

The British Association of Sport and Exercise Sciences  
**ANNUAL REPORT 2008–2009**



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

## Contents

The Board Report .....	4	The 2008 BASES Annual Conference .....	19
Statement of the Directors and Unaudited Financial Statement for the year ended 31 March 2009 for BASES .....	7	The 2009 BASES Annual Student Conference .....	20
Income and Expenditure Account .....	8	Awards and International Travel Grants .....	21
Balance Sheet 31 March 2009 .....	9	Workshop Committee .....	22
Notes to the Financial Statements .....	10	Programme of BASES Workshops for June 2008 - June 2009 .....	23
Chartered Accountants' Report to the Board of Directors on the Unaudited Financial Statements .....	13	<i>The Journal of Sports Sciences</i> .....	24
Detailed Income and Expenditure Account .....	14	<i>The Sport and Exercise Scientist</i> .....	25
Division of Education and Professional Development .....	16	The Student Advisory Group .....	26
Division of Physical Activity for Health .....	17	Supervised Experience and Accreditation .....	27
Division of Sport and Performance .....	18	BASES Undergraduate Endorsed Courses .....	28
		Acknowledgments .....	29

## Introduction

### Promoting excellence in sport and exercise sciences

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

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

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

### Objectives of BASES

The Association's objectives are:

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



## The Board Report

“The Sport and Exercise Scientist continues to be a valued membership benefit with many interesting sport science-related articles, many of which have been provided by winners of the International Travel Grants.”

The Board has pleasure in presenting its report and the financial statements of the British Association of Sport and Exercise Science (BASES) for the year ended 31 March 2009. The Board is pleased to report a surplus for the financial year, after taxation, of £42,215. BASES is continuing to reinvest funds to deliver better services and increase member benefits. Notable changes underway include the employment of an Education Officer, development of the website, an enhanced and extended Accreditation scheme, Emerging Researcher Medals and Annual Conference grants.

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

BASES has continued to deliver high-quality continuous professional development events. The 2008 BASES Annual Conference was hosted by Brunel University. The themes of the Conference were the Sporting Athlete, Health and Physical Activity, and the Importance of Youth. The Conference was opened by Prof Dave Collins who reflected on the successes and failings of Beijing, as well as suggested models of improvements leading to London 2012.

The University of Hull hosted the 2009 BASES Annual Student Conference with the theme of 2020 Vision. A student-focused approach, international calibre speakers and low delegate fees helped to attract a record 320 delegates to Hull, with 264 of these attending both days. There were also a record number of student presentations (74 oral and 82 posters).

The workshop committee organised 22 workshops, which were attended by 344 delegates. Eleven of these were new and the aim is to deliver some of the workshops more regularly and try to regionalise

delivery to enable more people to attend. A special “master class” by Will Hopkins was arranged, which proved very popular with members. BASES continues to promote research and evidence-based practice through its publication portfolio: the *Journal of Sports Sciences* and *The Sport and Exercise Scientist* (the official publication of BASES). The *Journal of Sports Sciences* has just received the latest impact factor (2008), calculated as 1.625, and is ranked 28th out of 71 sports-related journals. It continues to grow in popularity and reputation, with over 330 articles submitted between January and June 2009.

The Sport and Exercise Scientist continues to be a valued membership benefit with many interesting sport science-related articles, many of which have been provided by winners of the International Travel Grants. This publication is archived in the Member Area of the BASES website.

The BASES Emerging Researcher Medal has been established to recognise research excellence of early to mid-career researchers and gives members (who are within seven years of completing their PhD) an opportunity to present a lecture at the BASES Annual Conference. One medal will be awarded annually for each of the BASES Divisions. Six members were awarded BASES Board Conference Grants after the Board decided to support members to attend the BASES Annual Conference, as well as continuing with the International Travel Grants. BASES are very pleased to announce that two new Fellowships were awarded to Prof Tom Mercer and Associate Prof Craig Williams at the Annual General Meeting in September. This takes the current total of Fellows to 23.

Work is currently underway on developing the new content management and contact relationship management systems to create a

more streamlined and efficient back-office system. Over the last 12 months, BASES has invested in these systems with the aim of providing better member communication and support, without increasing administration demands on head office. The first phase has been launched, with members able to see the new website, and continuous improvements will be taking place over the next few months with plans to offer facilities such as online booking and payment for workshops. Another major change is the increased visibility of the interest groups on the website to encourage more activity and attract new members. Discussion forums will be reintroduced shortly, as these were regularly used by some of the interest groups.

Online Q&A sessions were run again last year with some repeated and some new topics. There are plans to continue with these in the near future as they are a great way to contact experts, share thoughts and ideas, network, and they are free for members.

New titles included “White men can’t run: Where is the scientific evidence?” and “The nature of the dose-response relationships between physical activity and health”.

In September 2008, BASES announced that the Gatorade Sports Science Institute (GSSI) had become its official sports nutrition partner. GSSI was established in 1985 with a mission to help athletes optimise their performance and safeguard their health through research and education in hydration and sports nutrition science. November saw GSSI visit several universities,

supported by BASES, to deliver an open lecture on “Nutrition for muscle function during and after exercise” by Dr Jeff Zachwieja. GSSI are now a major sponsor of the BASES Annual Conference and BASES Annual Student Conference, and further joint activities and member benefits are planned.

### High professional standards

BASES met with the Health Professions Council (HPC) in November 2008 to investigate the possibility of becoming a regulated profession, and again in May this year, to formally register interest. The process could last several years and requires a lot of consultation to decide if this is in BASES members’ best interests. Work will continue by the Chair and Executive Officer and regular updates will be communicated to members. The grandparenting process is now open for sport and exercise psychologists who wish to continue using the title; however, the title “psychologist” is not protected on its own. Full details are available on the HPC website and representatives from the HPC will be at the 2009 BASES Annual Conference.

BASES recruited an Education Officer, and appointed a consultant, to review, amend and update Supervised Experience and Accreditation. Details will be announced at the 2009 BASES Annual Conference and changes will be implemented over the next few months. A new development for the future will be the introduction of workshops for the revised Supervised Experience scheme, for applicants, supervisors and reviewers. Improving communication, managing expectations and quality assurance are the reasons these will be introduced and more details will be available once the scheme is launched in September.



“With the countdown to the 2012 Olympics there is a great opportunity for BASES to raise its profile and for members to promote their ideas, research and findings.”

Also due for launch at the BASES Annual Conference is the BASES Certified Exercise Practitioner scheme that will offer a level of recognition for sport and exercise science graduates working in industry. The BASES Undergraduate Endorsement Scheme continues to grow in popularity and the number of courses is now 29 across 24 institutions, with several more applications being processed. The Board has agreed for work to commence on a similar endorsement scheme for postgraduate courses following feedback from the 2009 Heads of Department Forum.

#### **Represent sport and exercise sciences**

Membership numbers continue to increase year on year with a total of 2,742 at 5 May 2009. BASES will continue to improve the membership package and developments, such as the revised Supervised Experience and Accreditation schemes, in order to retain members.

Building on the memorandums already in place, a process is now possible for members from the Australian Association of Exercise and Sports Science (AAESS) and Sport and Exercise Science New Zealand (SESNZ) to transfer from their respective association to BASES. BASES will continue to strengthen links with other organisations and recently signed a Memorandum of Collaboration with the British Association for Cardiac Rehabilitation and the Association of Chartered Physiotherapists in Cardiac Rehabilitation. Work continues on the Sport and Exercise Nutrition Register, the joint committee with the British Psychological Society's Division of Sport and Exercise Psychology, as well as improving links with UK Sport and the Home Country Sport Institutes. The Education Officer will continue to link with the Higher Education

Academy's Hospitality, Leisure, Sport and Tourism Network as well as attending events such as the Careers in Sport and Leisure Conference.

The 6th Heads of Department Forum was held in May with a high number of attendees representing universities across Britain. As well as updates on issues affecting higher education, the day included consulting with the attendees on BASES proposals for the future. Feedback was constructive and positive and will allow BASES to develop closer links with institutions, especially regarding Supervised Experience and Accreditation.

The Association is trying to reduce its impact on the environment and will continue with developments to reduce paper and move to online processes. One example of this is the online membership system for new members and renewals, which reduces the need to print membership forms. Workshops will be advertised in the magazine and online with the flyer available to download. A major change will be the online submission and logging of continued professional development for Supervised Experience and Accreditation, which will save tens of thousands of sheets of paper.

BASES will continue to raise its profile with the media and contribute to articles in newspapers and magazines, as well as producing press statements on current issues or developments. With the countdown to the 2012 Olympics there is a great opportunity for BASES to raise its profile and for members to promote their ideas, research and findings. The Association plans to be involved with committees and events relating to 2012, and will continue working on its strategy to maximise opportunities in the near future.

#### **The BASES Board**

## Company Information for the year ended 31 March 2009

**DIRECTORS:** Miss D L Pearce  
Professor J Doust  
Dr J Gill  
Dr M Sellens  
Dr K Van Someren

**SECRETARY:** Miss J Bairstow

**REGISTERED OFFICE:**  
Fairfax Hall  
Beckett Park Campus  
Headingley  
Leeds  
West Yorkshire  
LS6 3QS

**REGISTERED NUMBER:** 5385834 (England and Wales)

**ACCOUNTANTS:**  
Kirk Newsholme  
16 Blenheim Terrace  
Leeds  
West Yorkshire  
LS2 9HN

## Report of the Directors for the year ended 31 March 2009

The directors present their report with the financial statements of the company for the year ended 31 March 2009.

### PRINCIPAL ACTIVITY

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

### DIRECTORS

The directors shown below have held office during the whole of the period from 1 April 2008 to the date of this report.

Professor J Doust

Dr J Gill

Dr M Sellens

Other changes in directors holding office are as follows:

Miss D L Pearce - appointed 1 July 2008

Dr K Van Someren – appointed 5 September 2008

Dr C L Hitchings - resigned 25 July 2008

Dr M Graham - resigned 28 July 2008

Professor R Davison - resigned 5 September 2008

Miss G E Heys - appointed 6 June 2008 and resigned 12 January 2009

Mr W Calvert - appointed 6 June 2008 and resigned 1 April 2009.

### 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 the company is a 'not for profit' organisation.

## Report of the Directors for the year ended 31 March 2009, cont.

### STATEMENT OF DIRECTORS' RESPONSIBILITIES

The directors are responsible for preparing the financial statements in accordance with applicable law and regulations.

Company law requires the directors to prepare financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The financial statements are required by law to give a true and fair view of the state of affairs of the company and of the income and expenditure of the company for that period. In preparing these financial statements, the directors are required to

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 1985. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

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:



Professor J Doust Chairman  
Date: 17th August 2009

## Income and Expenditure Account

for the year ended 31 March 2009

	Year Ended 31.3.09	Year Ended 31.3.08
	£	£
<b>TURNOVER</b>	289,350	274,392
Cost of sales	100,100	98,666
<b>GROSS SURPLUS</b>	189,250	175,726
Administrative expenses	152,321	134,382
	41,344	37,194
Other operating income	-	500
<b>OPERATING SURPLUS</b>	36,929	41,344
Interest receivable and similar income	6,477	2,195
<b>SURPLUS ON ORDINARY ACTIVITIES BEFORE TAXATION</b>	43,406	43,539
Tax on surplus on ordinary activities	1,191	352
<b>SURPLUS FOR THE FINANCIAL YEAR AFTER TAXATION</b>	42,215	43,187



## Balance Sheet 31 March 2009

The company is entitled to exemption from audit under Section 249A(1) of the Companies Act 1985 for the year ended 31 March 2009.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2009 in accordance with Section 249B(2) of the Companies Act 1985.

The directors acknowledge their responsibilities for:  
 (a) ensuring that the company keeps accounting records which comply with Section 221 of the Companies Act 1985 and

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

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

The financial statements were approved by the Board of Directors on 17th August 2009 and were signed on its behalf by:



**Professor J Doust Chairman**

Notes	£	£	£	£
	31.3.09	31.3.08		
<b>FIXED ASSETS</b>				
Tangible assets				
5	15,863	3,301		
<b>CURRENT ASSETS</b>				
Stocks	-	1,104		
Debtors	35,496	38,794		
Cash at bank and in hand	254,921	227,854		
6			267,752	
<b>CREDITORS</b>				
Amounts falling due within one year	290,267	108,506		
7	101,518			
<b>NET CURRENT ASSETS</b>	188,899	159,246		
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>	204,762	162,547		
8	204,762	162,547		
<b>RESERVES</b>				
Income and expenditure account	204,762	162,547		
	204,762	162,547		

# Notes to the Financial Statements

## for the year ended 31 March 2009

### 1. Accounting Policies

#### Accounting convention

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

#### Turnover

Turnover represents net invoiced sales of goods and services, excluding value added tax.

Grant income is recognised in the income and expenditure account so as to match the costs as and when they are incurred.

Membership fees are recognised in the profit and loss account over the period of membership.

All other income is recognised as it is earned and the company has obtained the right to the consideration.

#### Tangible fixed assets

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

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

#### Stocks

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

#### Pension costs and other post-retirement benefits

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

### 2. Turnover

The company's income is mainly derived from membership fees. The company also receives grant funding from UK Sport. This income is recognised in the income and expenditure account so as to match the costs as and when they are incurred. The balance of the grant income not spent is included in accruals and deferred income.

Membership income appears to have reduced from 31 March 2007 to 31 March 2008. However, the table below details how membership fees received in the year ended 31 March 2008 have increased on the previous year.

	31.03.09	31.03.08	31.03.07
Membership fees income			
Deferred income b/fwd	39,218	35,204	49,296
Receipts in the year	127,334	112,613	102,528
Deferred income c/fwd	(41,034)	(39,218)	(35,204)
Income per accounts	<b>125,518</b>	<b>108,599</b>	<b>116,620</b>

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

# Notes to the Financial Statements

- continued for the year ended 31 March 2009

## 3. Operating Surplus

	31.3.09	31.3.08
<b>The operating surplus is stated after charging:</b>	£	£
Depreciation - owned assets	2,368	2,215
Loss on disposal of fixed assets	1,572	1,690
Pension costs	1,872	1,327
Directors' emoluments and other benefits etc.	34,992	39,359

## 5. Tangible Fixed Assets

	Cost	Fixture and fittings	Computer equipment	Totals
	£	£	£	£
At 1 April 2008	2,639	4,261	6,900	
Additions	193	16,309	16,502	
Disposals	(1,681)	(702)	(2,383)	
At 31 March 2009	1,151	19,868	21,019	
<b>Depreciation</b>				
At 1 April 2008	744	2,855	3,599	
Charge for year	283	2,085	2,368	
Eliminated on disposal	(673)	(138)	(811)	
At 31 March 2009	354	4,802	5,156	
<b>Net Book Value</b>				
At 31 March 2009	797	15,066	15,863	
At 31 March 2008	1,895	1,406	3,301	

## 4. Taxation

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

## Notes to the Financial Statements

- continued for the year ended 31 March 2009

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

	31.3.09	31.3.08
Trade debtors	£ 24,656	£ 17,231
Prepayments and accrued income	10,840	21,563
	<u>35,496</u>	<u>38,794</u>

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

	31.3.09	31.3.08
Trade creditors	£ 8,239	£ 32
Tax	1,360	439
Social security and other taxes	2,560	3,428
Other creditors	68	315
Accruals and deferred income	<u>89,291</u>	<u>104,292</u>
	<u>101,518</u>	<u>108,506</u>

Included within accruals and deferred income is £81,854 (2008: £98,028) of deferred income, of which £41,073 (2008: £39,218) relates to deferred membership fees and £15,771 (2008: £29,552) relates to UK Sport grant income received which has not yet been spent. The balance is made up of BUJES income of £15,817 (2008: £12,467), Course Finder income of £3,565 (2008: £7,000), Workshop income of £5,628 (2008: £8,795) and nil (2008: £996) of other income, all of which have been received in advance and therefore have not been released to the profit and loss account.

### 8. Reserves

Retained reserves	£ 162,547
At 1 April 2008	42,215
Surplus for the year	<u>204,762</u>

At 31 March 2009

### 9. Ultimate Controlling Party

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

### 10. Capital

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

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

In accordance with our terms of engagement and in order to assist you to fulfil your duties under the Companies Act 1985, we have compiled the financial statements of the company for the year ended 31 March 2009 which comprise the Income and Expenditure Account, the Balance Sheet and the related notes from the accounting records and information and explanations you have given to us.

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

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

You have acknowledged on the Balance Sheet as at 31 March 2009 your duty to ensure that the company has kept proper accounting records and to prepare financial statements that give a true and fair view under the Companies Act 1985. You consider that the company is exempt from the statutory requirement for an audit for the year.

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

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

**Date: 21st August 2009**

# Detailed Income and Expenditure Account

for the year ended 31 March 2009

	31.3.09	31.3.08
	£	£
<b>INCOME</b>		
Membership income	125,518	108,599
Advertising income	37,841	39,553
The Sport & Exercise Scientist income	18,569	20,659
Course finder income	10,696	15,100
Workshop income	34,926	39,424
Conference & awards income	2,886	13,644
Journal of Sports Sciences income	20,621	14,166
Accreditation fees income	5,950	10,700
Supervised Experience income	5,480	4,240
UK Sport HPSA grant income	537	148
Publications & other income	138	199
BASES Undergraduate Endorsement Scheme	4,649	3,550
UK Sport Accreditation grant income	537	2,400
HPSA income	720	1,150
Merchandise income	75	314
Human Kinetics commission	-	46
HE Sports Network refund	-	500
UK Sport HPSA Re-licencing grant income	3,207	-
UK Sport QAP grant income	3,500	-
UK Sport Elite Research grant income	6,000	-
GSSI Partnership	7,500	-
	<u>289,350</u>	<u>274,392</u>

	31.3.09	31.3.08
	£	£
<b>EXPENDITURE</b>		
Membership on-line expenses	-	63
The Sport & Exercise Scientist expenses	25,722	21,784
Workshop expenses	27,478	33,020
Conference & awards expenses	6,595	6,860
Accreditation expenses	5,076	9,116
Supervised Experience expenses	2,895	1,939
UK Sport HPSA grant expenses	-	148
BASES Undergraduate Endorsement Scheme	878	928
Heads of Department Forum expenses	1,439	847
UK Sport Accreditation Grant expenses	-	2,400
Annual Report expenses	3,389	2,261
HPSA expenses	160	732
Merchandise costs	1,104	315
International Travel Grant expenses	5,500	4,500
BASES vouchers expenses	525	-
Meeting expenses and travel expenses	19,339	13,753
	<u>100,100</u>	<u>98,666</u>
<b>GROSS SURPLUS</b>		
<b>Other income</b>	189,250	175,726
Deposit account interest	6,477	2,195

# Detailed Income and Expenditure Account Continued

for the year ended 31 March 2009

	31.3.09	31.3.08		31.3.09	31.3.08
	£	£		£	£
Brought forward	195,727	177,921			
	<u>195,727</u>	<u>177,921</u>			
<b>EXPENDITURE</b>					
Rent and utilities	3,652	3,652	<b>Finance costs</b>		
Directors' salaries	34,992	39,359	Bank charges	3,039	1,035
Directors' social security	4,274	4,370	Credit card	-	1,472
Directors' pensions paid	3,860	2,371		<u>3,039</u>	<u>2,507</u>
Wages	47,405	36,333		47,345	47,444
Pensions	1,872	1,327			
Telephone	1,258	600	<b>Depreciation</b>		
Post, stationery & advertising	11,777	12,828	Fixtures and fittings	283	297
Computer support and maintenance	883	1,607	Computer equipment	2,085	1,918
Insurance	694	380		<u>2,368</u>	<u>2,215</u>
Accreditation costs	6,707	-		44,977	45,229
Sundry expenses	549	748			
Accountancy	2,500	2,500	<b>Loss on disposal of fixed assets</b>		
Training and development	1,629	3,941	Fixtures and fittings	1,009	228
Legal and professional fees	8,809	7,943	Computer equipment	563	1,462
Website expenses	6,482	5,086		<u>1,572</u>	<u>1,690</u>
Irrecoverable VAT	7,999	4,925		43,406	43,539
	<u>145,342</u>	<u>127,970</u>	<b>NET SURPLUS</b>		
	50,384	49,951			

## Division of Education and Professional Development

This has been an exciting year for the Division and for the professional development of our members. BASES recruited an Education Officer, Kate Yule, in November 2008 and also appointed Dr Sarah Rowell to work as a consultant to update the Supervised Experience and Accreditation schemes.

Part of the accreditation review means that, in future, it will be possible to become accredited, not only in support and research, but also in pedagogy. Hopefully this will meet the aspirations for professional recognition as sport scientists of the significant proportion of full members who have forged a career in education. The scheme will be launched at the 2009 BASES Annual Conference in Leeds and further details will be available on the website from September onwards.

The Education Officer has been very proactive in recruiting network representatives in universities and building relationships with existing representatives. This has improved communication in order to make sure they have the necessary tools to promote BASES to fellow professionals and new student members.

Also scheduled for launch at the conference is the BASES Certified Exercise Practitioner scheme that has been developed by the Division of Physical Activity for Health. Dr John Buckley and the Exercise for Health Practitioners interest group have driven this project and this will hopefully become the recognised professional standard for graduates in sport and exercise science that are working in this sector of the health economy.

The BASES Undergraduate Endorsement Scheme (BUES) has now endorsed 29 degree courses across 24 institutions, with several more applications in the pipeline. The success of this scheme as a “kite mark” for courses that offer a properly resourced science-based curriculum reflecting the interdisciplinary nature of the subject, depends on the level of its uptake by qualifying institutions, and the Division will be working on this over the next year. There are also plans for BASES to endorse postgraduate schemes and work has begun on developing a similar scheme to BUES.

COURTESY OF BASES



In addition to the workshop programme, the Division recently hosted a “master class” in statistics presented by Dr Will Hopkins, en route from his Auckland base to the European College of Sport Science conference in Oslo. This was a tremendous success and we will continue to respond to opportunities to provide continuing professional development events outside the conventional programme for the benefit of Association members.

Finally, we are working towards providing resources in the Member Area of the website to support undergraduate learning. If you are willing to share material and have the copyright to do so, please contact the BASES office.

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



## Division of Physical Activity for Health

Last year the Division of Physical Activity for Health committee was re-energised by the addition of three new members: Victoria Penpraze as Workshop Representative, Dr Francesca Burton as Research Representative and Kate Van Rensburg as Student Representative. All committee members are volunteers, so the Division was realistic with its aims and focused on achieving a small number of deliverable objectives for 2009 to help to drive forward BASES' strategic objectives.

The Division has been proactive in helping to add some great workshops, relevant to physical activity for health. One example is "Exercise for Cancer Patients and Survivors", which will run in both Glasgow and London with the aim of delivering more regionalised workshops.

The BASES Emerging Researcher Medal was developed by the Division, along with support from the other research representatives. This prestigious award has been established to recognise research excellence of early to mid-career researchers and gives members (who are within seven years of completing their PhD) an opportunity to present a lecture at the BASES Annual Conference.

There has been work underway to provide useful resources for student members to help convey the value of being a BASES member and to highlight career options for recent graduates in sport and exercise science.

The Exercise for Health Practitioners interest group, led by Dr John Buckley and Kirsteen Torrance, has been a real success, growing to over 140 members within its first year. The Division has been working closely with this group to ensure that BASES can meet the needs of those working at the sharp end of exercise-science practice, particularly with respect to addressing needs for continuing professional development. The launch of the BASES Certified Exercise Practitioner scheme, later this year, is an important step in this process.

One of the successes of the Division has been the work towards the development of a consensus statement on physical activity for health. This initiative, led by Dr Gary O'Donovan, is in its final stages and will be launched later in the year. A longer-term objective of the Division is to develop further consensus statements relevant to physical activity for health and one proposal for this is to develop a statement on the measurement of physical activity.

The Division is here to support your professional needs and to drive physical activity for health on the BASES agenda. The objectives we worked to achieve over the past year represent our interpretation of how to best prioritise to achieve the BASES strategic objectives. However, BASES is a membership organisation, so if you feel that there are other things that the Division of Physical Activity for Health committee can, or should, be doing to support your needs as an exercise science professional, please do contact us and let us know your thoughts and ideas.

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

 **"The Division have been pro-active in helping to add some great workshops relevant to physical activity for health."**

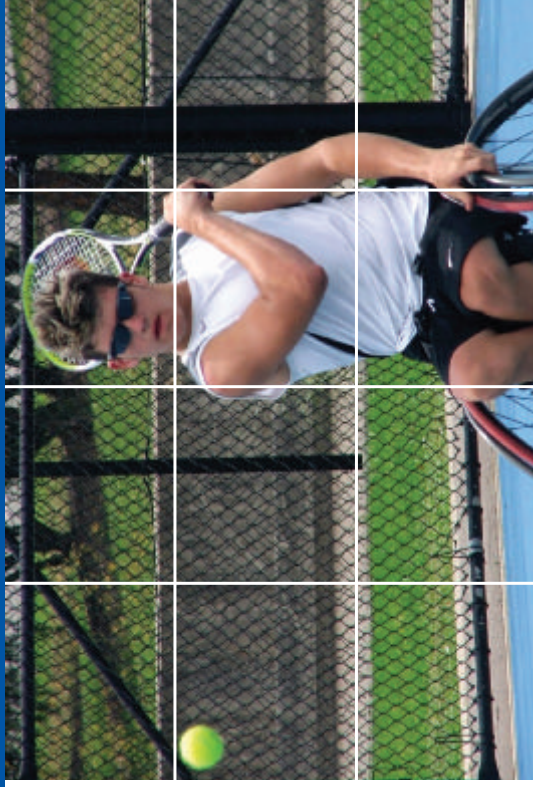
## Division of Sport and Performance

Although the Beijing Olympic and Paralympic Games now seem a long time ago, I'm sure many of us still have vivid memories of the many impressive British performances. Having finished 4th in the Olympic medal table (Team GB's highest placing since 1908) and 2nd in the Paralympic medal table, there's never been a more exciting time for British sport. Current preparations for the home Games in 2012, the 2010 Commonwealth Games and Winter Olympics, together with an increasing number of sport science- and coaching science-related higher education courses, mean that the opportunities for sport scientists to impact on British sport through teaching, research and support have never been better:

This year saw an almost completely new committee for the Division, which took no time to start committing time and energy to drive forward the Division within BASES. Following ongoing discussion with the interest groups, it has now been agreed that the research representative in each Division will become the Research and Interest Group Representative, with the responsibility of being the point of contact between the Association and the interest groups to facilitate their activities. The interest groups are critical to the health and development of the Association; this restructuring provides a clearer framework for them to operate within.

Other Division activities include Karen Williams, the Workshop Representative, working closely with the Workshop Committee to develop a number of sport and performance-related workshops. Further input from the interest groups is required to develop the workshop programme further, so please contact Karen if your interest group would like to run a workshop. Dr Istvan Soos, the Research Representative, has been liaising with UK Sport to explore further research and innovation opportunities for BASES members. Istvan has also worked with the other Division research representatives to

COURTESY OF BASES



promote research for members, one outcome of which is the BASES Emerging Researcher Medal, which will be awarded at the Annual Conference for the first time this year. Andy Abrahams and his team at Leeds Metropolitan University have benefited from the extensive feedback from the 2008 Annual Conference provided by Paul Dent, the Conference Representative. Paul has also been collaborating with the team to inform the sport- and performance-specific content of this year's Annual Conference. Ben Holliss, the Student Representative, has been working closely with the Student Advisory Group (SAG). Progress this year includes ensuring a crucial student perspective on the recent review of our accreditation schemes, developing "ask the expert" careers articles for *The Sport and Exercise Scientist* and, finally, a restructuring and streamlining of the SAG to provide greater coherence with the divisional structure of the Association.

Having only taken on the role of Chair for one year, it is with a sense of both satisfaction and unfinished business that I step down from the committee and Board. I am confident, however, that the current members of the committee, together with a new Chair and Conference Representative, will continue the progress achieved this year to take the Division and Association forwards.

**Dr Ken van Someren**  
**Chair of the Division of Sport and Performance**

“Running alongside the many speakers were up to 300 posters that were presented in the Exhibition Hall where all the sponsors were also located helping to give the Conference an intimate feel.”

## The 2008 BASES Annual Conference

The aim of the Conference was to successfully deliver the most prestigious BASES Conference so far; in short, something we, as members and staff, would like to attend and would be proud of. This entailed having a number of keynote sessions running throughout each day involving international speakers and the best of UK researchers.

The themes of the Conference were the Sporting Athlete, Health and Physical Activity, and the importance of Youth, with each day reflecting the key themes, as well as the Divisions of BASES. Other presentations, linked to submitted abstracts, invited abstracts or invited speakers, ran in the lecture centre with up to four sessions running at any one time. Running alongside the many speakers were up to 300 posters that were presented in the Exhibition Hall, where all the sponsors were also located, helping to give the Conference an intimate feel.

The Conference was opened by Prof Dave Collins who reflected on the successes and failings in Beijing, as well as suggested models of improvements leading to London 2012. This was followed by a symposium on the physiological limitations to supramaximal exercise chaired by Prof Stephen Harridge. Notable contributors included Prof Bengt Saltin, Prof Jerome Dempsey, Prof José González-Alonso and Prof Paul Greenhaff. The day was concluded by Drs Masters, van der Kamp and Jackson delivering a symposium based upon the role of implicit cognitions in sport. They discussed the way in which implicit knowledge and deception could be used during interactive movements to influence anticipatory responses, decisions and the movements of an opponent.

COURTESY OF SALLY TRUSSLER, BRUNEL UNIVERSITY



The focus of Day 2 was on Health and Physical Activity with Dr Gary O’ Donovan chairing a symposium looking at the balance of lifestyle and chronic disease. Contributors included Billie Cortie, a professor in the School of Population Health, The University of Western Australia; Chris Riddoch, Professor of Sport and Exercise Science at the University of Bath; Dr Amelia Lake, a research fellow at the Human Nutrition Research Centre at the University of Newcastle; and Dr Guy Faulkner, an assistant professor at the University of Toronto.

The opening keynote on Day 3 investigated the Biopsychosocial Support Systems and the Role of the Sports Scientist, and was delivered by Dr Trisha Leahy, Chief Executive of the Hong Kong Sports Institute, the Government’s delivery agent for elite sport in Hong Kong. The Conference was closed with a debate on “Is Corporate Responsibility Part of the Problem or Part of the Solution?”. This was well received by the many delegates who had stayed on. Final thanks were given to the organising team at Brunel and the baton was passed to Leeds Metropolitan University, who are hosting the 2009 BASES Annual Conference.

**Paul Dent**

**Chair of the Conference Organising Committee**

## The 2009 BASES Annual Student Conference

The theme of this year's Conference was "2020 Vision" and its objective was to introduce the delegates to the future of sport and exercise science within research and applied practice. The futuristic theme was evident in all aspects of the Conference: from online abstract submission and feedback, through to workshops being delivered live from Australia! The practical workshops provided an opportunity to see technological advances in sport science and included GPS monitoring, performance analysis tutorials and Dr Grant Abt helping his group produce their first podcasts.

Another major aspect of this year's Conference was our attempt to involve the student delegates in both the development and running of the Conference. Students were initially invited to give their opinions on the Conference and its scientific and social programme through an online survey, although the networking began even before the Conference opening address, on a student BASES Facebook group that attracted well in excess of 100 members. One of the most successful and novel concepts was to have a student co-chair in each scientific session. This provided the students with a real flavour of academic conferences, by introducing the speakers and co-coordinating any questions from the floor. Whilst there were, understandably, a few nerves showing from the brave students who volunteered, this really enhanced the student-centred philosophy, where delegates challenged research presentations, but in a constructive and enquiring manner. The students' interaction with each other and academics was generally excellent, and over the course of the two-day Conference became visibly more confident, asking more and more questions not only of their peers, but also of keynote presenters.

This student-focused approach, coupled with the variety of international calibre speakers and the low delegate fees, helped to attract a record 320 delegates to Hull, with 264 of these attending both days. There was also a record for the number of student presentations, with 74 oral and 82 poster presenters, which were of a high standard overall. The number of delegates and standard of student

COURTESY OF RIC LOVELL, HULL UNIVERSITY



presentations was a testament to the institutions that supported the Conference. Especially pleasing was the number of institutions that covered the costs of their students' attendance whilst also bringing a large cohort of delegates.

There was, as always, a strong focus on careers with a range of workshops, including advice from journal editors on getting work published, a round-table discussion from an eclectic mix of academics and practitioners, and information on the BASES Accreditation process. There were a number of other institutions advertising their postgraduate courses to the delegates, and the noticeboard, with details of studentships and jobs, went down particularly well.

The social programme included a three-course dinner with entertainment afterwards that went well into the night, as expected. The students and their attending supervisors clearly enjoyed themselves after a long day of conferencing.

Overall, the Conference continued to grow in terms of previous year's attendance and quality of the scientific programme. A summary of the delegate feedback and critical reflections will be passed on to Aberystwyth University for the 2010 BASES Annual Student Conference, which I hope is as well supported as this year's.

**Ric Lovell**

**Chair of the Conference Organising Committee**

## Awards and International Travel Grants

### The 2008 BASES Annual Conference Awards

**Brunel University Poster Presentation Awards**

**Dr Joanna Scurr**, University of Portsmouth

*The effect of breast support on the kinematics of the breast during the running gait cycle. Sportesse Sport Science Award*

**Dr Stuart Beattie**, Bangor University

*Self-efficacy and performance catastrophes: a test of engagement versus disengagement.*

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

**Jennifer White**, University of Portsmouth

*A comparison of 3D breast displacement and breast comfort during overground and treadmill running.*

**Human Kinetics Student Poster Presentation Award**

**Marlene Schoeman**, Roehampton University

*Landing from a vertical jump, implications for lower leg amputees.*

**Elsevier Student Oral Presentation Award**

**Lee-Ann Sharp**, University of Otago, New Zealand

*Effective sport psychology consulting relationships: the athlete's perspective.*

**Sportesse Exercise Science Award**

**Dr Mark Hamer**, University College London

*The extent to which biological risk factors mediate the association between physical activity and cardiovascular disease events.*

### BASES International Travel Grants

**Jennifer Hewitt**, Kingston University

**Dr Mike Price**, Coventry University

**Prof Andrew Jones**, University of Exeter

**Dr Vicky Tolfrey**, Loughborough University

**Michelle Venables**, University of Birmingham

**Dr Yannis Pitsiladis**, University of Glasgow

**Dr Sally Akehurst**, Aberystwyth University

**Jennifer Page**, University of Portsmouth

**Dr Costas Karageorghis**, Brunel University

**Christine Steel**, University of Teesside

**Dr Jason Siegler**, University of Hull

**Dr James Betts**, University of Bath

**Dr Tim Rees**, University of Exeter

### The 2009 BASES Annual Student Conference Awards

• **Undergraduate Oral Award Winner** (Sponsored by BASES)

**Sam Botchey**, University of Hull

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

**Simon Smith**, University of Wales Institute, Cardiff

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

**Melanie White**, University of Worcester

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

**Greg Wood**, University of Exeter

• **Postgraduate Oral Award Winner** (Sponsored by Routledge)

**Rebecca Law**, Bangor University

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

**Cleveland Barnett**, University of Hull

• **Postgraduate Poster Award Winner** (Sponsored by Routledge)

**Christian Edwards**, University of Worcester

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

**Garry Tew**, Sheffield Hallam University

• **Applied Research Postgraduate Award Winner** (Sponsored by University of Hull)

**Charlie Unwin**, Brunel University

• **Applied Research Postgraduate Award Runner-Up** (Sponsored by Cranlea)

**Alexandra Milligan**, University of Portsmouth

### Annual Awards

**BASES Career Development Scholarship**

**Ben Stephenson**, Hercules Sports Consulting

**Philip Read Memorial Award**

**Dr Mark Wilson**, University of Exeter

**BASES Honorary Fellows Undergraduate Dissertation Award**

**Helen Barrett**, University of Portsmouth

## Workshop Committee

The Workshop Committee plays a vital role in achieving the BASES strategic objective to “Deliver high-quality continuing professional development events – conferences, workshops and forums”: The academic year 2008–2009 was another successful year for the Committee, during which 22 workshops were attended by 344 delegates. Even more impressive was the fact that 11 of these workshops were new. The majority of the workshops were fully booked and delegate feedback was extremely positive with seven of the workshops receiving a grading of 9/10 for satisfaction. A waiting-list system was introduced by the BASES office, as some workshops were extremely popular.

The following comments were taken from recent evaluation forms:

- Lots of strategic and real-life advice, and group interaction tasks
- Good mix of theory and ways to apply in practice
- Informative, stimulating and thought-provoking. Lots of new ideas to explore
- The presenters established a good relaxed working atmosphere and they allowed us to share experiences from other participants
- Presentations from different perspectives (coach/athlete/analyst)
- Practical advice given for consultancy; self-reflection encouraged throughout workshop. Excellent staff – very helpful and approachable.

With the blending of the seasons, the 2009–2010 workshops will be presented in either the winter or summer programmes. The aim is to try to regionalise delivery to reduce travel time and costs for delegates, which may mean the same workshop is delivered in more

“Several delegates asked for workshops to be more interactive and so, in future, all presenters will be required to specify the level of interaction that delegates can expect.”

than one location in the same year. The Committee has also agreed that the most popular workshops may be rerun more frequently if there is a demand from members.

Several delegates asked for workshops to be more interactive and so, in future, all presenters will be required to specify the level of interaction that delegates can expect. Additionally, a paper titled “Generic themes and areas of improvement” is now provided to all those running workshops, which has been formulated from feedback from attendees and suggestions from the Committee. Phase 2 development of the new BASES website will hopefully deliver online booking and payment for workshops in the near future. The programme will continue to be advertised in *The Sport and Exercise Scientist* and on the BASES website under the Events tab on [www.bases.org.uk/Workshops](http://www.bases.org.uk/Workshops)

The Committee is always looking for new ideas and proposals for workshops, so if you have any suggestions or the desire to run a workshop, please contact the BASES office or relevant Workshop Committee member. Additionally, there is also the opportunity to join the Working Committee due to the biannual election process.

Finally, the Workshop Committee will now be chaired by the BASES Executive Officer. The Education Officer will join the Committee and full support will continue from the BASES office staff. This will allow the Committee members to concentrate their efforts on their individual areas of responsibility and deliver an exciting and interesting workshop programme for members.

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

## Programme of BASES Workshops June 2008 – June 2009

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

*(In association with the British Psychological Society)*

Keith Power and Dr Richard Plenty

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

Jonathan Robinson and Claire Lane

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

William Winstone and Jonathan Males

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

Prof Edward Winter and Dr John Saxton

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

Ryan Coombs

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

Dr Jeff Breckon

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

Dr Tom Fawcett

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

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

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

Jamie Barker, Geoff Walton and Sue Lee

### **Safeguarding Young People and Vulnerable Adults in Sport and Exercise Sciences (x 5)**

Prof Richard Davison and Prof Celia Brackenridge, Liz Kinder,

Dr Andy Miles, Geoffrey Platt, John Mills

### **Using Hypnosis in Sport Psychology**

Jamie Barker, Tony Myers, Kevin Davies and Dr Shaun Galloway

### **Welcome to the Jungle: Getting Started in Sport and Exercise Science**

Dr Chris Harwood, Dr Ross Roberts, Xavier Sanchez and Dr David Tod

### **Undergraduate Dissertation/Project Work: A Perspective From Two UK Institutions**

*(In association with the Higher Education Academy: Hospitality, Leisure, Sport and Tourism Network)*

Dr Richard Tong, Dr Owen Thomas and Dr Alison Purvis

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

*(In association with the British Psychological Society)*

Amanda Owens, Dave Alcock and Phil Johnson

### **Motion Analysis**

Dr Phil Graham-Smith, Richard Jones, Paul Jones and Dr Paul Brice

### **Health Benefits of Resistance Training**

Dr Niall MacFarlane

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

## The *Journal of Sports Sciences*

The *Journal of Sports Sciences* has just received its latest impact factor for the calendar year 2008, now calculated as 1.625. This looks a modest improvement on last year's (2007) impact factor of 1.44 and puts the journal ranked at 28th out of 71 sports-related journals. The number of articles the *JSS* is receiving remains almost overwhelming high with over 330 articles received from 1 January to the end of June 2009. However, with the creation of a new “Performance Analysis” section, edited by Dr Barry Drust (Liverpool John Moores University), the *JSS* believes that it is now in a strong position to move forward with this ever-increasing pressure on its resources.

We would also like to introduce the new Biomechanics Section Editor, Dr Eric Wallace, who is based at the University of Ulster. Dr Wallace replaces Dr Nick Linthorne of Brunel University, who had been the Biomechanics Section Editor since 2006. On behalf of the *JSS*, I would like to thank Nick for all the hard work he carried out, dealing with the ever-increasing number of articles the journal is both receiving and publishing. Interestingly, since his appointment at the beginning of 2008, Dr Wallace's Biomechanics Section has become the most popular section, having received the greatest number of manuscripts of any section since January 2008.



The *Journal of Sports Sciences* continues to grow in popularity at an impressive rate, with a steadily increasing impact factor, maintaining a stable reputation as one of the leading academic journals of sport science in the world. As in previous years, I would like to thank all those responsible for keeping the *JSS* in such a healthy state, including authors, section editors, reviewers, members of the editorial and advisory boards and, of course, all the support team and administrators at Taylor and Francis.

It is with great sadness that, with this year's annual report for BASES, I must report the death of Prof Thomas Reilly. Tom was the founding General Editor of the *Journal of Sports Sciences*, a journal that he created (first published in 1983). Tom was the General Editor for the first 13 years and remained the Section Editor for Kinanthropometry until 2003. The *JSS* and its publishers owe a great debt of gratitude to Tom for his great vision, hard work and never-ending support for the journal.

**Prof Alan Nevill**  
**Editor in Chief**

BASES would like to highlight that members can now receive a free monthly article from *JSS* and see the contents page of each issue by logging in to the Member Area on [www.bases.org.uk](http://www.bases.org.uk)



## The Sport and Exercise Scientist

The four issues that occurred between reports have been full of activities, reflections and evaluations of BASES members and there has been some excellent material. *The Sport and Exercise Scientist* is highly regarded by BASES members and is a valued benefit. The Editorial Advisory Board and production team have worked hard and hope you are pleased with the product we have delivered over the last 12 months.

I'll start by looking at some of the material published; not necessarily the best articles, but reflections on the process, what we have been trying to do, and how this might go forward for the next year.

The December 2008 issue featured the BASES Annual Conference at Brunel University, providing insight into the strengths and limitations of a range of presentations. Across the year, we sought to promote the BASES Annual Student Conference at Hull University. We have also featured reflections of practitioners who worked with athletes at the Beijing Olympics.

We have sought to introduce new features and different types of articles. We established a comments board to try to capture members' thoughts in an "unedited" and open way. We maintain that freedom of expression was always the case, but made it explicit that the author could be anonymous. We have introduced "debates", a three-round email discussion on an issue between parties. We have published one debate and have two others in the pipeline.

September 2009 is my 17th and last issue as editor. I have enjoyed working with the Editorial Advisory Board and production team, who I have found supportive and whose insights made it possible for me to edit each issue.



The Sport and Exercise Scientist serves the interests of BASES members. We need your input and are happy to receive any information that might shape journal content.

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

The BASES Board would like to take this opportunity to thank Prof Andy Lane for his commitment and dedication to the magazine over the last 17 issues. Thanks also go to the Editorial Advisory Board and production team for their ongoing support. Dr Sarah Rowell will take over as editor from the December edition of *The Sport and Exercise Scientist*.

**Debbie Pearce**  
**BASES Executive Officer**

## The Student Advisory Group

With a number of new faces joining the team, the Student Advisory Group (SAG) met in January to discuss our role and to develop our objectives for the coming year. Our role remains to hold responsibility for ensuring student members are well catered for and considered at every level and thus, to represent the student voice within the BASES organisation. Within the last year, there has been a noticeable shift within the organisation, whereby the opinion of the student is more actively sought, with BASES seeming to realise what a pivotal demographic we, the students, are. We put forth some key SAG objectives in January, which we have been working on progressively over the past year and that appear to be coming to fruition in the coming months. The key objectives were to:

- Provide an easier-to-understand Supervised Experience/ Accreditation process.
- Have an independent BASES Student web area with a wealth of information being highly useful and beneficial to our student members.
- Establish and raise awareness of BASES at an earlier stage – with A-Level/BTEC students.

Those objectives that have yet to emerge as a finished product will do so in the coming months. As a student, some of the highlights from the past year include the BASES discussion forum, which allows students and professionals alike to enquire, advertise and discuss topics ranging from which postgraduate qualification to choose or how to secure “experience”, to “Can anyone lend an ergometer for a research

“Having attended as Chair of the SAG I can confirm that the 2009 student conference at the University of Hull was a great success”

project?”. Furthermore, BASES successfully rolled out the online Q&A sessions again, including some new and pertinent additions to the line-up, all of which were well attended, especially by students, and feedback was, yet again, very positive.

The BASES Annual Student Conference was held in Hull in April this year and was very keenly priced. As a result, along with the fantastic, internationally renowned speakers, the Conference was extremely well attended by students. The addition of a “Student Chair” for each session was also encouraging and gave the students greater ownership of the Conference. Having attended as Chair of the SAG, I can confirm that the 2009 Student Conference at the University of Hull was a great success; well received by the students and also impressing the international speakers who had flown from across the globe for the two-day event.

The ‘Strictly for Students’ section of ‘The Sport and Exercise Scientist’ has developed in its content, portraying a strong practical focus for students, incorporated within bespoke and interesting articles. I am hopeful that many of the ongoing features that myself and the SAG have developed will continue as I come the end of my time as SAG Chair. Kate Yule, BASES Education Officer, will take over as Chair and continue to represent the student members’ interests.

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

# Supervised Experience and Accreditation

## Supervised Experience

The Pathway Supervised Experience Review Committees reviewed a total of 72 Supervised Experience applications (April 2008 and October 2008). Pathway-specific figures are reported in Table 1 below. There are now 324 BASES individuals registered on Supervised Experience.

**Table 1: Supervised Experience Figures for 2008-2009**

Pathway	New Supervised Experience Applicants <sup>a</sup>	Total No. of Individuals Registered on Supervised Experience <sup>b</sup>
Biomechanics	1	10
Interdisciplinary	1	4
Physiology	19	160
Psychology	18	150
<b>Total</b>	<b>39</b>	<b>324</b>

Notes: <sup>a</sup> Across April 2008 and October 2008. <sup>b</sup> As of end of March 2009.

## Individual Accreditation

The Accreditation Committee met twice in the year and reviewed a total of 64 applications for Scientific Support & Research Re-Accreditation (July 2008 and January 2009). Pathway-specific figures are reported in Table 2.

There are now 435 BASES Accredited Sport and Exercise Scientists and 20 High Performance Sport Accredited practitioners.

**Table 2: Accreditation and Re-accreditation Figures for 2008-09<sup>a</sup>**

Pathway	Scientific Support Re-/Accreditation	Research Re-/Accreditation	Scientific Support & Research Re-/Accreditation	Total Number of BASES Accredited Sport and Exercise Scientists <sup>b</sup>
Biomechanics	2	1	-	17
Interdisciplinary	2	1	1	33
Physiology	23	6	6	181
Psychology	16	3	3	204
<b>Total</b>	<b>43</b>	<b>11</b>	<b>10</b>	<b>435</b>

Notes: <sup>a</sup> Across July 2008 and January 2009. <sup>b</sup> As of end of March 2009.

## Laboratory Accreditation

One new laboratory was accredited:

- University of Aberystwyth

The total number of accredited laboratories is 32.

**Debbie Pearce**  
Executive Officer of BASES

## BASES Undergraduate Endorsed Courses

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

## Acknowledgments

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

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

Dr Martin Sellens (Chair), Dr Caroline Angus, Amy Dyer,  
Dr Dominic Micklewright and Dr Richard Tong.

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

Dr Jason Gill (Chair), Dr Gary O'Donovan, Victoria Penpraze,  
Dr Francesca Burton and Kate Janse van Rensburg.

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

Dr Ken van Someren (Chair), Paul Dent, Karen Williams,  
Dr Istvan Soos and Ben Holliss.

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

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

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

Dr Steve Atkins, Dr Diane Crone and Fiona Lothian.

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

Lisa Board, Dr Paul Bromley, Matt Cosgrove, Dr Audrey Duncan,  
Prof Andy Jones, Prof Alison McConnell and Prof Edward Winter,  
Dr Steve Ingham, Karen Williams.

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

Dr Joy Bringer, Dr Hilary Matheson, Dr Costas Karageorghis,  
Amanda Owens, Dr Zoe Knowles, Paul Russell, Cath Shearer, David Shearer, Dr Tony Westbury, Dr Neil Weston, Amanda Wilding and Jennie Killilea.

### **Accreditation Committee**

Dr Martin Sellens (Chair), Dr Diane Crone, Dr John Saxton,  
Dr Joanna Scurr, Dr Richard Thelwell and Kate Yule.

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

Dr Chris Harwood (Chair), Dr Malcolm Fairweather, Prof Andy Jones,  
Dr Carl Payton and Dr Ken van Someren.

### **Workshop Committee**

Dr Richard Tong (Chair), Dr Stewart Bruce-Low, Dr Phil Graham-Smith,  
Victoria Penpraze, Dr Tom Fawcett and Karen Williams.

### **The Student Advisory Group**

Len Parker-Simspon (Chair), Suzanne Hadden, Rhodri Lloyd and Helen Bowker.

### **BASES Undergraduate Endorsement Scheme Reviewers**

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

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

Prof Andy Lane (Editor), Debbie Pearce, Dr Dan Bishop, Melissa Day, Dr Lee Ingle, Dr Dominic Micklewright, Dr David Todd, Dr John Saxton, Dr Richard Thelwell, Len Parker-Simpson and Claire-Marie Roberts.

**BASES would also like to extend its thanks to:**

- Jane Bairstow, Kate Yule, Marsha Stankler and Jane Gillott
- Dr Val Cox, the Awards Coordinator
- Dr Sarah Rowell for her work on Supervised Experience and Accreditation
- The 2008 BASES Annual Conference Organising Committee: Paul Dent and team
- The 2009 BASES Annual Student Conference Organising Committee: Ric Lovell and team
- Interest Group Convenors: Dr Grant Abt, Dr James Bilzon, Dr John Buckley, Alastair Evans-Gordon, Prof Neil Fowler, Dr Shaun Galloway, Dr Paul Gamble, Dr Liam Kilduff, Andy Kirkland, Dr Jon Oliver, Dr Louis Passfield, Dr Marcus Smith, Dr Henning Wackerhage and Dr Andy Williamson.
- Prof Clyde Williams and Dr Stuart Galloway for their work on the Sport and Exercise Nutrition Register

- Contributors to *The Sport and Exercise Scientist*
- Abi Masha, Martin Betts and the team from Coachwise
- Senior for their work on the BASES website and membership database
- Darren Brown and the team from Mercer Print
- Helen Spencer and Craig Smith from Kirk Newsholme
- Gatorade Sports Science Institute and Promote PR
- Cranlea, Elsevier, Human Kinetics, Hospitality, Leisure, Sport and Tourism Network, Routledge - Taylor & Francis, Sportesse, University of Hull, Brunel University and the BASES Honorary Fellows for their financial support with sponsoring awards
- Workshop organisers and presenters
- All 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

## Committees 2008-2009

### **BASES Board**

**Chair** | Prof Jo Doust

**Executive Officer** | Debbie Pearce (Dr Claire Hitchings maternity leave)

**Chair of the Division of Sport and Performance** | Dr Ken van Someren

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

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

**Non-Executive Directors (outgoing)** | Dr Will Calvert, Gaynor Heys

**Non-Executive Directors (incoming)** | Graham Wilson, Sue Anstiss

### **BASES Operational Group**

**Executive Officer** | Debbie Pearce (Dr Claire Hitchings maternity leave)

**Office Manager** | Jane Bairstow

**Education Officer** | Kate Yule

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

### **BASES**

Leeds Metropolitan University

Fairfax Hall, Headingley Campus, Leeds, LS6 3QS

Tel/Fax +44 (0) 113 8126162

**E-mail** | [jbairstow@bases.org.uk](mailto:jbairstow@bases.org.uk) **Website** | [www.bases.org.uk](http://www.bases.org.uk)

A Company Limited by Guarantee Registered in Cardiff No. 5385834.

Copyright © BASES, 2009



Prof Jo Doust



Debbie Pearce



Dr Claire Hitchings



Dr Jason Gill



Dr Martin Sellens



Dr Ken van Someren



Gaynor Heys



Graham Wilson



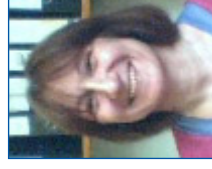
Sue Anstiss



Dr Will Calvert



Kate Yule



Marsha Stankler



Jane Gillott



Jane Bairstow



# The British Association of Sport and Exercise Sciences

- the professional body for sport and exercise sciences



## Strategy 2008 -2010

### Mission

Promoting excellence in sport and exercise sciences

### 2008 Priorities

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

### Vision

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

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

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

#### High professional standards

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

#### Represent sport and exercise sciences

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

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

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

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

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

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