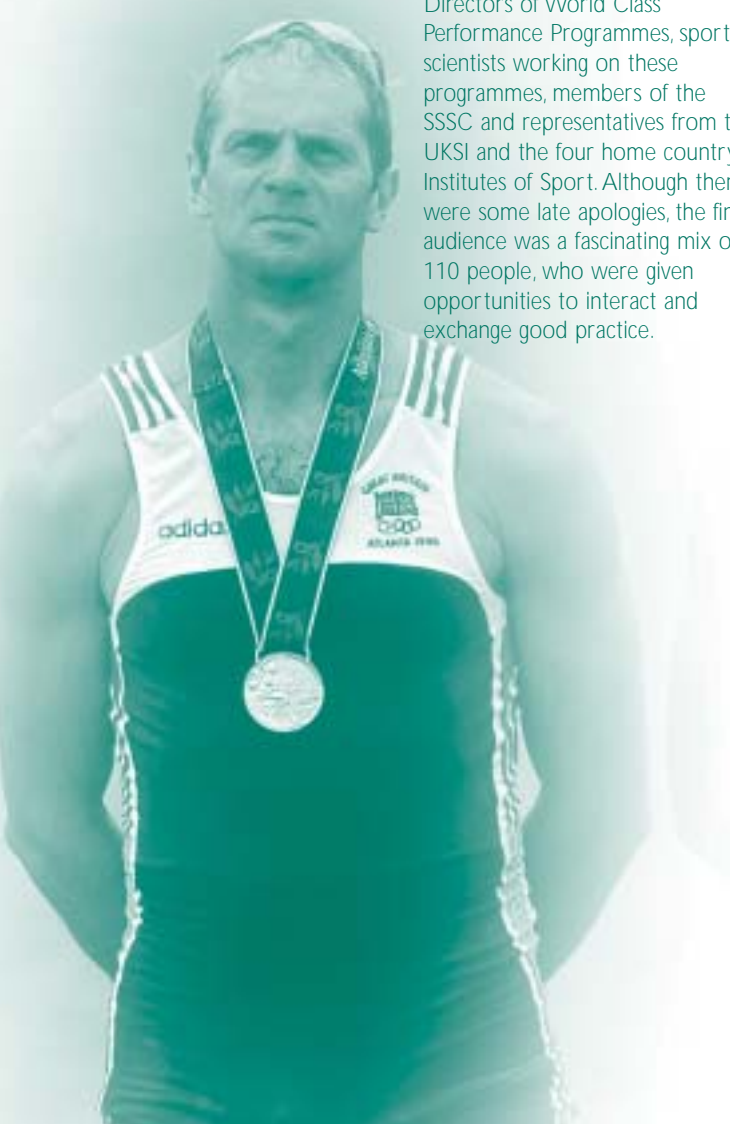
informative and interesting as well as entertaining. In all cases a superb balance between theory and practice outlined some important realities of elite sport science support; it takes time (and money), it's based on trust and good communication; all parties have well defined roles; and it tends to be very much integrated into the 'big-picture' of performance enhancement.

Most would agree that integrated multidisciplinary and interdisciplinary practices are the way forward. This was further embraced when it emerged that the UKSI and the home country sports councils are all looking at the possibility of these types of practice being the *modus operandi*, within the network of sports Institutes. It was exciting and very motivational to hear the sports councils seemingly talk with one voice (perhaps we are already starting to crawl), about future plans and commitments. In all cases we were promised tangible outcomes by the middle of next year and early 2003 at the latest.

The intention is to produce a CD-ROM of the event comprising videos, summaries and PowerPoint slides relating to the presentations and a profile of all of the speakers. These will be made available through BASES. The hope is that one such project should and could be repeated on an annual basis. Our thanks must go to all our partners for working together to provide a very successful event; the BOA, UK Sport, the UKSI, the presenters for the excellent content and MMU Crewe and Alsager Campus for hosting the event.

**Professor Ian Maynard**  
Chair, Programme Committee

**Professor Les Burwitz**  
Chair, Sport Science Special Committee





## UK SPORT GRANT

**B**ASES received £20,000 from UK Sport this year to provide services that added value to British performance sport. The grant allocation represented a reduction of 30% from the previous year's grant allocation of £28,500. However, BASES was still able to successfully provide support to the following key areas:

- 1 Assisting in the evaluation, development and review of the RESCU initiative.
- 2 Working to ensure that undergraduate provision was linked to vocational and professional competencies in Sport Science through the mechanism of the Quality Assurance Agency (QAA) benchmarking statements.
- 3 Developing and maintaining Continued Professional Development opportunities for Sport Scientists working with elite athletes.
- 4 Assisting in the underpinning of coach education by Sport Science.
- 5 Continuing to work in partnership with a number of relevant organisations and to extend our network of partners through the continued development of Memoranda of Collaboration (MoC).

UK Sport are happy that they have received 'value for their money' and have agreed to continue their current level of funding of BASES for 2001/02. While we are pleased to receive continued grant aid, the BASES Executive is considering how best the association should be funded in the future. The Executive

is aware that the Government policy environment is changing rapidly and that the grant aid culture is being replaced by a more formalised financial contract culture relationship. The strategy for BASES therefore (and other organisations in the voluntary sector) appears clear; achieving independence from state revenue funding while building on a reputation as an organisation that has a proven track record of delivering on specific targets and projects.

BASES is embracing this 'enterprise culture' and the need for organisational change along more commercial lines. This is reflected in the increased professionalisation of its management, the implementation of business processes and the reorganisation of the Association's operation to facilitate project management. The successful running of the sport science symposium at MMU in July represents a good example in how BASES can provide professional contracted services for agencies like UK Sport.

It seems increasingly clear to the Executive that in the future the organisation will need to be regarded as a provider of services, with the government agencies as the purchasers of these services. BASES would wish to be regarded as the preferred provider for Sport Science services not least because of the considerable quality and quantity of volunteer labour that it can deliver.

The Executive will therefore be in regular dialogue with UK Sport over the coming year in order to determine how best, future funding arrangements can be achieved.

**Jeremy Cooper**  
*BASES Development Officer*



# EXERCISE SCIENCE REPORT

## NATIONAL QUALITY ASSURANCE FRAMEWORK (NQAF)

Without any doubt, the highlight of the year has been the long awaited launch of the NQAF, in the form of an extremely prestigious NHS publication. Over 5000 copies were published and widely disseminated to every Primary Care Group/Trust, to the network of Chief Leisure Officers, and to many others across a diverse range of health and leisure professions. The launch on 5 April at the Sobell Centre in London, was greeted with considerable media interest. The Croxby Co's activities that day provided a demonstration of the benefits for BASES from employing a PR firm. The document also marked the success of an on-going partnership between academia and the fitness world. The initial joint bid to the Department of Health in October 1998 followed a memo of collaboration between BASES and Exercise England (holders of the Fitness Register). Since the demise of Exercise England, the partnership has been with the Fitness Alliance (Fitness Industry Association/ the National Training Organisation for Sport, Recreation and Allied Professions (SPRITO).

The NQAF has also attracted interest from overseas: I presented at the 17th International Puiji Conference on Physical Activity and Health in Finland in June, on the NQAF. Copies were requested from all over the world, including the Cooper Institute and the Stanford Centre for Research in Disease Prevention in the USA.

Nearer home, Andy Smith and I presented at the Sports Industry Conference and Andy presented at the Institute of Leisure and Amenity Management (ILAM) annual conference. I also represent

Group for the Fitness Register. These shared platforms are helping to meet the aims of BASES.

So why is the NQAF so important? There are a number of reasons:

- 1 No NHS document has ever been dedicated to the role of physical activity in enhancing health.
- 2 No Secretary of State for Health has ever made such a statement (in the Foreword and at the public launch) about the benefits of physical activity for tackling CHD (and other Health of Our Nation targets).
- 3 It has the backing of the Medical Protection Society, and therefore opens up new referral pathways in the NHS to professionals working outside the Professions Allied to Medicine.
- 4 It is launched in conjunction with a new Professional Register for Exercise and Fitness Professionals (due later this summer). To work in exercise referral schemes it will be necessary (within three years) for exercise professionals to be on the Register at Level 3. This will be achieved through approved qualifications at that level or through accumulation of an NVQ at Level 3.
- 5 It opens new career opportunities (and an educational market) for exercise and fitness professionals who wish to work with special populations who may benefit from a tailored exercise programme and lifestyle counselling (eg patients with existing or moderate-high risk of coronary heart disease/stroke, anxiety, depression, back pain, osteoporosis and risk of falling,





auto-immune function problems including cancer and chronic fatigue syndrome, and respiratory disorders).

- 6 It provides a framework for local Primary Care Trusts to use to meet targets for drawing up plans for promoting physical activity by April 2002, which are required within the National Service Framework for CHD.
- 7 Health professionals such as physiotherapists and nurses have commended the document as a framework to open new opportunities for multi-disciplinary teamwork.

Does the impact of the NQAF depend on anything?

- 1 The launch is just the start. The NQAF is closely aligned with the Fitness Register, and unless people and training organisations sign up to and promote the Register, then the target to have only people working in schemes who are registered at Level 3 within the next three years will not be met. Many BASES members work in FE/HE and deliver non-vocational Sport and Exercise Science degrees. There is a huge challenge to this sector to integrate vocational and academic training for career routes implicated in the NQAF. We hold the key to providing appropriately qualified graduates but there is a financial cost to giving quality vocational training which may not be fundable through current Higher Education Funding Council for England (HEFCE) income streams. There may also be a limited number of expert exercise practitioners to teach on such vocation oriented courses.
- 2 As schemes seek to meet these challenges, the fundamental question about who pays for the additional expertise (and salaries) of staff

working in schemes will become increasingly apparent. It may mean that there will be a reduction in the number of schemes, and/or they will be limited to those in Health Action Zones or areas eligible for other regeneration funding (eg New Opportunity Fund, EU, Single Regeneration Budget, etc.) where funding is available to address social exclusion. Persuasive arguments will have to be put forward on a cost-benefit basis.

- 3 GPs may bypass the referral process and simply advise patients to attend x, y, and z at a particular facility, rather than directly referring them, leaving a similar situation to the past with little quality control of the experiences of people with moderate risk.

In summary, there are challenges ahead for Exercise Scientists to contribute to the vocational training of staff who are or will work in exercise referral schemes. At the same time, doubt exists about the effectiveness of such schemes in modifying levels of physical activity, and associated health outcomes. The NQAF sets the optimum standard for evidence-based practice. There is a need for quality evaluation and research led by Exercise Scientists, Public Health Specialists and other health and leisure professionals.

The authors of the NQAF (Andrew Craig, Susie Dinan, Andy Smith, Adrian Taylor and Nick Webborn) are indebted to the many BASES and non-BASES members (particularly Imogen

Sharpe and Nick Cavill at the Dept of Health, Andree Dean (Fitness Industry Association) and Steve Studd (SPRITO) for their support during the past year, which ensured the launch of the NQAF.

Copies of the NQAF for exercise referral schemes can be ordered free of charge from:

**doh@prolog.uk.com** or  
downloaded from  
**www.doh.gov.uk/exercisereferrals**





## BASES-AGED PROJECT

The goal of this project (initially funded by the Health Education Authority in 1999) was firstly, to identify the extent of interest and expertise in areas of work in sport-related subjects, and Physiotherapy, concerned with health enhancing physical activity (HEPA) for older people. Secondly, the goal is to support the growth of interest and expertise in HEPA for older people. The interim report, not surprisingly perhaps, highlighted the relatively limited preparation that undergraduates in the UK have to work with older people. The

snap-shot in time national survey findings indicated only three undergraduate modules solely concerned with ageing, mirrored by fewer than 10% of final year projects including subjects over 50 years of age. BASES annual conferences present a similar picture in terms of subjects in the studies presented. There has been no change in the past five years.

The findings of the project will continue to appear in a variety of outputs, including this year's annual conference, a one-day Physical Activity and Ageing Conference at

Loughborough in September, a paper in a future special edition of the *Journal of Sport Sciences*. BASES will also be represented on the Scientific Committee of the International Society of Ageing and Physical Activity Conference, to be held at Loughborough in July 2003.

These activities are part of an on-going strategy to address the second goal noted above. I would like to thank John Buckley and Steve Bird for their continued support of the BASES-AGED project goals.

## LOUGHBOROUGH STRATEGIC EXERCISE SCIENCE DAY

For those who have visited the BASES website ([www.bases.org.uk](http://www.bases.org.uk)) you may have linked into the Exercise Science Strategy which seeks to focus our scarce resources (including volunteered time) to achieve our aims in the most efficient way. The rationale for the strategy talks about the rapidly emerging national (and international) interest in health enhancing physical activity. We have a professional commitment to further the knowledge and skill base of those interested in this area (and those not so interested) to enhance the health and well-being of the nation. In a competitive world BASES can play a leading role in the UK in taking on this responsibility, but can also move forward in collaboration with other national organisations. A direction is needed.

Before I talk about the strategy, where did it come from? About two years ago, the Exercise Science

Special Committee (ESSC) took a lead and identified some key areas to focus on. It was drafted, circulated for comment, and placed on the old website. Then, on 11 April this year, just to make sure we were on the right track, we held a meeting called: Future Directions for Exercise Science in the UK: A BASES consultation meeting, Loughborough University, 11 April 2001. It was attended by those on the ESSC plus some key figures in the Exercise Science world. The delegates for the morning meeting were: Ken Fox (Bristol U.), Katherine Woods (City U. Dublin), Nanette Mutrie and Neil Spurway (Glasgow U.), John Buckley (Keele U.), Len Almond, Stuart Biddle, Adrienne Hardman, Bob Laventure, David Stensell, Clyde Williams (all Loughborough U.), Tom Mercer and Andy Ramwell (MMU), Charlie Foster (Oxford U.), Andy Smith (Ripon and York St John), Michael Ussher (St George's Medical School). Apologies were received from Trudi Grant, Diane

Crone-Grant, Paul Bromley, Nick Webbhorn and Debra Richardson.

Emerging from the meeting were some key points that have been linked to the format of the strategy. For each of the five components of the strategy I will highlight the key discussion points from the meeting and note the implications.

### 1 Membership:

**Discussion:** It was suggested that the current structure of BASES is not appealing to many health professionals with an interest in physical activity and health. The discipline-based structure does not reflect the multi-disciplinary nature of health care and promotion. It was suggested that the ID term (for Interdisciplinary Section) is problematic. There was little opposition to the idea in principle that BASES could move to a simplified structure that reflected interest in for example, 'Sport and Performance' and 'Physical Activity and Health'.



**Implications:** The BASES Executive will initiate further discussion and consultation over the coming year(s) to consider its existing structure with respect to Exercise Science.

## 2 Collaboration and partnerships:

**Discussion:** There was agreement that it was BASES role to build partnerships and not to directly compete with other organisations. Regional Health Authority networks offer opportunities to establish the work of BASES members. The most productive collaboration was between BASES and Exercise England which eventually led to the National Quality Assurance Framework. John Buckley is already making excellent links with those from a Physiotherapy background.

**Implications:** The association's radically revamped newsletter, the *BASES World*, will call attention to the nature of collaboration and highlight some of the benefits. Members are encouraged to make suggestions for future partnerships.

## 3 Professional development:

**Discussion:** Now the NQAF has been launched, we have an opportunity to develop BASES workshops on funding, training and evaluation issues in GP exercise referral schemes, for both members and exercise and health professionals. For workshops that have a broad appeal, there should be scope to offer them at multiple sites across the UK. Interest in Clinical Exercise Physiology is also very evident.

**Implications:** The Croxby Co and ESSC are looking to deliver a regional programme of workshops on the implications for members (and non-members) of the NQAF for funding, training and evaluation through the autumn. As the ESSC Chair, I will continue to represent

BASES on the Technical Expert Group for the National Fitness Register to be (re)launched later this summer. BASES members working in HE/FE may wish to submit their training courses to SPRITO to ensure students can enter the Register to work in GP referral schemes.

## 4 Public relations:

**Discussion:** The appointment of a commercial PR company is bringing many benefits to BASES' profile. Nevertheless our PR and marketing efforts are limited by the resources available and so are our connections with key supporters in the public and private sector. BASES has made a huge step forwards in the Exercise Sciences with the publication of the NQAF.

**Implications:** A priority should be to seek external funding support for Exercise Science developmental work. The Croxby Co and others will explore external funding sources from the private health and fitness sectors. If any members know of any potential sources of income from the private sector, charities or government sources (eg., HEFCE, DoH, DfEE) to support the work of BASES for work on physical activity and health then I will be happy to follow it up. The ESSC will work on a resource pack (funding permitting) describing the role of Exercise Scientists in exercise referral schemes for: informing students of possible careers; informing curriculum planners of core skills and training issues (including how to embed vocational training into degree programmes); informing researchers of potential issues and scope for evaluation work; identifying how to develop partnerships with the public and private fitness and health sectors; and ensuring a scheme complies with the NQAF.

## 5 Communication:

**Discussion:** Since the demise of the HEA, BASES can be seen to play a key role in exchanging information by enhancing its networks around the theme of physical activity and health. Exercise Science is at the heart of evidence-based practice for physical activity practitioners, public health specialists, health promotion specialists and health and leisure professionals.

**Implications:** A new e-mail network should be established and promoted for the exchange of information and ideas on all aspects of physical activity and health, possibly in conjunction with the BHF National Centre. The idea of establishing an applied exercise (and sport) science journal should continue to be explored. There is scope for a UK Forum for Physical Activity and Health/Behavioural Medicine which could be led by BASES in collaboration with other leading organisations and professional bodies.

*In conclusion, there is much work to do in a rapidly changing world. The strategy sets out priorities and comments and help are welcome.*

**Professor Adrian Taylor**  
Chair, Exercise Science Special Committee



# RESEARCH REPORT

## JOURNAL OF SPORTS SCIENCES

The last year has seen the Journal firmly established as a monthly, with an average turnaround time of four months from acceptance to appearance – how many other sport and exercise science journals can match this? The Journal has continued its progress, standing officially for 2000 at number 13 (out of 61 journals in the field) with an Impact Factor of 1.306 (up from 1.13 last year).

Professor Alan Nevill is getting ready to take over as General Editor when I step down after 19 years on the 'Board' at the end of 2001. I wish him good luck!

With the support of the BASES Executive, the publishers, Taylor and Francis, are negotiating with the World Commission of Science and Sports (WCSS – formerly the World Commission of Sports Biomechanics) for JSS to become the official journal of that body. We already publish the abstracts of

many of the WCSS Congresses, but the new arrangement would help to promote more special issues. Professor Tom Reilly, the current President of the WCSS, has led this development on behalf of the Editorial Board.

While on the theme of special issues, two may make their appearance a little earlier than anticipated. The research methods issue (Professor Alan Nevill and David Mullineaux) and that on visual search strategies (Dr Mark Williams) could both appear before the end of 2001 – the race is on! The performance analysis special issue (Dr Mike Hughes and I) has swallowed a couple of papers from the defunct 'feedback' issue, both of which fit nicely within its remit. All but two of the papers for this issue are now in review and publication in 2002 is anticipated. I am still disappointed at the slow progress with the first special issue on an exercise theme, but this should be rectified by the appointment of Dr Andy Smith to lead this issue. I hope that BASES

members involved in exercise will come forward with further ideas for such issues.

A reasonably healthy crop of abstracts were reviewed for the annual conference in Newport and most were good enough to require only minor changes before acceptance, which is encouraging. However, the reintroduction last year of oral communications certainly appears to have had no effect at all on the number of abstracts submitted, which have shown no noticeable increase over the poster-only years. The new General Editor and the Executive of BASES need to address, before the 2002 Conference, why the huge increase in membership has not been reflected in any similar upward trend in conference communications. A radical suggestion (oops) would be a reduced conference fee for presenters – now that should go down like a ton of bricks!

**Roger Bartlett**  
*General Editor, Journal of Sport Sciences*





# CONTINUOUS PROFESSIONAL DEVELOPMENT

## BASES EDUCATION AND TRAINING REPORT

The work of the BASES Education and Training Committee has focused on two main areas in the past year – the development and delivery of a workshop programme for BASES members and the development of a draft Model for a BASES Education and Training Continuum. The latter document subsuming the previous BASES Position Statement on Undergraduate Degrees.

## BASES Workshop Programme

A one-year programme of workshops was promoted to the membership. This contained a range of workshops targeting, principally, members on supervised experience, although with appropriate workshops to provide continuing professional development opportunities for accredited and new BASES members. A central booking system has been initiated to give BASES ownership of the programme and procedures and although it is still early in the process, this appears to be effective.

In developing and providing a quality Education and Training Workshop Programme the E&T Committee identified the need for appropriate financial and quality control procedures to underpin the programme. As such, the E&T committee designed and introduced new approaches to workshop management and delivery. This was seen as an opportunity to pilot certain initiatives within the one-year programme with a view to adopting them in future years as the programme expands and develops.

**Dr Andy Miles**  
*Chair, Education and Training Committee*

# PROGRAMME OF WORKSHOPS FOR 2001

## Biomechanics

**ISOKINETIC DYNAMOMETRY**  
*Manchester Metropolitan University*

**COMMUNICATING THE RESULTS OF BIOMECHANICAL ANALYSES TO THE CLIENT**  
*Manchester Metropolitan University*

**DEVELOPING SKILL AND TECHNIQUES THROUGH BIOMECHANICAL INPUT**  
*Manchester Metropolitan University*

## Physiology

**BLOOD BORNE PARAMETERS OF ATHLETIC PERFORMANCE**  
*University of Glasgow*

**FIELD ASSESSMENT – THE FUNDAMENTALS**  
*British Olympic Medical Centre (BOMC)*

**FIELD ASSESSMENT – WORKING WITH WORLD CLASS ATHLETES**  
*BOMC*

**MAXIMAL INTENSITY EXERCISE**  
*Sheffield Hallam University*

## Psychology

**EUROPEAN PERSPECTIVES ON SPORT AND EXERCISE PSYCHOLOGY**  
*University of Glasgow*

## Interdisciplinary

**COLLECTING THE INFORMATION – A GUIDE TO EFFECTIVE NEEDS ANALYSIS**  
*University of Wales Institute, Cardiff*

**REFLECTIVE PRACTICE**  
*University College Worcester*

**INTERDISCIPLINARY APPROACHES IN SPORT AND EXERCISE SCIENCE – DOING IT EFFECTIVELY**  
*Leeds*

# ACCREDITATION AND SUPERVISED EXPERIENCE

Following the review of the accreditation and supervised experience process last year, the reviewing committees have found the process a little easier to manage. However, the volume of applications and reports received has remained unabated. In 2000/01, BASES generated 62 new applications for support accreditation (July 2000 and January 2001 round of applications: – Table 1). This means that there are now nearly 300 accredited members who are providing quality assured support to UK sport (Table 2).

Discipline	July 2000	January 2001	Total
Biomechanics	1	3	4
Interdisciplinary	1	2	3
Physiology	18	6	24
Psychology	15	16	31
Total	35	27	62

Table 1. Total number of applicants for support accreditation during 2000/2001 by Section and for the Association as a whole.

Discipline	Total 1999/00	Total 2000/01
Biomechanics	18	21
Interdisciplinary	11	15
Physiology	127	145
Psychology	99	112
Total	255	293

Table 2. Total number of members registered as Accredited during 1999/2000 and 2000/01. Data presented by Section.

During 2000/01 BASES has generated 91 new registrations for Supervised Experience (Table 3). In total there are 179 members currently registered for Supervised Experience (Table 4). Each of these probationary sport and exercise scientists should be in a position to apply for individual scientific support accreditation in 1–3 years.

Discipline	January 2000	July 2000	January 2001	Total
Biomechanics	1	1	4	6
Interdisciplinary	1	4	1	6
Physiology	8	7	17	32
Psychology	15	14	18	47
Total	25	26	40	91

Table 3. Total number of applicants for Supervised Experience during 2000/01 by Section and for the Association as a whole.



In 2000/01 a further five physiology laboratory accreditation visits took place. These were St Mary's Twickenham, Sheffield Hallam University, University of Essex, Oxford Brookes University and the University of Wolverhampton. Re-accreditation visits took place at De Montfort University, Bedford and the University of Exeter. In total there are now 31 accredited physiology laboratories throughout the UK with an improved geographical distribution.

In terms of accreditation and supervised experience, it must be recognised that the total volume of on-going work requires a significant time input, not only from the applicant but also from the committee members charged with monitoring applications and annual reports. In the vast majority of cases this is unpaid work that is

Discipline	Numbers registered
Biomechanics	6
Interdisciplinary	8
Physiology	62
Psychology	103
Total	179

**Table 4. Total number of members registered for Supervised Experience during 2000/01 presented by Section and for the Association as a whole.**

undertaken purely for the benefit of sport and health. The continued support from these members is invaluable for maintaining the BASES CPD programmes. The physiology laboratory accreditation process also puts a significant burden on the BASES members of

the Physiology Section, as assessment visits take place over a period of two full days. BASES will therefore be looking at ways of funding the entire CPD system in the future.

**Jeremy Cooper**  
BASES Development Officer

## ANNUAL CONFERENCE – LIVERPOOL JOHN MOORES UNIVERSITY 2000

The annual conference had a theme of "Back to the Future" as this presented 25 years in September 1975 when the first-degree courses in sport science were being offered at the then Liverpool Polytechnic and at Loughborough University. This year's conference theme enabled keynote presenters to recall important developments in exercise physiology, psychology, biomechanics and sport science support and then to consider future possibilities. Introspection was followed by crystal ball gazing. The four keynote presentations – *Sport science support in the UK* by Richard Young, *Key developments in exercise physiology* by Tim Noakes, *Expertise in sport: research, theory and practice* by Janet Starks, and *Biomechanics and the design of*

*sports equipment* by Martin Shortyn – were well received by the delegates and enjoyed by all, irrespective of discipline.

A series of excellent invited lectures and research presentations, both oral and poster, supplemented the themed workshops. Eleven half-day and three full-day parallel sessions of workshops took place during the conference. Prof Don MacLaren and his team are to be congratulated for organising and hosting such a comprehensive and successful event.



Photo: Action Plus

## RESEARCH PRIZES

Prizes for excellent research are awarded each year at the BASES annual conference and we would like to thank Sportesse, Taylor and Francis and Sportspages for their continued generous financial support. The following members received awards at the 2000 Liverpool conference.

### SPORTESSA AWARD

**G. Atkinson, et al. (Liverpool John Moores University)**

*Eating habits and body mass control methods in 'flat' and 'national hunt' jockeys*

### PHILIP REED MEMORIAL AWARD

**B. Streeter (Wolverhampton University)**

*The effectiveness of goal setting as a strategy to improve basketball performance in adolescent club players*

### STUDENT AWARD

#### Biomechanics

**G. Trewartha et al. (Loughborough University)**

*Model-based tracking of human movement from video image sequences.*

#### Interdisciplinary

**J. Prescott (Loughborough University)**

*Identification and development of talent in young female gymnasts*

#### Physiology

**S. Edmunds et al. (Liverpool John Moores University)**

*Wellness, physical activity and fitness in children with insulin dependent diabetes mellitus*

#### Psychology

**G. Faulkner (Loughborough University)**

*Exercise and depression: Concerns of clinical psychologists*

### SPORT PAGES AWARD (POSTERS)

**S. Taylor (Liverpool John Moores University)**

*Reliability of force production in tethered freestyle swimming*

**C.B. Woods (University of Glasgow)**

*Fitness freaks and crazy gym-people: A qualitative and quantitative study on the strategies that young people suggest help in the adoption and maintenance of an active lifestyle*

**G. Stratton (Liverpool John Moores University)**

*Changes in children's energy expenditure before and after painting an infants school playground*

**L. Daggart (Wolverhampton University)**

*An investigation into the prevalence of injury in student dance teachers participating in four dance styles*

## SECTION REPORTS

### BIOMECHANICS SECTION

During my two years as Section Chair there has been a steady growth in the number of members applying for Accreditation or to register for Supervised Experience. To date we have nine members accredited for both Research and Support, six for Support and ten for Research. Additionally, we have six members who are registered for Supervised Experience. Unlike other Sections, the biomechanics Section is still comprised predominantly of males. This is an issue that needs to be addressed by the Section.

I would like to thank all of the members who have served the

Section so well over the past year. Thanks to Mike Lauder for his work as Secretary, Neil Fowler for his dynamic input to the Education and Training Committee and Jim Watkins for his continued involvement in the Accreditation and Fellowship Committee. Thanks also go to Fred Yeadon, Adrian Burden and Stuart Miller for their thorough reviewing of the Accreditation and Supervised Experience applications on the Accreditation Committee.

The 2000 Annual Conference saw a number of very high quality biomechanics papers presented. The biomechanics award went to Grant Trewartha for his cutting edge work on the automated tracking of sports movements from synchronised

video recordings. Dr. Martyn Shorten presented an excellent keynote on the role played by biomechanics in the design of sports equipment. His overview of the biomechanics research underpinning the design of the aerodynamic speed suits used at the Sydney Games was fascinating. The Section was also treated to invited lectures from two eminent scientists; Jukka Viitasalo (Technique analysis in sport) and Alberto Minetti (Mechanics and energetics of running on gradients). Congratulations to longstanding Section member Jim Watkins, who was deservedly honoured with the award of Fellowship at the Conference.





The 2001 BASES Student Conference was well attended and the number and quality of biomechanics presentations continues to improve. Neil Reeves lifted the postgraduate biomechanics award for his oral presentation on force-velocity relationships during eccentric and concentric contractions. The undergraduate biomechanics award winner was Patrick Jamieson, for his oral presentation on the effect of contraction frequency and external work on internal work during cycling. Congratulations to them both. Fred Yeadon delivered the biomechanics keynote on aerial rotation in sport. As usual, his presentation was highly entertaining, informative and pitched at an appropriate level for the mixed audience. Highlights of the presentation included the original footage of a falling rabbit initiating a half twist before landing and Fred's twisting somersaulting Teddy bear.

Former Section Chair Bill Baltzopoulos returned from Greece to deliver an excellent workshop on Isokinetic Dynamometry earlier this year. The workshop programme for next year looks very healthy, thanks to the work of the Education and Training Committee and the Section members who have volunteered to deliver workshops. Finally, I would invite Section members to reflect on how they contributed to their Section last year (eg input to a BASES conference/workshop/committee, mentoring of individuals on SE) and to consider how they can best make a contribution in the coming year.

**Dr Carl Payton**  
Chair, Biomechanics Section

## INTERDISCIPLINARY SECTION

This year has been another productive year for the section in terms of accreditation and supervised experience applications,

the profile of interdisciplinary approaches and strategic development.

In terms of membership our accredited total has increased to sixteen (11 support, three research and two research and support) from thirteen, and there has been a two-fold increase from three to six, in registrations for supervised experience. I would like to say a special thank you to those members who continue, tirelessly, to provide supervised experience opportunities for less experienced members of the section. We have sixteen accredited individuals but sadly it is the familiar names of Andy Smith, Les Burwitz, Matt Jevon and Andy Borrie who continuously seem devoted to this process of development; thank you for your continued commitment.

The elected officers and representatives have also been busy in their respective roles and I would like to thank them for their continued support representing the section. They include:

- Trudi Grant (Secretary)
- Craig Mahoney (Accreditation and Fellowship Committee)
- Steve Bird (Research Special Committee)
- Andy Miles (Education and Training rep)
- Sarah Rowell, Matt Jevon, Andy Borrie and Les Burwitz (Sport Science Special Committee)
- Trudi Grant, Andy Smith, myself (Exercise Science Special Committee) and
- Andy Miles, Matt Jevon and Les Burwitz (Accreditation and Supervised Experience Committee).

Sadly, especially for Supervisors and their supervisees, the workshop programme has once again not been as fruitful as we would have all wished. There are many reasons for this but notably the later than planned arrival of the Education and Training programme flyer. However, the flyer is a huge improvement and

includes some interesting workshops (and there are others in the melting pot too), so hopefully next year will see some further development in this area.

Both the BASES main and student conferences this year were fine successes with a number of interesting interdisciplinary presentations. The rise in interest in interdisciplinary approaches has also been evident in the content of BASES World with a number of articles being written by section members. The improvement to the newsletter is much welcomed and is another area in which, in the next year, the section can continue to enhance the profile of interdisciplinary approaches to the membership and beyond.

The strategic developments within the section have culminated this year in the production of the Interdisciplinary Section Strategy. The document defines a structure, with





tangible goals, for the systematic development of interdisciplinary support and research in the sport and exercise sciences. Thank you to the many of you who were involved in this process and took the time to provide feedback on drafts. I sincerely hope that the collective production and extensive consultation of the document will ensure that its implementation during the next three years will prove to significantly increase the awareness, understanding, acceptance and practice of interdisciplinary approaches within sport and exercise science and its associated professions.

Once again the future looks bright for the section for the coming year. Through the implementation of the strategy we will accomplish many of the achievements we have been discussing over for the past few years. We are an important element within BASES that is essential for its continued development as an association. I am looking forward to the near future when we will be heard not only in terms of volume but also in numbers, with some new faces taking the lead.

**Diane Crone-Grant**  
*Chair, Interdisciplinary Section*

## PHYSIOLOGY SECTION

As usual, I'd like to start this annual report by paying tribute to the Section's volunteer officers for their continued hard work on behalf of the Association. The Section Secretary, Keith Tolfrey, has done an excellent job in keeping the e-mail machinery well oiled. The e-mail distribution list allows us to disseminate 'breaking news' rapidly and it also provides an important vehicle for communication from members to officers. The Section Accreditation Committee members (Steve Bird, Ian Campbell, Jo Doust, Roger Eston and Ed Winter) once again gave up copious amounts of their free time to review individual accreditation applications, make 'inspection' visits to laboratories, and provide guidance to members undergoing supervised experience. Thanks, chaps, for all the hard work. Thanks also go to Richard Davison for his work on the Accreditation and Fellowship Committee, where he helps to ensure 'fair play' and consistency in decisions on accreditation applications across the sections. Richard Godfrey has done a great job in reviving the workshop programme from his position on the Education and Training Committee and has been invaluable in developing an integrated CPD programme for sport and exercise scientists. On behalf of the Section members, I would also like to thank those individuals, too numerous to name here, who have been involved in advancing BASES by serving on working groups and special committees in the areas of sport science, exercise science, clinical science, and research.

The 2000 BASES conference in Liverpool last September was most enjoyable and will, I think, go down in folklore as one of the 'classics'.

Many felt that there was a 'step-change' in the quality of research presented. The international keynote speakers, Tim Noakes and David Poole, did not disappoint. The BASES students' conference, held at MMU in April, followed suit and helped to maintain the positive 'vibe'. Successful physiology workshops were held on the topics of Blood Borne Parameters of Athletic Performance (University of Glasgow), Field Assessment: 1. The Fundamentals and 2. Working with World Class Athletes (both at BOMC). I would like to thank the hosts of those events for providing these education and training opportunities. The first ever 'Clinical Exercise Physiology' symposium was held at MMU on 1 November 2000, and was attended by over 100 delegates. Clearly, BASES must give serious thought to overhauling its current structures in order that the interests of professionals working in clinical medicine, health promotion, and rehabilitation are accommodated.

Congratulations to the 12 physiology section members who gained accreditation or re-accreditation, and to Jo Doust, Roger Eston, and Mahmoud El-Sayed who were made Fellows of BASES for their services to British sport and exercise physiology. Congratulations also to the staff at the exercise physiology laboratories at St Mary's University College, Oxford Brookes University, University of Essex, University of Brighton, Chichester University College and University of Exeter whose facilities were accredited or re-accredited.

Finally, I would like to thank each and every member of the Physiology Section for the positive and constructive comments and offers of support I've received this year. This energy and enthusiasm will stand us in good stead: the future of the Section, and the Association, is in all our hands!

**Dr Andy Jones**  
*Chair, Physiology Section*



Photo: Action Plus



## PSYCHOLOGY SECTION

This report provides a brief overview of the main work of the Psychology section for the year 2000/2001. The Psychology section continues to be attractive to BASES members with 600 members choosing psychology as their first choice interest area from the range of sections within the association. Such an interest is reflected in the numbers of members who are currently accredited through the psychology section. The current figures are 32 accredited members for research and support, 18 for research and 77 for support. In addition to this there are currently 90 members who are undertaking supervised experience. This optional pathway for professional development of the sections' members continues to be popular and successful in training potential Sport and Exercise Psychologists of the future. In order to achieve this there are currently 37 accredited members of the section who are performing the role of supervision. It is hoped that in the near future a greater percentage of the accredited members will be able to enhance their own continuing

professional development by proffering their expertise and time to help others work towards accredited status through providing supervisory guidance. It is a credit to the section's members that so many already supply such a benefit for other members.

Thanks go out to the elected and co-opted members who have served the section through various committees and liaison activities. Dave Collins, Brian Hemmings, Will James, Lynn Johnson, Mark Nesti, Carole Sehuelt, Sheelagh Rogers, Chris Shambrook, Dan Weigand and Sandy Wolfson for their commitment to the Accreditation and Supervised Experience committee. Nanette Mutrie for work on the Accreditation and Fellowship committee and her valued contribution to the work with our European partners in FEPSAC as well as liaison with the British Psychological Society. Dan Weigand has kindly volunteered to liaise with the American Association for the Advancement of Applied Sport Psychology (AAASP). Tony Westbury has continued to provide substantial section representation on the Education and Training

committee and co-ordinating the successful workshop programme. The Sport Science Special committee has been serviced by Dave Collins, Sheldon Hanton, Lew Hardy, Ian Maynard and Gaynor Parfitt. Finally to Brian Hemmings who, as the secretary, has provided excellent co-ordination for the activities of the section.

The section has continued its work in linking with professional partners to help promote and develop the area of Sport and Exercise Psychology. Developments continue with the BPS as well as collaboration with the European Federation of Sport Psychology FEPSAC, the BOA and AAASP. In addition to this the section is beginning to develop working relationships with specific sports associations (eg The FA).

The developments made over the last year have continued to build on established procedures and projects and have provided new opportunities to grow in an ever expanding and exciting area of the sport and exercise sciences.

**Dr Tim Holder**  
*Chair, Psychology Section*

## EQUAL OPPORTUNITIES

Has it only been a year since the last Annual Report? So much has been on the EO agenda that it seems like much longer. The main activity has, of course, been the Equity Audit, which was a major undertaking. Thanks to all of you who completed and returned your questionnaires and to those who were selected to participate in, and provided data for, the qualitative study. Thanks also to Jane and Jeremy for their assistance in producing statistics from the BASES database.

A summary report of the Equity Audit was published in the December 2000 issue of the BASES newsletter and the full report is

available from the BASES office on request. Due to a lack of data from either the survey or the office records, no recommendations concerning race/ethnicity or disability could be made. However, the gender findings from the complete audit showed some evidence of institutional discrimination within BASES. This is in line with the majority of organisations, but the good and positive forward looking thing is that, unlike many of them, the BASES Executive has immediately set to work to change this. Almost every recommendation of the audit report is being acted upon – some recommendations were instigated immediately upon receipt of the

report (see September 2001 issue of *BASES World* for a summary of these actions). Others have to wait until funds are available but the Executive is demonstrating its commitment to achieving even more diversity and equality within the Association.

And finally, the Equal Opportunities Group has now been disbanded, as its work is complete. As Convenor of the Group, Precilla thanks its members, Celia Brackenridge, Jan Graydon, Sukvinder Obhi and Nigel Thomas for their contributions during the Group's life.

**Dr Precilla Choi**  
*Chair, Equal Opportunities Group*



## PRESS AND PUBLIC RELATIONS ACTIVITIES

The last year has seen a highly encouraging response from the UK media to our continuing media relations campaign of awareness-building about the Association and its aims and objectives.

A host of specialist and more general sports and leisure-oriented publications are now reporting on latest development within BASES and about the ways in which research conducted by accredited members is being applied across the sport and exercise sciences.

Our contacts with BASES members now numbers well into the hundreds – we cannot talk to everyone all the time, but our mission is to report on the excellent work under way in accredited sites and elsewhere by those committed to the development of quality-assured programmes of sport and exercise science support nationwide – and overseas.

We are always on the lookout for information that will make interesting news and features for the media – so do please come forward with any suggestions. You will receive a favourable response from us, I promise.

Spring 2001 saw the launch of the Exercise Referral guidelines – after a lengthy period of consultation. The involvement of BASES members in formulating much of the proposal document was of course crucial. The work of members in putting the guidelines into practice in sites across the UK will prove to be equally important.

We want to publicise as heavily as possible the key role BASES and its members are and can play in rolling out the guidelines, so come forward if you are actively involved in any Exercise Referral systems.

Markets concerning activity and exercise in the elderly are continuing to develop quickly in the UK. The media is reporting regularly on developments in the sector, and the thriving number of conferences and seminars focusing on the issue is proof that there are plenty of opportunities for media coverage opening up for BASES members. Keep us posted please.

The Commonwealth Games is already looming large in the minds of many sports administrators and practitioners. We are keen to capitalise on the potential for reporting on development involving members and will be contacting as many of you as possible to help us satisfy the media's thirst for stories.

Our success in building national awareness of BASES and its members relies heavily on the feedback we receive from members. This year will see even more opportunities for you to link up with us. *BASES World*, the Association's newsletter, we believe will grow to become a major opinion-former at national level.

The BASES website too is being developed to enable the media to plus into what's happening in the Association, and The Croxby Company will be adding links to the website via its own site – [www.croxby.com](http://www.croxby.com)

The next year promises to be a very exciting one on a number of levels. We want as many members as possible to be helping us push forward the messages about the range and quality of research and quality-assured services BASES is offering.

Contact any of The Croxby Company team – Matt Baker, Corinne Hitching, Karyn Walden and Greg Rhodes – and we'll be happy to discuss your ideas or proposals. Tel: 01403 259661, e-mail: [croxby@pavilion.co.uk](mailto:croxby@pavilion.co.uk)





## MEMBERSHIP SERVICES

The period April 2000 – July 2001 has been another period of rapid, but consistent, expansion for the Association in terms of our membership base. A 26% rise in membership during the 1998–99 financial year (392 members) was followed by an equally impressive membership increase in the 1999–2000 financial year of 441 new members and a further membership increase of 382 in 2000/01 financial year. Total membership sits at approximately 2,700. In the eyes of the individual members of the profession, BASES is clearly seen as the lead body for representing and servicing the needs of UK sports science practitioners.

In response to the increasing membership base we have continued to work hard to represent our members interest. Cast an eye over the following list:

- A quarterly publication of *BASES World* that provides for an interactive communication medium for BASES members and others with an interest in sport and exercise.
- Discount on various BASES publications.
- Regular job vacancies.
- A new website at [www.bases.org.uk](http://www.bases.org.uk)
- Discount on selected academic sport and exercise science publications.
- Reduced subscription to the association's peer reviewed *Journal of Sport Sciences*.
- Reduced registration fees to the BASES annual conferences.
- Preferential rates for civil liability (professional indemnity) cover.
- Access to funding for attendance at international conferences.
- Access to workshops and supervised experience that provides for your continued professional development.
- A Quality Assurance accreditation scheme that is recognised nationally.
- Promoting the benefits of your profession through various media channels and through the contracting of the services of a professional public relations company.

While I believe that these services make up a very attractive membership package, the Executive Committee and I are constantly looking for ways to improve these services. I would welcome your views on how you think we can achieve this.

**Jeremy Cooper**  
BASES Development Officer

## SECRETARY'S REPORT

Our drive over recent years to professionalise the Association and its services to members has moved on unabated this year. Central to this philosophy has been our continued drive to up-grade systems and procedures within and around the BASES office. To these ends we have installed a computer-based financial management system (SAGE) as well as re-vamped and improved the Association's website. As well as becoming more effective we have also continued to expand. Throughout the year our membership has continued to grow which has prompted the Executive to further invest in and endorse a third full-time member of staff in the office. David Alderson has been with us for nearly six months now and has already proved an excellent investment. I hope his time with the Association will be enjoyable for him, as well as long-term. Jane Bairstow continued to provide first-class

management and administrative services and under her guidance the offices become ever more efficient. Jane has pursued financial and website management courses this year as part of her professional development and members should already notice the benefits to the Association.

The investment that the Association has made in Jeremy Cooper via the funding of his MBA is also reaping rewards. Jeremy is moving towards a more strategic role for BASES. It is envisioned that with the completion of his higher degree the Association will reconsider his remit and job description.

The last big change this year, also a reflection of the growth in membership in recent years, has been our need to expand the Association office space. After in-depth consideration of several alternatives we have decided to remain at Coachwise. Although we

have retained the same address all other aspects of our accommodation have changed dramatically. We have up-graded from a single office to two offices and a Boardroom, a sign of things to come.

I have seen many changes over the last four years as Secretary and I firmly believe that most have been for the good. As we further grow and professionalise it must be implicit within our mission to evolve. As the professional body for Sport and Exercise Scientists we must be ready to survive in a market-driven culture and we must continue to be 'heard in high places'. My thanks and best wishes to both staff and the membership for your support in my time as secretary. I hope my successor has just as interesting and enjoyable an experience.

**Professor Ian Maynard**  
BASES Honorary Secretary



## TREASURER'S REPORT

As this is my first report as Treasurer can I once again thank everyone for their help over the last year. The Sage accounting software has now been mastered by Jane and has greatly streamlined the process of keeping day-to-day track of our funds and of producing accounts. Indeed, our draft figures this year were within a few pounds of those produced by the accountants.

I'm sure many of you will remember that for tax reasons we are trying to reduce the size of our 'savings' by strategic investment designed to "further the Association's aims and objectives".

A glance at the draft accounts will show several areas where our expenditure is greater than last year. For example, the salaries budget has increased due to the appointment of David Alderson. He has now been working with us for several months and has made significant improvements to the liaison with student members and to the running of the Tutorial programme.

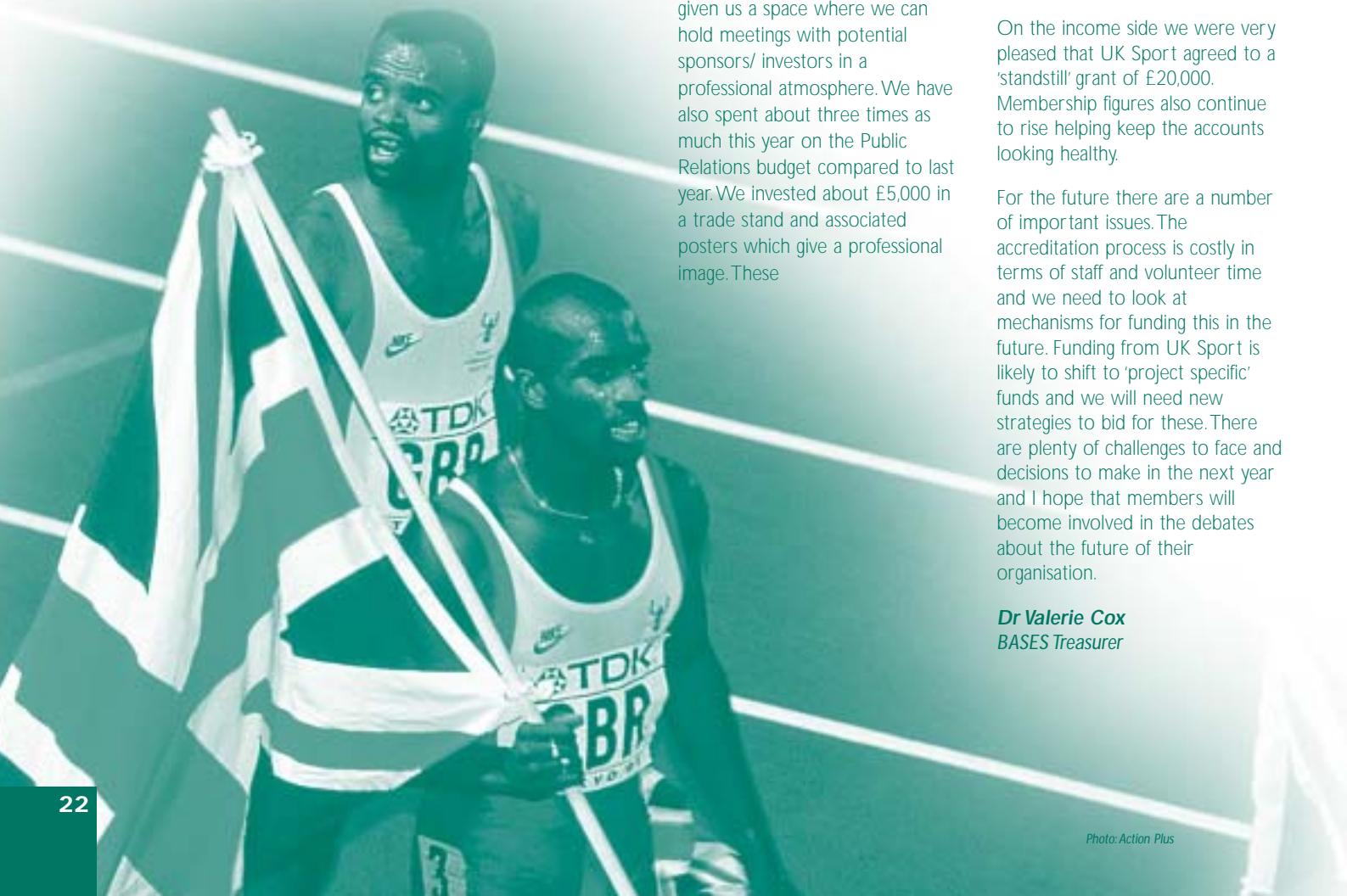
There are some important changes to the way BASES is likely to be funded in the future and we will need to be more proactive in going out to seek funding. In June the BASES main office moved – only about 50 feet but into larger premises. This has given the office based staff sufficient space to be able to work effectively. It has also given us a space where we can hold meetings with potential sponsors/ investors in a professional atmosphere. We have also spent about three times as much this year on the Public Relations budget compared to last year. We invested about £5,000 in a trade stand and associated posters which give a professional image. These

have already been used at a variety of events to promote the work of BASES to new audiences (eg fitness professionals) and to back up publicity for the work of BASES. We have also spent a significant amount of money on our contract with the public relations firm The Croxby Company. This has paid for publicity of BASES events and events that BASES and its members are associated with. A good example is the extensive publicity at a national level generated for the National Quality Assurance Framework for Exercise Referral Systems. Another important change in which we have invested is the overhaul of the newsletter. Most comments from members have been very positive and this is another vehicle by which we can promote BASES to a number of groups.

On the income side we were very pleased that UK Sport agreed to a 'standstill' grant of £20,000. Membership figures also continue to rise helping keep the accounts looking healthy.

For the future there are a number of important issues. The accreditation process is costly in terms of staff and volunteer time and we need to look at mechanisms for funding this in the future. Funding from UK Sport is likely to shift to 'project specific' funds and we will need new strategies to bid for these. There are plenty of challenges to face and decisions to make in the next year and I hope that members will become involved in the debates about the future of their organisation.

**Dr Valerie Cox**  
BASES Treasurer





## Profit and Loss Account for the year ended 31 March 2001

	31.3.01		31.3.00	
	£	£	£	£
<b>Income:</b>				
Sports Council grant	20,000		28,500	
Membership	53,962		47,300	
Accreditation fees	6,180		5,333	
<i>Journal of Sports Sciences</i> royalties	8,367		311	
Conference receipts	9,000		5,432	
Advertising and mailshot income	24,488		25,719	
Publications and other income	2,698		5,158	
Workshop income	1,175		1,130	
		125,870		118,883
<b>Project income:</b>				
UK Sports Institute income	-		6,301	
QAA Income	-		2,500	
HEA – Aged Project Income	12,928		-	
		12,928		8,801
<b>Other income:</b>				
Bank interest receivable		2,549		2,339
		141,347		130,023
<b>Expenditure:</b>				
Salaries, management charges and pension costs	52,266		36,865	
Meeting expenses and travel costs	20,368		14,484	
Office expenses	29,336		35,643	
Newsletter and brochures	21,045		20,356	
Conferences and workshops	2,645		1,715	
Public relations exercise	13,998		4,350	
Sundry expenses	654		633	
Audit and accountancy – current year	1,200		1,256	
Audit and accountancy – prior year	179		-	
Subscriptions and donations	236		1,003	
Staff training and development	3,235		4,299	
Inter-disciplinary section budget	1,932		-	
Legal and professional fees	1,250		1,235	
Computer support and maintenance	1,956		-	
Bad debts	-		260	
		150,300		122,099
<b>Project expenditure:</b>				
Department of Health costs	-		431	
UK Sports Institute costs	1,025		1,950	
Equal opportunities project	2,150		500	
HEA – Aged Project Costs	8,461		-	
		11,636		2,881
		20,589		5,043
<b>Finance costs:</b>				
Bank charges and interest	689		390	
<b>Depreciation:</b>				
Fixtures and fittings	171		156	
Computer equipment	1,323		723	
		1,494		879
<b>(Deficit)/Surplus of Income over Expenditure</b>		<b>(£22,772)</b>		<b>£3,774</b>

## Notes

### JOURNAL OF SPORT SCIENCE ROYALTIES

The financial statements reflect an increase in this income. This has arisen following an amendment to the basis in which royalties are now paid out to BASES.

### HEA – AGED PROJECT

BASES have entered into a contract with HEA and received a total of £25,150 income to fund this project. As at 31 March 2001 costs of only £8,461 have been incurred on the project. These costs represent 51% of the anticipated project costs. The accounts have therefore been drawn up to reflect only 51% of the income. The remaining income of £12,222 has been deferred to match against future costs.

### UK SPORT

Subsequent to the year-end BASES have been awarded £7,500 from UK Sport to service a discrete project, in collaboration with the BOA and UKSI.



THE BRITISH  
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