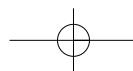


The British Association of Sport and Exercise Sciences  
**ANNUAL REPORT 2005–2006**



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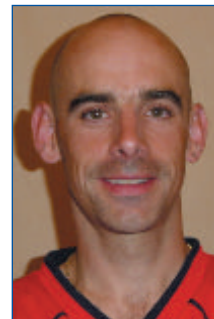
## The Strategic Management Team Report



Prof Craig Mahoney



Prof Edward Winter



Dr Richard Davison



Dr Claire Palmer

**“Overall, the year has been an extremely positive one and objectives across a diverse number of areas have been met.”**

\* On Monday 28 February 2005, BASES held an Extraordinary General Meeting in accordance with the procedures outlined in the Constitution of BASES. At the EGM members voted unanimously: to form BASES as a private Company limited by guarantee; to authorise the transfer of assets and liabilities from the existing business structure to the new limited Company; and to dissolve BASES in its existing business structure.

The Strategic Management Team (SMT) 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 2006. The SMT is pleased to report a surplus of income over expenditure of £81,319 for the year. However, it should be noted that this figure does include the transfer of assets of £47,206 from BASES to the new limited Company of BASES, which was incorporated under the Companies Act 1985 as a private Company on 8 March 2005\*. Thus, £34,113 is a truer figure for surplus of income over expenditure since BASES became a Company Limited by Guarantee.

Overall, the year has been an extremely positive one and objectives across a diverse number of areas have been met. One objective has been to continue to improve the financial stability of the Association by increasing the reserves funds to allow re-investment back into the Association in the longer term. The figures reported in the profit and loss account indicate that there has been good progress towards this on-going goal.

Another objective was to restructure into Divisions to more accurately reflect external developments. Three Divisions were formed in the areas of Sport and Performance; Physical Activity for Health; Education and Professional Development. All three Divisions have been active and report on their activities in separate reports within the Annual Report.

Interest Groups were also formed to provide an active forum for focused discussion, activity and debate among BASES members and guests who share an interest in an identified area. Thirteen Interest Groups have now formed in the following areas: Biostatistics and Psychometrics; Biomechanics; Coaching; Clinical Exercise Physiology; Cycling Performance; High Performance Psychology; Molecular Exercise Physiology; Occupational Physiology; Paediatric Exercise Science; Repeated-Sprint Sports Physiology; Sport Psychology; Strength and Conditioning; and Weight Classified Athletes. It is hoped that more Interest Groups develop and become the backbone of the Association.

Developing the BASES accreditation schemes was another objective of the Association. There have been three initiatives in this area. First, High Performance Sport Accreditation (HPSA) will be launched in September 2006. It is a new BASES accreditation scheme designed to provide quality assurance of sport science support provision for the benefit of elite sport and to guide professional practice and development for sport scientists. It builds upon the lessons learned in a pilot scheme known as the World Class Guarantee Accreditation Scheme.

A BASES HPSA Working Party has undertaken extensive consultation with UK Sport and the Home Country Sport Institutes to develop this accreditation scheme. HPSA will provide the 'next step' beyond the existing BASES Sport and Exercise Scientist accreditation for those practitioners with extensive experience of providing cutting edge sport

science support to elite athletes. UK Sport has continued its funding of this scheme through the 'grand-parenting' of 14 individuals and training of reviewers who will then assess applications. Applications will be assessed against professional competencies that have been identified both by BASES and key stakeholders as essential in the effective delivery of quality sport science support. Applications will be assessed in their demonstration of these competencies through a paper portfolio, references, observation and interview.

Second, BASES has played a key role, along with the British Dietetic Association (BDA) and the Nutrition Society, in the launch of the Sport and Exercise Nutrition Register (SENr). Work has been underway on the Register for some time and the three partner organisations along with funding agency UK Sport are pleased to announce that the register is live with a view to bring more clarity to current sport nutrition practices.

The SENr is a voluntary register designed for suitably qualified and experienced individuals who are competent to work autonomously in sport and exercise nutrition with performance oriented athletes, as well as those participating in physical activity, sport and exercise for health. The new register will focus on four key elements: 1. Public protection; 2. Setting, protection and promotion of standards of services and education; 3. Professional development of individuals; and 4. Developing the profession and its knowledge base.

Third, BASES is also nearing the end of its process of reviewing, amending and standardising documentation used for the Supervised Experience and Accreditation processes of the Association. A project manager was appointed through a transparent recruitment process and Part 1 of 2 of the update is completed. The intention is to launch the new scheme in early 2007. When these changes have been made to the accreditation scheme, BASES will seek Science Council membership and Chartered Scientist Licensed Body status.

Another objective of BASES was to expand its membership. To this end, new membership categories were developed to attract postgraduate student members and overseas members. In addition, the application process has been streamlined and several additional payment methods have been introduced – credit and debit card, direct debit and invoice. Progress towards on-line application has also been made. A new glossy membership application form has been produced as well as an A3 recruitment poster. 507 new members were recruited in 2005-06 (346 student members, 135 professional members, 19 affiliate members and 7 overseas members). Membership at 31 March 2006 was 1,775.

In light of the successful 2012 Olympic bid, BASES set an objective to position itself as a credible organisation with a role to play in the build up to, and delivery of, the London Games. A BASES London 2012 Steering Group has been recruited. Their work will focus on applied research funding, promoting the role of BASES in applied services and raising the profile of sport and exercise sciences.

The Association has also used its expertise to deliver some high-value events. At the 2005 BASES Annual Conference there were over 450 delegates and 28 keynote lecturers, 8 workshops/seminars, 50 oral communications and 120 poster presentations. Feedback via an on-line survey was generally very positive. On-line abstract submission was set up for the first time. Similarly, the 2006 BASES Annual Student Conference was extremely successful with delegates totalling 258. There were 36 Oral presentations and 75 Poster presentations. Of students surveyed, 98% said that they would recommend other students to attend the BASES Annual Student Conference next year.

BASES also held two successful Heads of Department Forums at the University of Gloucestershire in September 2005 and Manchester Metropolitan University, Cheshire in June 2006. The events were well attended and there was unanimous consensus that they provided unique opportunities to meet colleagues, exchange views and perspectives and address key issues in Higher Education in sport and exercise sciences.

A new initiative was to run a series of BASES High Performance CPD workshops. The purpose of the workshops was to enhance scientific support to high performance athletes through the interaction and the exchange of service focused information between those service providers. This initiative was supported by funding from UK Sport and workshops were run in psychology, physiology and nutrition. The workshops were well attended and feedback was extremely positive.

There have been significant developments with the BASES Welfare Policy. In 2004, after considerable consultation and much endeavour by a working party, BASES published its Welfare Policy. In that policy statement the Association committed itself to identifying and training a Welfare Officer and developing a good practice child protection awareness training workshop, which would be a requirement for accreditation and re-accreditation. Jane Bairstow, the BASES Office Manager, is currently undergoing the appropriate training to become a Welfare Officer. With the help of a new working party, BASES has now developed its own awareness workshop specifically for BASES members. It is titled, 'Safeguarding Welfare in Sport and Exercise Sciences' and the workshop has already been run five times.

Another major achievement of the Association is that the BASES Undergraduate Endorsement Scheme (BUES) has been launched. Endorsement is awarded to sport and exercise science related courses that provide undergraduates with the opportunity to develop knowledge and skills that BASES considers essential to enter sport and exercise science related professions. 15 courses from 12 institutions are currently endorsed.

The SMT looks forward to maintaining the momentum in the forthcoming year and working closely with a newly formed BASES Council, whose inaugural meeting will be in November 2006.

***Prof Craig Mahoney, Chair***  
***Dr Claire Palmer, Executive Officer***  
***Prof Edward Winter, Honorary Secretary***  
***Dr Richard Davidson, Chair Elect and Honorary Treasurer***

## Statement of the Strategic Management Team Responsible in Respect of the Accounts

### Report of the Directors for the period 8 March 2005 to 31 March 2006

The directors present their report with the financial statements of the Company for the period 8 March 2005 to 31 March 2006.

### Incorporation

The Company was incorporated on 8 March 2005 and commenced trading on 1 April 2005. The assets and liabilities were transferred from the unincorporated Association on 1 April 2005. The surplus of members funds in the Association were donated to the Company.

### Principal Activity

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

### Directors

The directors during the period under review were:

Dr Richard Davison - appointed 8 March 2005  
Prof Craig Mahoney - appointed 8 March 2005  
Dr Claire Palmer - appointed 8 March 2005  
Prof Edward Winter - appointed 8 March 2005.

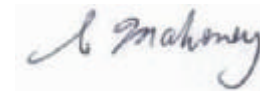
All the directors, being eligible, offer themselves for election at the forthcoming first Annual General Meeting.

### 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 Craig Mahoney**  
Director  
2 August 2006



## Balance Sheet 31 March 2006

	Notes	£	£
<b>FIXED ASSETS</b>			
Tangible assets	5		8,999
<b>CURRENT ASSETS</b>			
Debtors	6	35,138	
Cash at bank		<u>170,861</u>	
		205,999	
<b>CREDITORS</b>			
Amounts falling due within one year	7	<u>133,679</u>	
<b>NET CURRENT ASSETS</b>			<u>72,320</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			<u>81,319</u>
<b>RESERVES</b>			
Profit and loss account	8		<u>81,319</u>
			<u>81,319</u>

The Company is entitled to exemption from audit under Section 249A(1) of the Companies Act 1985 for the period ended 31 March 2006.

The members have not required the Company to obtain an audit of its financial statements for the period ended 31 March 2006 in accordance with Section 249B(2) of the Companies Act 1985.

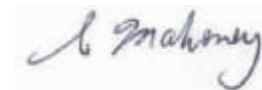
The directors acknowledge their responsibilities for:

(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 2005).

The financial statements were approved by the Board of Directors on 2 August 2006 and were signed on its behalf by:



**Prof Craig Mahoney**  
Director



## Notes to the Financial Statements

### 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 2005).

#### Tangible fixed assets

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

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

#### Pensions

The Company operates a defined contribution pension scheme. Contributions payable for the period are charged in the profit and loss account.

### 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 profit and loss 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.

### 3. OPERATING PROFIT

The operating profit is stated after charging:

	£
Depreciation - owned assets	1,276
Loss on disposal of fixed assets	580
Pension costs	924
Directors' emoluments and other benefits etc	<u>35,883</u>

### 4. TAXATION

#### Analysis of the tax charge

No liability to UK corporation tax arose on ordinary activities for the period.

*Continues overleaf.*

## Notes to the Financial Statements (cont.)

### 5. TANGIBLE FIXED ASSETS

	Fixture and fittings	Computer equipment	Totals
Cost	£	£	£
Additions	3,486	7,624	11,110
Disposals	(835)	-	(835)
At 31 March 2006	<u>2,651</u>	<u>7,624</u>	<u>10,275</u>
<b>Depreciation</b>			
Charge for period	<u>265</u>	<u>1,011</u>	<u>1,276</u>
At 31 March 2006	<u>265</u>	<u>1,011</u>	<u>1,276</u>
<b>Net Book Value</b>			
At 31 March 2006	<u><u>2,386</u></u>	<u><u>6,613</u></u>	<u><u>8,999</u></u>

### 6. DEBTORS: Amounts Falling Due Within One Year

Trade debtors	13,601
Prepayments and accrued income	<u>21,537</u>
	<u><u>35,138</u></u>

### 7. CREDITORS: Amounts Falling Due Within One Year

Trade creditors	1,772
Social security and other taxes	2,411
Accruals and deferred income	<u>129,496</u>
	<u><u>133,679</u></u>

Included within accruals and deferred income is £106,842 of deferred income, of which £49,299 relates to deferred membership fees.

### 8. RESERVES

	Profit and loss account
	£
Profit for the period	<u>81,319</u>
At 31 March 2006	<u><u>81,319</u></u>

### 9. 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 of The British Association of Sports and Exercise Sciences

In accordance with our terms of engagement and to assist you to fulfil your duties under the Companies Act 1985, we have compiled the financial statements of the Company for the period ended 31 March 2006 which comprise the Profit and Loss 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 2006 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 period.

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**  
**Chartered Accountants**  
Richmond House, 16 Blenheim Terrace, Leeds, West Yorkshire, LS2 9HN

Date: 25 August 2006

## Sport and Performance

The first year of my two-year tenure has been a challenging yet ultimately rewarding one. The Divisional representatives have met four times over the year. We published our aims in *The Sport and Exercise Scientist* (Issue 6, Dec 2005). Our main aspiration was to see more people join both the Division and BASES and although it is too early to judge, a number of indicators would suggest that the Division has begun well. First, the number of members who have submitted abstracts to the Sport and Performance strand of the BASES Annual Conference are extremely encouraging. The English Institute of Sport has planned a professional development day for its science staff on the Sunday before the Annual Conference, which will allow a number of its staff to stay on for the Conference's Sport and Performance day. Joined-up thinking is a term often talked about but I think it may have happened on this occasion! I wonder if we could use this as a model for other key stakeholders.

Second, a key aim of the Division was to launch the BASES High Performance Sport Accreditation (HPSA) scheme. HPSA will provide quality assurance of sports science support provision for the benefit of elite sport and will guide the professional practice and development of sport scientists. The HPSA scheme affords BASES and its members an opportunity to be at the forefront of high performance sport. Highly significant is the fact that the Home Country Sports Institutes are embedding BASES Sport and Exercise Science Accreditation and the HPSA within their job descriptions. These are tremendous achievements and show how BASES is becoming increasingly recognised for quality assurance and delivery in this field.



COURTESY OF THE ENGLISH INSTITUTE OF SPORT

Third, the Division wanted to provide continuing professional development to those working in elite sport. The Division has liaised with UK Sport and the BASES Workshop Committee to deliver three BASES High Performance CPD workshops.

Finally, the Division invited Dr Sue Hooper, Director of the Centre of Excellence for Applied Sport Science Research at the Queensland Academy of Sport, to speak at the 2006 BASES Annual Conference about how the Queensland Academy of Sport (arguably the most successful Australian state institute of sport) is linking with universities to produce applied research. This should be of great interest to members who often ask how this process might occur more seamlessly in the UK.

Going forward, a key area we do need to look closely at is how we can make the most of the Inter-Professional Forum and other forums in terms of 2012. Are we on the radar of the Department of Culture, Media and Sport and the Minister for Sport? For BASES to become a key consultative body for sport in terms of government policy leading up to the 2012 Olympic Games we will need a clear and well communicated strategy that is delivered by well respected, senior BASES members.

**Prof Kevin Thompson**  
**Chair of the Division of Sport and Performance**

## Physical Activity for Health

This new Division got off to an excellent start that was greatly influenced by the high quality programme and presenters at the 2005 BASES Annual Conference. It was this programme and interest in those attending the Division's first AGM that have highlighted the broad spectrum (and broad challenges that lay ahead) of this Division. Such a wide spectrum needs to be appreciated by all who wish to contribute to future developments of the activities within this Division.

With respect to workshops, the first aim was to start discussions with members around a 'fit for purpose' workshop programme. This would result in not only meeting the needs of the Division but also to reach practitioners who were not BASES members. Discussions during this year have not only provided ideas on new and innovative themes as well as interest in hosting physical activity related workshops but have also emphasised the desire for workshops to be more delegate led and participative in nature. Two highly relevant workshops were proposed for the Spring/Summer 2006 programme, which have attracted a greater interest from non-members of BASES than previous workshop programmes.

We have started to source externally for interest in workshops through Public Health and Sport England leads, which have helped to broadcast information on the opportunities provided through the BASES programme. This had included various Regional Physical Activity networks that currently exist. A 'Physical Activity Measurement' workshop held at Manchester Metropolitan University, Cheshire demonstrated the need both from practitioners and researchers as well as policy makers to further their knowledge in the developing field of Physical Activity for Health. Recent subsequent discussions have been around arriving at some BASES consensus statement to help health-care workers effectively measure physical activity and promote health through this medium.

The formation of the Division has enabled a dedicated 'Physical Activity for Health' focused day at the BASES Annual Conference, which as well



COURTESY OF DR JOHN BUCKLEY

as inviting acknowledged Internationally recognised scientists such as Dr Jim Levine to speak on non-exercise activity thermogenesis and Prof Greg Kolt to speak on physical activity interventions in the aging population, the programme will provide members and non-members the opportunity to present their novel data. All of these developments have provided a new and important platform at the Conference to debate important and contentious issues related to physical activity for health, such as, "Will the 2012 Olympics improve the health of the nation?" and "Is moderate or vigorous exercise the best buy for public health?" It is envisaged that such debates will help raise the public and professional awareness of these issues and may play a role in advising the formulation of physical activity policy.

It has been an exciting year for BASES researchers in the field of physical activity for health. Some prestigious research contracts have been awarded to BASES members, including five research awards for physical activity under the National Prevention Research Initiative scheme. This is a joint collaboration between the major UK Research Councils and more details can be found in this issue of *The Sport and Exercise Scientist* (Issue 9, Sept 2006).

**Dr John Buckley**  
**Chair of the Division of Physical Activity for Health**

## Education and Professional Development

As we approach the 2006 BASES Annual Conference, the first year of the new BASES structure, including the Division of Education and Professional Development, draws to a close. In the first year of its existence the Division committee met twice to discuss the activities and direction of the Division. These discussions, along with approaches from other organisations (sports coach UK, Skills Active, Edexcel and HLST Network), have dictated the major activities of the Division over the last 12 months.

Under the new structure, the Division is involved in the planning of the Heads of Department Forums, two of which have taken place, September 2005 and June 2006. Both events have given Heads of Departments the opportunity to access individuals who are at the forefront of developments within the sport and exercise sciences and also to give their own input into these developments. Topics have included the Research Assessment Exercise 2008, supporting careers in sport and exercise, work placements, curriculum development, plagiarism, BASES Undergraduate Endorsement Scheme, delivering personal development planning and updates on BASES developments. Feedback on the Heads of Department Forums has indicated the value of the events, which are now firmly placed within the BASES calendar.

The Division has met with representatives of the Hospitality, Leisure, Sport and Tourism (HLST) Subject Network of the Higher Education Network and an annual meeting is now established, which provides a forum to discuss areas of mutual interest and development. The first BASES workshop to be run by the new Division was delivered in conjunction with the HLST network and addressed sport and exercise science specific issues in the delivery of personal development planning in Higher Education.



COURTESY OF BASES

The Division has also been asked to provide input into the development of the new BTEC Nationals in Sport and Exercise Science qualifications and the new developments within sports coach UK and Skills Active.

Perhaps the most exciting development over the next 12 months is the rationalisation of the BASES Accreditation and Supervised Experience processes. The Division intends to be involved in the process and to contribute to the development of a strand within the Accreditation process, which recognises the importance of teaching and pedagogy within BASES. This will offer a mechanism of professional recognition for those BASES members not involved in scientific support or research but nevertheless contribute to the educational development of future sport and exercise scientists.

The support and engagement of the membership to the activities of the Division is vital to its success and the indications from the first year are encouraging for the future.

**Dr Rhys Thatcher**  
**Chair of the Division of Education and Professional Development**

## The 2005 BASES Annual Conference

It was appropriate for Loughborough University to host the 21st Annual Conference of BASES because approximately 21 years ago the University organised a one day meeting on behalf of BASS (the British Association of Sports Sciences). The theme of 2005 BASES Annual Conference was 'Promoting Excellence in Sport and Physical Activity for Health'.

The programme was designed to reflect the broad interest of members in two ways. The first was the three parallel themes namely, Sports Science, Physical Activity for Health and Applied Sports Sciences. The second was to design the programme so that it was appealing to day delegates. There were 30 lectures, 33 oral communications and 150 poster presentations. The number of day and full-time delegates were almost equal making a total of about 400 delegates at the Conference.

Of course, when attempting to meet the needs of such a large multi-interest membership some aspects of the programme fall short of expectations. The main short-coming was that the three themes were delivered by international experts with outstanding presentation skills, so most attendees had to make some very difficult choices when heading for the lecture theatres. Nevertheless, the Conference location was ideal because all three main lecture theatres led onto a large concourse where delegates could meet and have refreshments between sessions.

Although excellent sports facilities were available and we enjoyed very good weather throughout the three days of the Conference, the programme was so full that there was little time left for activities especially when there were BASES Division meetings either before or after each day's programme. Holding the Annual AGM over lunchtime was a huge success in terms of the numbers attending and the speed at which business was dispatched.

**“The success of the Conference can be judged on several levels that range from the content and quality of the programme to the networking opportunities, both professional and social.”**

The Conference programme included an equal number of expert speakers from the UK as from other countries and so it was encouraging to have so many of the senior members of BASES presenting or at least in attendance. One of the other achievements of the Conference was providing the same dining area for all delegates who stayed on campus because it allowed more people to meet to renew or make new friendships. For these reasons a campus venue for the BASES Annual Conference has many advantages. Once again our regular and new sponsors were highly supportive and so we were pleased that the exhibition area was within the same concourse as the refreshments providing a ready opportunity for delegates and exhibitors to mingle and chat.

The success of the Conference can be judged on several levels that range from the content and quality of the programme to the networking opportunities, both professional and social. However, a conference can only be successful when it has the unselfish commitment of a team of people that include not only the local organising committee but also the panel of reviewers who read, and often edited, all the abstracts. Therefore, I would like to acknowledge contributions of the following: the Abstract Review Board led by Prof Alan Nevill; the local organising committee that included Profs Ron Maughan, Mike Gleeson, Fred Yeadon and Drs David Lavalley and Trish Gorely under the watchful eye of Prof Stuart Biddle. This was very much a partnership with BASES and the Executive Officer, Dr Claire Palmer, and Jane Bairstow provided invaluable advice and support at every stage of the planning process. The Loughborough University support team was led by Mrs Maria Nute.

**Prof Clyde Williams**  
**Chair of the Conference Organising Committee**

## The 2006 BASES Annual Student Conference

The 2006 BASES Annual Student Conference was held at Heriot-Watt University, Edinburgh in March 2006. The two-day Conference was viewed unanimously as a huge success, evidenced in the numbers that participated (204 delegates), the quality of the work presented, and the highly positive feedback - of students surveyed, 98% said that they would recommend other students to attend the BASES Annual Student Conference next year. Following from the resounding success of the 2005 BASES Annual Student Conference in Aberystwyth, it appears that the Student Conference is becoming a significant event in the sport and exercise science calendar.

The main theme of the Conference was careers in sport and exercise science. The theme was chosen to reflect the needs of sport and exercise science students, and the growing body of those exasperated by the mismatch of employment opportunities and the number of graduate and postgraduate students. We sought to attract those most interested in actively pursuing a career in sport and exercise science, and help them find the ideas, enthusiasm and direction to successfully achieve that. Not surprisingly, a number of the students had identified the focus on careers as one of their main reasons for attending. The feedback regards the careers aspects covered was overwhelmingly positive, and it seems that although it might not be a main focus of the Conference each year, that students would appreciate some specific careers advice at future events.

The Conference kicked off with a memorable keynote lecture by Prof Neil Spurway. An eminent personality responsible in part for the introduction of sport and exercise science to Scotland, he shared his own rise from undergraduate study, to his current position, and took us through a short journey of his research interests, providing advice for the would be sport and exercise scientist. His words could not fail to enthuse and encourage.

**“Of students surveyed, 98% said that they would recommend other students to attend the BASES Annual Student Conference next year.”**

This keynote lecture was followed by a series of oral and poster presentations (36 and 75 in number respectively) and workshops on Paths to Health, Coaching the Elite Athlete and Strength and Conditioning, each focusing on career pathways in the respective areas.

The close of day provided a treat, in the words and wisdom provided by Dr Norman Croucher, a double below-knee amputee who has actively campaigned to make outward bound activities available to the disabled, whilst also having climbed the sixth highest mountain in the world, Cho Oyu. As he filled the lecture theatre with laughter his talk certainly reflected the humour, buoyancy and resilience that helped him to achieve his exceptional feats.

The following morning gave the students an opportunity to hear from a number of people currently employed in sport and exercise science. From sports nutrition to sports massage, there was a range of employment opportunities presented, with advice on how to succeed in each discipline. The day came to a close with another eminent Professor from Scotland, Nanette Mutrie, sharing some of her research and thoughts regards career opportunities in promoting physical activity for health.

Throughout the Conference, the environment was professional but friendly, with a focus on learning but also having fun and enjoying time with a wide range of other students and staff. Overall, the Conference successfully provided the students with a taste for a future in sport and exercise science, in both terms of future employment and as being part of an active and supportive sport and exercise science community.

**Dr Samantha Fawkner**  
**Chair of the Conference Organising Committee**



## BASES Awards 2005-2006

### The 2005 BASES Annual Conference Awards

**Phillip Reid Memorial Award** (Sponsored by Taylor & Francis)

**Dr Nicholas Gant**, Loughborough University

*The validity and reliability of ingestible temperature sensors during high intensity intermittent free running.*

**Sportesse Sport Science Award** (Sponsored by Sportesse)

**Prof Andy Lane**, Wolverhampton University

*Emotional intelligence, mood states and performance.*

**Sportesse Exercise Science Award** (Sponsored by Sportesse)

**Prof Stuart Biddle**, Loughborough University

*Sport and exercise participation and time spent outside: differences between groups varying in sedentary behaviour.*

**BASES Student Awards** (Sponsored by BASES)

**Samuel Oliver**, University of Wales, Bangor

*The effects of a 48 hour period of fluid or combined fluid and calorie restriction on plasma osmolality, urine osmolality and urine specific gravity.*

**Lewis Morrison**, Loughborough University

*Resisted swimming training improves 100m freestyle performance in elite swimmers.*

**Anna Reid**, Manchester Metropolitan University, Cheshire

*Centre of mass and centre of buoyancy locations in able bodied swimmers and swimmers with limited leg function.*

### The 2005 BASES Annual Student Conference Awards

- **Postgraduate Oral Award Winner** (Sponsored by BASES)  
**Matt Barlow**, University of Wales, Bangor
- **Postgraduate Oral Award Runner-Up** (Sponsored by Human Kinetics)  
**Anni Vanhatalo**, University of Wales, Aberystwyth
- **Postgraduate Poster Award Winner** (Sponsored by BASES)  
**Emily Oliver**, University of Wales, Bangor
- **Postgraduate Poster Award Runner-Up** (Sponsored by Human Kinetics)  
**Kate Shepard**, University of Exeter
- **Undergraduate Oral Award Winner** (Sponsored by BASES)  
**Zoe Chamberlain**, Buckinghamshire Chilterns University College
- **Undergraduate Oral Award Runner-Up** (Sponsored by Human Kinetics)  
**Christopher Owens**, University of Gloucester
- **Undergraduate Poster Award Winner** (Sponsored by BASES)  
**Kate Hartley**, University of Wales, Aberystwyth
- **Undergraduate Poster Award Runner-Up** (Sponsored by Human Kinetics)  
**Jamie Cox**, University of Birmingham
- **Applied Research Postgraduate Award Winner** (Sponsored by sports coach UK)  
**Neil Gibson**, Heriot-Watt University
- **Applied Research Postgraduate Award Runner-Up** (Sponsored by Cranlea)  
**Melissa Day**, University of Wales, Aberystwyth
- **Applied Research Undergraduate Award Winner** (Sponsored by sports coach UK)  
**Adela Carter**, University of Durham
- **Applied Research Undergraduate Award Runner-Up** (Sponsored by Hearts FC)  
**Catherine Cooper**, Buckingham Chilterns University College.

## Workshop Committee

In the brave new Divisional world of BASES, the Workshop Committee has risen from the ashes of the Education and Training Committee as part of the Division of Education and Professional Development. The Committee hopes to continue to bring you a full programme and you will see from the list of Workshops for 2006 that a tremendous variety of opportunities exists for members to engage in CPD. In total 23 workshops are organised for the year, up from 10 in 2005. We hope you appreciated the glossy workshop flyers that went out with *The Sport and Exercise Scientist* in the early Spring and that you have added the redesigned Workshop webpages on the BASES website to your favourites. The evaluations for all the workshops that have already happened have been overwhelmingly positive. Delegates invariably find them worthwhile and come away revitalised and with the tools and enthusiasm to enhance their own practice. We hope that all BASES members will find something to whet their appetite in future programmes.

The nature of workshops is changing somewhat in line with the Divisional reorganisation and we are working on the development of a coherent policy. Whilst workshops will continue to support the accreditation procedures they will also satisfy the wider needs of members for CPD. For example, there is currently no accreditation structure for the Division of Education and Professional Development but there are two new workshops with a teaching and learning theme on the 2006 programme. There is also a series of workshops centring on child protection and equality issues (BASES Safeguarding Welfare in Sport and Exercise Sciences Workshops) and three BASES High Performance CPD workshops supported by UK Sport. This diversity of provision is surely a healthy development and the Committee intends

“The committee intends to accommodate as wide a variety of opportunities as possible for CPD within the programme.”

to accommodate as wide a variety of opportunities as possible for CPD within the programme. The primary criterion for inclusion will be that we perceive a need and that there is a potential educational benefit for BASES members.

The Committee hopes that all members will feel able to contribute to the development of the programme with suggestions for new workshops and offers to put one on!

**Dr Martin Sellens**  
Chair of the Workshop Committee

### PROGRAMME OF BASES WORKSHOPS FOR 2006

**Safeguarding Welfare in Sport and Exercise Sciences**  
Dr Richard Davison, Dr Andy Miles, John Mills and Iain Fletcher

**Consultant Effectiveness in Applied Sport Psychology**  
*(in association with the British Psychological Society)*  
Dr Ailsa Anderson, David Tod and Brendan Copley

**Approaches to Performer Assessment for Sport Psychologists**  
Dr Tim Holder, Dr Richard Thelwell and Dr Neil Weston

**Molecular Exercise Physiology**  
Dr Henning Wackerhage, Dr Aivaras Ratkevicius and Dr Michael Scholz

**Psychology and Football** *(in association with the British Psychological Society and the Football Association)*  
Dr David Lavallee, Dr Chris Harwood, Dr Richard Mullen and Roberto Forzoni

**Portfolios and Personal Development Planning in Sport and Exercise Sciences** *(in association with the HLSTN)*

Dr Martin Sellens, Dominic Mickelwright, Shane Sutherland and Carrie Bywater

**Surface Electromyography**

Dr Adrian Burden

**1-Day Introduction to Counselling**

Dr Jonathan Katz and Dr Brian Hemmings

**Respiratory Assessment and Interpretation**

*(supported by Bodycare)*

Prof Alison McConnell, Dr Lee Romer, John Dickinson and Steven How

**Clinical Issues for Athletes**

Dr Sheelagh Rodgers

**Nutrition and the Serious Young Athlete**

*(BASES High Performance CPD workshop, supported by UK Sport)*

Lynn Booth, Jane Griffin, Susan Shirreffs and Dr Craig Williams

**Working as Part of an Elite Sport Science/Medicine Support Team: A Multidisciplinary or Interdisciplinary Approach?**

Dr Harry Brennan, Roger Athy-Knibbs, Dr Richard Godfrey and Paul Dent

**Monitoring and Optimising Training Load in High Performance Athletes**

*(BASES High Performance CPD workshop, supported by UK Sport)*

Dr Steve Ingham, Kevin Currell, Dr Brian Moore, Gary Phillips and Dr Ken van Someren

**Part Time Involvement with Maximum Impact**

*(BASES High Performance CPD workshop, supported by UK Sport)*

Dr Jonathan Katz, Dave Yaffey, Amanda Owens and William Winstone

**Physical Activity Measurements: Take Home Messages for Practitioners**

*(in association with the Northwest Health and Physical Activity Forum)*

Prof Les Burwitz, Dr Gareth Stratton, Dr Lindsey Dugdill

**5-Day Advanced Counselling Sport Specific Course**

Dr Jonathan Katz and Dr Brian Hemmings

**Kinanthropometry ISAK Level I** *(in association with the International Society for the Advancement of Kinanthropometry)*

Prof Mike Marfell-Jones and Prof Tom Reilly

**Working with Disabled Athletes: Important Issues for Applied Sports Scientists**

Richard Hunt and James Beale

**Gold Medal Psychology – Performance Lessons for the Sport Psychologist**

Prof Tom Reilly and Prof Roger Eston

**E-Learning and Assessment in Sport and Exercise Sciences**

Dr Martin Sellens, Nicola Bryan, Dr Caroline Angus and Dominic Micklewright.

**Measurement of Joint Torque and Power (Dynamic Strength) Using Dynamometers**

Prof Vasilios Baltzopoulos, Dr Nigel Gleeson and Dr Neil Reeves

**Relating Theory to Practice in Applied Sport Psychology: A Cognitive-Behavioural Perspective** *(in association with the British Psychological Society)*

Dr Gary Robinson

**Environmental Physiology**

Prof Greg Atkinson, Dr Barry Drust, Dr Warren Gregson, Prof

Roderick King, Dr John O'Hara and Dr Louise Sutton.

## The Journal of Sports Sciences

Over the past 12 months, the *Journal of Sports Sciences (JSS)* has made remarkable progress as one of the leading academic journals of sport science both in this country and the world. The *JSS* has just received the latest impact factor (for the 2005 calendar year) as 1.69, which is a great improvement on its impact factor for 2004, a disappointing 0.89. The relative standing of *JSS* is now 15th out of over 70 sports-related journals, the highest position it has ever achieved.

This year has seen a number of changes to the Editorial Board of the *JSS*. After six years of excellent service as Section Editor of Physiology, Dr Mary Nevill decided to stand down. We are delighted that Dr Susan Shirreffs has agreed to take the vacant position, an appointment she has already started to perform with great enthusiasm and efficiency. This summer, Prof Roger Eston also decided to stand down as Section Editor of Kinanthropometry after 4 years of outstanding service to the *JSS*. Fortunately, Dr Arthur Stewart (Robert Gordon University), a fully accredited member of the International Society for the Advancement of Kinanthropometry, has agreed to take up the vacant position. On behalf of the *JSS*, I would like to thank Mary and Roger for the sterling work they performed during their time in office.

With the ever-increasing popularity of *JSS* and the associated increase in volume of articles received, it was decided at the December 2005 Editorial Board meeting that two new Sections should be established. These new sections were 'Physical Activity for Health' and 'Talent Identification and Coaching'. We are delighted to announce that Prof Colin Boreham and Dr Richard Davison have both agreed to lead these two new sections as Section Editors. Richard has already started to perform these duties with considerable enthusiasm and efficiency, whilst Colin is due to start in September 2006.

“*JSS* has made remarkable progress as one of the leading academic journals of sport science both in this country and the world.”

In December 2005, the *JSS* launched its new online review processing system developed and supported by Manuscript Central, a flexible workflow system based on the internet, designed to help author submission and to facilitate a smooth editorial review process.

Over the past year or so, the *JSS* might be described as being a victim of its own success. It has become increasingly popular with authors throughout the world. The number of submissions reported at the Editorial Board meeting (June 2006) had increased by 26% compared with the previous year. Unfortunately, with the increase in articles being submitted, there comes an inevitable backlog of papers waiting to be published even with Taylor & Francis agreeing to increase the page allocation per issue last year. At present, although there is a 10-month delay between a paper being accepted and its publication in hard copy, articles should be available for preview on our website within 3 months.

With such an increase in the number of articles being submitted to the *JSS* comes the inevitable increase in pressure on reviewers and editors. Each manuscript is reviewed by at least two reviewers and the process is anonymous; neither authors nor reviewers know the identity of the other. Securing and retaining reviewers is a challenge but set against this is the understandable desire of authors to have their work considered promptly. Indeed, there have been several instances recently where authors have justifiably expressed anxiety about long turn around times. However, with the introduction of Manuscript Central, these delays should become a thing of the past. This will ease much of the administrative load that section editors and reviewers have to bear but most importantly, it will provide a valuable new service to authors.

**Prof Alan Nevill**  
Editor in Chief

## The Sport and Exercise Scientist

I took over the role of Editor of *The Sport and Exercise Scientist* (*The SES*) in June 2005. I have edited four issues of the publication. I sought to enhance the quality of *The SES* by engaging BASES members in the review process and in the call for papers. I observed during my role on the Editorial Advisory Board before becoming Editor that articles were normally sourced by the Editor. Whilst this is good in terms that it allows pro-active efforts to shape the content of the publication, practically, this tended to involve members of the Editorial Advisory Board suggesting potential authors. I found this a potentially problematic position. To this end, we make repeated requests for articles to be submitted using the BASES weekly e-newsletter. A number of steps were made to try to increase the quality of the review process. We sought to ensure that articles were reviewed by a range of possible readers; a list that included experts and students. We also sought to ensure articles were of interest. Finally, and importantly, we sought to reduce the burden of checking for typographical errors, we amended the review process so that each article is sent out to review to two reviewers. Increasing the number of reviewers had led to insightful comments on the quality of articles; comments that I believe enhance the articles, and in particular, enhance the relevance of articles to the membership.

When I took over the Editor position we had no articles in the review process. This contributed to increasing the pressure to ensure that those articles targeted for the next issue had to be delivered to the appropriate standard. This presented difficulties as some articles required greater consideration and feedback from reviewers needed to be dealt with carefully, something that could be compromised with time pressures. We are now in a healthy position where articles typically

“Increasing the number of reviewers had led to insightful comments on the articles; comments that I believe enhance the quality of articles.”

take 3-6 months to be published and have a healthy number of articles waiting to be published.

I believe the Editorial Advisory Board has strengthened. Tracey Devonport, Lisa Board, Dr John Saxton and Dr Sarah Rowell have played a key role in shaping the success of *The SES*. Dan Bishop and Prof Greg Atkinson have been outstanding additions to the Board. Dan Bishop has a number of excellent qualities; insight and exceptional writing skills. Prof Greg Atkinson is a world class researcher. Dr Claire Palmer drives *The SES* forwards; awareness of key issues and attention to detail are qualities she has in abundance and without her efforts *The SES* would struggle. Jane Bairstow steers the meetings, keeps the records of meeting, and importantly, ensures that the Editorial Advisory Board meetings have a good lunch!

*The SES* will benefit from the stability of the past 12 months and the system in place for requesting and submitting articles will ensure that the key issues are covered appropriately and interestingly.

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



## The Student Advisory Group

The Student Advisory Group has represented the interests of BASES student members on a number of important Association matters. First, as a group, we were asked to feedback to Dr Valerie Cox concerning the undergraduate and postgraduate student awards. We advised on submission, possible prizes and marketing issues. Undergraduate students who have just completed their studies in the area of sport and exercise should look out for the BASES Honorary Fellows Undergraduate Dissertation of the Year Award, with a £200 prize to be spent on BASES products (e.g., BASES membership fees, BASES workshop attendance, BASES conference attendance, etc) for the best undergraduate dissertation. For those students that are interested it is worth visiting the BASES website to see if you qualify for the award.

Additionally, the Student Advisory Group has been instrumental in developing ways to attract student members. Specifically, we have developed a new glossy BASES membership application form, and the finished product looks very professional. The Student Advisory Group has also devised a poster aimed at undergraduate students to help increase student numbers and advertise the benefits of joining BASES. I was also given the opportunity to offer my assistance at the 2006 BASES Annual Student Conference held this year at Heriot Watt University. The Conference provided a fantastic opportunity for undergraduate and postgraduate students to present their dissertation work and to network with other students and leaders in the field of sport and exercise sciences in the UK. I was able to introduce myself and provide information on the role of the Student Advisory Group. The Conference was a very enjoyable experience. I am looking forward to attending the 2007 BASES Annual Student Conference at the University of Chichester.



COURTESY OF BASES

Members of the Student Advisory Group have also represented BASES at careers fairs at Loughborough University and the South East Essex College, which were fantastic opportunities to recruit new members. In terms of improving membership services for students, the Student Advisory Group is in discussions with Dr Martin Sellens (the workshop representative from the Division of Education and Professional Development) about holding a careers workshop for students. The Student Advisory Group is hoping that the workshops will be run regionally, and will give specific guidance to students relating to CV construction, interviews and career opportunities.

One target at the beginning of the year was to increase student membership by reviewing the role of the Network Representative. The Strategic Management Team is about to run a 'Network Representative Day', so we look forward to continuing with this target next year.

**Tamsin Frost**  
**Chair of the Student Advisory Group**

## Supervised Experience and Accreditation

### Supervised Experience

The Pathway Supervised Experience Review Committees reviewed a total of 47 supervised experience applications (April 2005 and October 2005). Pathway-specific figures are reported in Table 1 below. There are now 131 BASES individuals registered on supervised experience.

**Table 1: Supervised Experience Figures for 2005-2006**

Pathway	New Supervised Experience Applicants <sup>a</sup>	Total No. of Individuals Registered on Supervised Experience <sup>b</sup>
Biomechanics	-	9
Interdisciplinary	4	5
Physiology	17	47
Psychology	26	70
<b>Total</b>	<b>47</b>	<b>131</b>

Notes. <sup>a</sup>Across April 2005 and October 2005. <sup>b</sup>As of April 2006.

### Individual Accreditation

The BASES Accreditation Committee met twice in the year and reviewed a total of 73 applications for scientific support and research re-/accreditation (July 2005 and January 2006). Pathway-specific figures are reported in Table 2. There are now 267 BASES accredited sport and exercise scientists.

**Table 2: Accreditation and Re-accreditation Figures for 2005-06<sup>a</sup>**

Section	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	3	-	-	13
Interdisciplinary	3	1	-	16
Physiology	19	16	1	121
Psychology	27	1	2	117
<b>Total</b>	<b>52</b>	<b>18</b>	<b>3</b>	<b>267</b>

Notes. <sup>a</sup>Across July 2005 and January 2006. <sup>b</sup>As of January 2006.

### Laboratory Accreditation

One new laboratory was accredited:

- Leeds Metropolitan University

Three laboratories were re-accredited:

- University of Chichester
- University of Exeter
- University of Wolverhampton

The total number of accreditation laboratories is 19.

**Dr Claire Palmer**  
Executive Officer of BASES

## BASES Undergraduate Endorsement Scheme



After several years of discussion and planning, the Association launched the BASES Undergraduate Endorsement Scheme (BUES) in 2005. The scheme has been designed to help offer a formal recognition of those programmes offering learning opportunities appropriate for the initial training of sport and exercise scientists. The scheme has value to potential student applicants as well as potential employers and by serving these two constituencies has implicit value for the awarding institution. The existence of the endorsement scheme is another sign of the growing maturity of BASES and its influence over the profession.

The criteria for BUES are clear and objective and as such would-be applicants are able to judge their likelihood of success and to make any necessary modifications to programmes prior to application. Indeed we have evidence from applicants that they have been able to use the BUES criteria as a lever to support resource developments within their institutions to further sustain and enhance the student experience. The one area of the criteria that has raised on-going debate is the requirement for two BASES Accredited staff to teach on the programme, and the fact that we do not recognise the Accreditation of other professional bodies. This position is no different to that adopted by any other professional body and it is right for BASES to stand by its own Accreditation scheme. Of course we will keep this under review and if via any of the Interest Groups formal co-Accreditation arrangements can be established, then these of course will be assimilated into the BUES criteria.

The success rate for applicants is therefore high. Sixteen programmes are now endorsed. It is our aim to increase the number of endorsed programmes significantly during 2006-07.

In the meantime we continue to work to raise the profile of BUES in the key user groups. During 2006-07 we will work with such groups as the Association of Graduate Careers Advisory Services (AGCAS), the Association for Careers Education and Guidance (ACEG), BAALPE and the Institute of Career Guidance to ensure that they are aware of and understand the meaning of the endorsement scheme. In addition, we will work with other employers to raise their awareness of the scheme and how it is relevant to them.

Following a successful start to the scheme, I look forward to a busy year with many applications and support activities during 2006-07. It may even be time to start thinking about a postgraduate endorsement scheme.

**Dr Neil Fowler**  
Chair of the BUES Committee



## BASES Undergraduate Endorsed Courses

<b>Institution</b>	<b>Course Title</b>	<b>Qualification</b>
Edge Hill	Sport & Exercise Science	3FT Hon BSc
MMU Cheshire	Sport, Exercise & Coaching	3FT/4-6PT Hon BSc
Newman College of Higher Education	Sports Studies	3FT Hon BSc
Northumbria University	Applied Sport & Exercise Science	3FT Hon BSc
St Mary's College	Sport Science (Single Hons) Sport Science (Joint Hons)	3FT/4-6PT Hon BSc 3FT Hon BSc
University of Chichester	Sport & Exercise Science Sport Coaching Science	3FT/4-6PT Hon BSc 3FT/4-6PT Hon BSc
University of Edinburgh	Applied Sports Science	4FT Hon BSc
University of Gloucestershire	Exercise & Health Sciences Sport & Exercise Sciences Sport Science	3FT/4-6PT Hon BSc 3FT/4-6PT Hon BSc 3FT/4-6PT Hon BSc
University of Portsmouth	Sports Science	3FT Hon BSc
University of Salford	Applied Sport Science	3FT Hon BSc
University of Wales Institute, Cardiff	Sport & Exercise Science	3FT Hon BSc
York St John University College	Sport & Exercise Science	3FT Hon BSc

## Acknowledgements

The Strategic Management Team 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 Rhys Thatcher (Chair), Peter Brown, Prof Steve Olivier, Dr Martin Sellens and Jocelyn Tantawy.

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

Dr John Buckley (Chair), David Dixon, Dr Jason Gill, Andrew Power and Dr John Saxton.

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

Dr Kevin Thompson (Chair), Patrick Cangle, Paul Dent, Dr Keith Stokes and Dr Ken van Someren.

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

Neil Fowler, Dr Phil Graham-Smith, Dr Mike Lauder, Dr Carl Payton and Dr Ray White.

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

Prof Les Burwitz, Dr Diane Crone, Mr Matt Jevon and Prof Andy Smith.

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

Lisa Board, Dr Paul Bromley, Dr John Buckley, Dr Audrey Duncan, Prof Andy Jones, Dr Alison McConnell, Dr Mike Price, Prof Kevin Thompson and Prof Edward Winter.

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

Joy Bringer, Paul Dent, Dr Tara Edwards, Ross Hall, Simon Hartley, Dr Tim Holder, Dr Costas Karageorghis, Zoe Knowles, Prof Andy Lane, Paul Russell, Dr Richard Thelwell, Dr Tony Westbury and Neil Weston.

### **Accreditation Committee**

Prof Craig Mahoney (Chair), Dr Jo Fallowfield, Prof Ian Maynard, Prof Stephen Olivier and Dr Ray White.

### **Workshop Committee**

Dr Martin Sellens (Chair), Lisa Board, Paul Dent, Dr Phil Graham-Smith, Andrew Power and Dr Anna Waters.

### **The Student Advisory Group**

Tamsin Frost (Chair), Peter Brown, Patrick Cangle and David Dixon.

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

Dr Neil Fowler (Chair), Lisa Board, Dr Adrian Burden, Dr Christopher Bussell, Dr Neil Fowler, 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.

### **Conference Scientific Programme Committee**

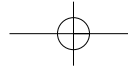
Prof Andy Lane (Chair), Dr Jason Gill, Dr Keith Stokes, Jocelyn Tantawy and Dr Ken van Someren.

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

Prof Andy Lane (Editor), Prof Greg Atkinson, Dan Bishop, Lisa Board, Tracey Devonport, Dr Claire Palmer, Dr Sarah Rowell and Dr John Saxton.

BASES would also like to extend its thanks to:

- Jane Birstow and Marsha Stankler
- Dr Val Cox, the Awards Coordinator
- The 2006 BASES Annual Conference Organising Committee: Prof Andy Lane (Chair), Dr Kay Biscomb, Louise Callaghan, Tracey Devonport, Dr Mike Doherty, Claire Downen, Dr Jason Gill, Adam Hawkey, Jenny Hensman, Prof Yiannis Koutedakis, Helen Lane, Prof Craig Mahoney, Prof Alan Nevill, Julian Smith, Dr Keith Stokes, Jocelyn Tantawy, Dr Ken van Someren, Prof Greg Whyte and Dr Matt Wyon
- The 2006 BASES Annual Student Conference Organising Committee: Dr Samantha Fawkner (Chair), Louise Philip (Chair), Dr Ailsa Anderson, Magali Perrey and Dr Neils Vollaard
- BASES Safeguarding Welfare in Sport and Exercise Sciences Workshop Working Party: Dr Joy Bringer, Dr Richard Davison (Chair), Prof Celia Brackenridge, Abbe Brady, Iain Fletcher, Phil Gallagher, Dr Lynne Johnston, Liz Kinder, Zoe Knowles, Dr Andy Miles, John Mills, Geoffrey Platt, Fiona Reid, Dr Kate Russell, Nigel Weare and Prof Edward Winter
- BASES High Performance Sports Accreditation Working Party: Dr Ken van Someren (Chair), Dr Richard Davison, Prof Andy Jones, Prof Ian Maynard, Dr Carl Payton, Dr Claire Palmer and Prof Kevin Thompson
- London 2012 Steering Group: Prof Craig Mahoney (Chair), Prof Ralph Beneke, Dr Jo Bowtell, Prof Ian Campbell, Dr Richard Davison, Prof Joan Duda, Dr Jonathan Katz, Dr Marcus Smith, Dr Nick Smith, Prof Mark Williams and Prof Fred Yeadon
- Interest Group Convenors: Dr James Bilzon, Paul Dent, Dr Neil Fowler, Michael G Hughes, Keith Irving, Andy Kirkland, Prof Don MacLaren, Prof Alan Nevill, Dr Louis Passfield, Dr Chris Sellars, Dr Marcus Smith, Dr Henning Wackerhage, Nick Ward, Dr Andy Williams and Dr Craig Williams
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- Allison Dyer for her work on marketing communications of the BASES workshop programme
- Contributors to *The Sport and Exercise Scientist*
- Andy O'Neill, the website designer from Lazy Gecko
- Darren Brown and the team from Mercer Print
- Gail Ledger, Helen Spencer and Claire Steele-Childe from Kirk Newsholme
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- Workshop organisers and presenters
- All those BASES members who acted as judges for awards throughout the year
- 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 (BASES) is the UK professional body for all those with an interest in the science of sport and exercise.

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

**Our 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.

**Front cover photographs** | Courtesy of Kemsing Tennis Club, Allison Dyer and Rob Harley.

### Committees 2005-2006

#### BASES Strategic Management Team

**Chair** | Prof Craig Mahoney

**Chair Elect & Treasurer** | Dr Richard Davison

**Secretary** | Prof Edward Winter

**Executive Officer** | Dr Claire Palmer

#### Chairs of Divisions

**Division of Education and Professional Development** | Dr Rhys Thatcher

**Division of Physical Activity for Health** | Dr John Buckley

**Division of Sport and Performance** | Prof Kevin Thompson

#### Central Office Staff

**Executive Officer** | Dr Claire Palmer

**Office Manager** | Jane Bairstow

**Administrative Assistant** | Marsha Stankler

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