

The British Association of Sport and Exercise Sciences
ANNUAL REPORT 2009–2010



www.bases.org.uk

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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

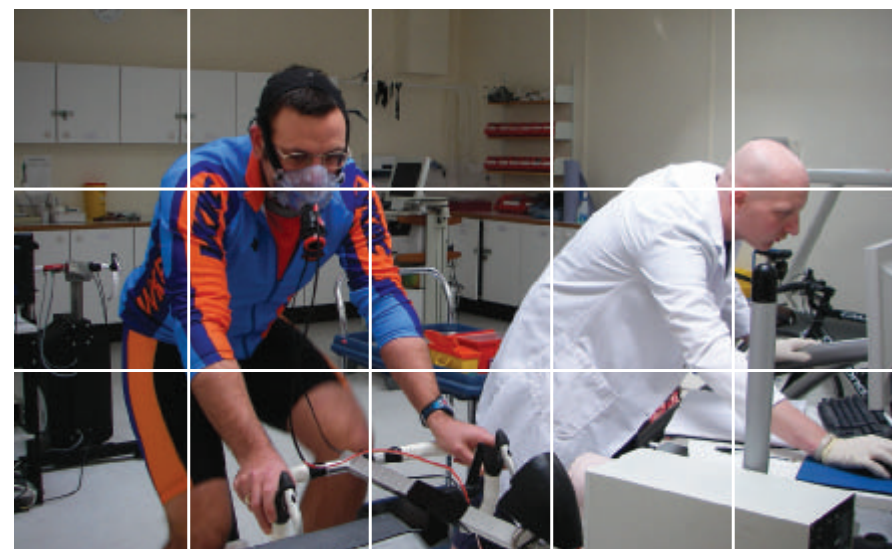
The Board has pleasure in presenting its report and the financial statements of the British Association of Sport and Exercise Science (BASES) for the year ended 31 March 2010. The Association's activities progressed well during the year, as detailed throughout this Annual Report. The main attention of the Board has been given to the items identified in the Strategic Plan 2008-10, which will be updated during 2010 and presented to members for their consideration and approval to set the direction of the Association in the next period. The Governance of the Association was undertaken in accordance with our rules and articles. There were no significant problems during the year; one formal complaint against a member was received and dealt with in accordance with the regulations of the Association. Financially, the Association continues in good health, with careful cost control and exploration of income generation allowing the Association to provide, with security, routine services and also undertake developmental activities. The Board reports a deficit for the financial year, after taxation, of £15,914, which is partly due to substantial investment in the Accreditation and Supervised Experience schemes. The Association's reserves have fallen slightly but the committed reinvestment for 2010-11 is expected to lead to a deficit budget and a reduction in the reserves of around £50,000 in 2010-11. The main areas for reinvestment are Grants and Awards, public relations and marketing, and website developments that were not completed in the previous financial year.

Research, evidence-based practice and distribution of knowledge

BASES has continued to deliver high-quality continuing professional development events over the last year. The 2009 BASES Annual Conference was hosted by Leeds Metropolitan University and 400 delegates attended. The title of the Conference was 'Working Together to Achieve Excellence: Sport Performance, Physical Activity and Coaching'. The Conference was opened by Prof Stuart Biddle FBASES from Loughborough University with a keynote entitled 'Are you sitting comfortably? Then I will stand up to begin!'

The University of Aberystwyth hosted the 2010 BASES Annual Student Conference with the theme of 'Unlock Your Future'. There were a record number of 330 delegates from 45 Universities around the UK and a number of individuals were disappointed to be unable to attend due to the extremely high demand for places. There was also a record number of student presentations (96

The main areas for reinvestment are Grants and Awards, public relations and marketing, and website developments that were not completed in the previous financial year.



COURTESY OF DR CLAIRE HITCHINGS

oral and 88 posters), and a student-led symposium. Prof Jo Doust FBASES and Dr Richard Tong hosted a pre-Conference workshop on career opportunities in sport and exercise science, which was well received.

The Workshop Committee organised 25 workshops, which were attended by 327 delegates. Five of these were new and included two 'Safeguarding and Protecting Children and Vulnerable Adults' workshops. The summer programme included four core workshops from the new Supervised Experience scheme and from now on all of these will be run as part of the core workshop programme.

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 its latest impact factor (2009), calculated as 1.619, and is ranked 25th out of 72 sports-related journals. It continues to grow in popularity and reputation, with over 375 articles submitted between January and June 2010 compared to 330 articles in the same period of last year.

The Sport and Exercise Scientist continues to be a valued membership benefit, with many interesting sport-and-exercise-science-related articles. This publication is posted to UK-based members quarterly and archived in the Member Area of the BASES website for overseas members to view. The ABC of Physical Activity for Health: A consensus statement from the British Association of Sport and Exercise Sciences, lead by Dr Gary O'Donovan, was published in the *Journal of Sports Sciences*.

The BASES Annual Awards are an important part of the Association's work in recognising excellence in sport and exercise science and exist to reward BASES members who have made outstanding achievements. The BASES Annual Grants exist to provide financial support to BASES members to support career development and conference attendance. Considerable work has been done by the newly appointed Awards Committee who undertook a review of all the BASES Awards and Grants, and new Awards and Grants have been established to ensure all membership categories are more equally catered for. BASES now offers five Annual Award schemes, of which three are new, and four Annual Grant schemes, of which one is new. The BASES Expert Statement Grant was introduced this year with an aim to assist the development of expert statements on topics related to the application of scientific principles to sport and exercise science, about which there is interest, confusion, or controversy.

The BASES Fellowship Scheme has been modified to a two-category system. The first category, BASES Fellowship, recognises esteemed professional achievement, skills, knowledge and service to BASES and the sport and exercise science community made by BASES professional members. The second category is "BASES Honorary Fellowship", which recognises the eminence of non-BASES members who are working or achieving in sport and exercise science. As such, former Honorary Fellows and Fellows have been "normalised" to Fellows as the individuals were all BASES members. It is hoped that these changes provide clarity and make the BASES Fellowship Scheme consistent with those of other professional bodies. Three new Fellowships were awarded in 2009 to Prof John Saxton FBASES, Prof Kevin Thompson FBASES and Prof Richard Davison FBASES. This brings the current total of BASES Fellows to 38.

Following demand, mainly from the interest groups, discussion forums have been re-introduced to the BASES website. The forums allow members and non-members alike to participate in discussion around their preferred subject areas. Work will continue on the content management and contact relationship management systems to create a more streamlined and efficient back office system. The Board has committed funds for further investment in the systems so we can now progress with plans to automate more of the processes, reducing the administration pressure on the BASES Operational Group.

The current BASES and Gatorade Sports Science Institute contract is due for renewal in September 2010 so talks are taking place with a view to the best way of working together. Joint activity took place in the last year has included a collaboration at Leisure Industry Week and a repeat of the University lecture tour. This year, the lecture was delivered by Dr Stavros Kavouras on water and sodium balance during exercise.

“**The Supervised Experience and Accreditation schemes were re-launched at the 2009 BASES Annual Conference.**”

High professional standards

The BASES Certified Exercise Practitioner scheme was launched at the 2009 BASES Annual Conference. The scheme offers a level of recognition for sport and exercise science graduates working in industry and the number of successful applicants continues to grow. There is demand for the certificate, but not all applicants meet the required criteria. BASES aims to increase awareness by using effective marketing and communication that should result in increased member numbers.

” The Supervised Experience and Accreditation schemes were re-launched at the 2009 BASES Annual Conference. The main changes include attendance at four core workshops for supervisees, along with workshop-style training for all registered supervisors and reviewers. The training workshops for supervisors and reviewers aim to manage expectations, improve communication and quality assure the process. There is now a more open and consistent approach that is beneficial for all parties involved. Currently, 247 BASES individuals are registered on Supervised Experience, 308 are Accredited and 11 members hold the High Performance Sports Accreditation.

The Board has continued to progress possible registration with the Health Professions Council, as prioritised in the 2008-10 strategy. The Chair and Executive Officers have met twice with the HPC to discuss the scope and content of an application to become a registered profession. The first phase has involved consultation with members and leads to a formal vote at the 2010 Annual General Meeting. Q&A sessions, leaflets, an on-line 'To Regulate or Not to Regulate' forum and an on-line survey on key issues have been undertaken during the year to ensure members are fully informed about the issues and to provide an opportunity for members to have their say. The next phase will depend on the outcome of the vote at the Annual General Meeting. Members with an interest in psychology have been advised about the consequences of the British Psychological Society's decision to seek Health Professions Council registration.

The BASES Undergraduate Endorsement Scheme continues to grow in popularity and the number of courses is now 33 across 25 institutions, with several more applications being processed. Following feedback from the Heads of Department Forum, BASES is currently looking at a possible endorsement of postgraduate courses.

Laboratory accreditation continues to prove a valuable means of demonstrating high standards and, in 2009-10, two professional football clubs (Wolverhampton Wanderers and Manchester United) successfully Accredited their laboratories, indicating not only continued permeation of sports science beyond the academic sector, but also that BASES is respected as the key professional body.

Represent sport and exercise sciences

Membership at 1 May 2009 was 2,585, with 918 professional members, 1,423 student members, 82 graduate members, 79 overseas members, 39 affiliate members, 36 VIP members and 8 retired members.

The seventh Heads of Department Forum was held in May with 40 Universities from across the UK in attendance. As well as updates on issues affecting Higher Education, the day included consultation with the attendees on BASES' future strategy. Feedback was constructive and positive and will allow BASES to develop closer links with institutions.

“The Association is still trying to reduce its impact on the environment and will continue with developments to reduce paper and move to on-line processes.”



COURTESY OF DR NICK SMITH

The Association is still trying to reduce its impact on the environment and will continue with developments to reduce paper and move to on-line processes. There are several web developments that will take place this year in order to move the Association forward with this goal, such as on-line job submission and workshop booking.

BASES is working on the marketing and communications strategy for the next 2–5 years, especially looking at 2012 opportunities. The Association continues to strengthen links with related bodies and ensure that any agreements deliver benefits for the BASES members.

There are plans to release several press statements to increase BASES' profile throughout the year by using the excellent abstracts and expert statements produced by members.

The BASES Board

Company Information and Report of the Directors for the year ended 31 March 2010

Directors: Miss D L Pearce
Prof J Doust
Dr J Gill
Dr D Micklewright
Mr G Wilson
Dr C L Hitchings
Mrs S Anstiss
Dr R Tong.

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.

The directors present their report with the financial statements of the company for the year ended 31 March 2010.

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 2009 to the date of this report:

Miss D L Pearce, Prof J Doust and Dr J Gill.

Other changes in Directors holding office are as follows:

Dr K Van Someren – resigned 4 September 2009

Mr W Calvert – resigned 1 April 2009

Dr M Sellens – resigned 4 September 2009

Dr D Micklewright – appointed 7 September 2009

Mr G Wilson – appointed 1 August 2009

Dr C L Hitchings – appointed 1 August 2009

Mrs S Anstiss – appointed 1 August 2009

Dr R Tong – appointed 7 September 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 2010

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 2006. 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.

Report of the Directors (for the year ended 31 March 2010)

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

On behalf of the Board



Prof J Doust FBASES
Chair

Date: 12th July 2010

Income and Expenditure Account

for the years ended 31 March 2010 and 31 March 2009

		Year Ended 31.03.10	Year Ended 31.03.09
	Notes	£	£
Turnover	2	298,477	289,350
Cost of sales		<u>91,171</u>	<u>100,100</u>
Gross Surplus		207,306	189,250
Administrative expenses		<u>223,855</u>	<u>152,321</u>
Operating (deficit)/surplus	3	(16,549)	36,929
Interest receivable and similar income		<u>804</u>	<u>6,477</u>
(Deficit)/surplus on ordinary activities before taxation		(15,745)	43,406
Tax on (deficit)/surplus on ordinary activities	4	<u>169</u>	<u>1,191</u>
(Deficit)/surplus for the financial year after taxation		<u>(15,914)</u>	<u>42,215</u>

Balance Sheets for 31 March 2010 and 31 March 2009

	Notes	31.03.10		31.03.09	
		£	£	£	£
Fixed Assets					
Tangible assets	5		2,973		15,863
Current Assets					
Debtors	6	27,379		35,496	
Cash at bank and in hand		<u>237,592</u>		<u>254,921</u>	
		264,971		290,417	
Creditors					
Amounts falling due within one year	7	<u>79,096</u>		<u>101,518</u>	
Net Current Assets		<u>185,875</u>		<u>188,899</u>	
Total Assets Less Current Liabilities		<u>188,848</u>		<u>204,762</u>	
Reserves					
Retained reserves	8	<u>188,848</u>		<u>204,762</u>	
		<u>188,848</u>		<u>204,762</u>	

The Company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2010.

The members have not required the Company to obtain an audit of its financial statements for the year ended 31 March 2010 in accordance with Section 476 of the Companies Act 2006.

The Directors acknowledge their responsibilities for:

(a) ensuring that the Company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006.

(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 Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the Company.

The financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies and with the Financial Reporting Standard for Smaller Entities (effective April 2008).

The financial statements were approved by the Board of Directors on 12th July 2010 and were signed on its behalf by:



Prof J Doust FBASES
Chair

Notes to the Financial Statements

for the year ended 31 March 2010

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 April 2008).

Turnover

Turnover represents net invoiced sales of goods, 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 income and expenditure 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	- 33% on cost and 25% on cost
Website costs:	- 100% on cost

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 profit and loss account in the period to which they relate.

2. Turnover

The Company's income is mainly derived from membership fees. This income is recognised in the income and expenditure account so as to match the costs as and when they are incurred. The balance of the grant income not spent has been included in accruals and deferred income.

Membership fees income

	31.03.10	31.03.09	31.03.08
Deferred income b/fwd	41,034	39,218	35,204
Receipts in the year	126,434	127,334	112,613
Deferred income c/fwd	(45,209)	(41,034)	(39,218)
Income per accounts	122,259	125,518	108,599

3. Operating (Deficit)/Surplus

The operating deficit (2009 – operating surplus) is stated after charging:

	31.03.10	31.03.09
	£	£
Depreciation - owned assets	20,528	2,368
Loss on disposal of fixed assets	61	1,572
Pension costs	9,340	5,732
	<u>52,600</u>	<u>34,992</u>
Directors' emoluments and other benefits etc.		
	<u>52,600</u>	<u>34,992</u>

4. Tax On (Deficit)/Surplus On Ordinary Activities

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, HM Revenue & Customs have agreed that only the Company's other income is subject to corporation tax.

Notes to the Financial Statements

for the year ended 31 March 2010

5. Tangible Fixed Assets

	Fixture and fittings	Computer equipment	Totals
Cost	£	£	£
At 1 April 2009	1,151	19,868	21,019
Additions	-	7,699	7,699
Disposals	(122)	-	(122)
At 31 March 2010	1,029	27,567	28,596
Depreciation			
At 1 April 2009	354	4,802	5,156
Charge for year	115	20,413	20,528
Eliminated on disposal	(61)	-	(61)
At 31 March 2010	408	25,215	25,623
Net Book Value			
At 31 March 2010	620	2,352	2,973
At 31 March 2009	797	15,066	15,863

6. Debtors: Amounts falling due within one year

	31.03.10	31.03.09
	£	£
Trade debtors	18,434	24,656
Prepayments and accrued income	8,945	10,840
	27,379	35,496

7. Creditors: Amounts falling due within one year

	31.03.10	31.03.09
	£	£
Trade creditors	11,133	8,239
Tax	224	1,360
Social security and other taxes	2,121	2,560
Other creditors	929	68
Accruals and deferred income	64,689	89,291
	79,096	101,518

Included within accruals and deferred income is £60,626 (2009: £81,854) of deferred income, of which £45,209 (2009: £41,034) relates to deferred membership fees.

8. Reserves

	Retained reserves
	£
At 1 April 2009	204,762
Deficit for the year	(15,914)
At 31 March 2010	188,848

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 2006, we have compiled the financial statements of the Company for the year ended 31 March 2010 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 and 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 2010 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 2006. 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: 14th July 2010

Detailed Income and Expenditure Account

for the years ended 31 March 2010 and 31 March 2009

	31.03.10		31.03.09	
	£	£	£	£
INCOME				
Membership	122,259		125,518	
Advertising	32,507		37,841	
The Sport and Exercise Scientist	21,288		18,569	
Course Finder	5,955		10,696	
Workshops	27,320		34,926	
Conferences and Awards	2,886		13,644	
<i>Journal of Sports Sciences</i>	20,197		20,621	
Accreditation Fees	7,789		5,950	
Supervised Experience	9,745		5,480	
UK Sport HPSA Grant	-		537	
Publications and Other	100		138	
UK Sport Continuing Professional Development Grant	10,478		-	
BASES Undergraduate Endorsement Scheme	5,550		4,649	
UK Sport Accreditation Grant	-		537	
HPSA	1,500		720	
Merchandise	-		75	
UK Sport HPSA Re-licencing Grant	1,793		3,207	
UK Sport Quality Assurance Procedures Grant	3,500		3,500	
UK Sport Elite Research Grant	-		6,000	
Sponsorship	7,500		7,500	
Fellowship	50		-	
	<u>298,477</u>		<u>289,350</u>	

	31.03.10		31.03.09	
	£	£	£	£
EXPENDITURE				
The Sport and Exercise Scientist	25,823		25,722	
Workshops	16,581		27,478	
Conferences and Awards	10,969		6,595	
Accreditation	5,707		5,076	
Supervised Experience	10,898		2,895	
BASES Undergraduate Endorsement Scheme	1,549		878	
Heads of Department Forum	678		1,439	
Annual Report ¹	-		3,389	
HPSA	1,234		160	
Merchandise	-		1,104	
International Conference Grants	3,500		5,500	
BASES Vouchers	-		525	
Meetings and Travel	14,232		19,339	
	<u>91,171</u>		<u>100,100</u>	
GROSS SURPLUS	207,306		189,250	
Other income				
Deposit account interest	<u>804</u>		<u>6,477</u>	

¹ For the year ended 31 March 2010 the Annual Report was included as a Marketing Expenditure.

Detailed Income and Expenditure Account

for the years ended 31 March 2010 and 31 March 2009

	31.03.10		31.03.09			31.03.10		31.03.09	
	£	£	£	£		£	£	£	£
Brought forward		208,110		195,727					
		<u>208,110</u>		<u>195,727</u>					
EXPENDITURE					Finance costs				
Rent and Utilities	3,970		3,652		Bank charges		3,138		3,039
Directors' Salaries	52,600		34,992				<u>3,138</u>		<u>3,039</u>
Directors' Social Security	5,515		4,274						
Directors' Pensions Paid	5,631		3,860						
Wages	70,520		47,405						
Pensions	3,709		1,872						
Telephone and Internet	3,913		1,258						
Post, Stationery and Marketing	11,303		11,777						
Computer Support and Maintenance	879		883		Depreciation				
Insurance	652		694		Fixtures and fittings	115		283	
Accreditation Development	16,327		6,707		Computer equipment	<u>20,413</u>		<u>2,085</u>	
Sundry Expenses	1,789		1,259				<u>20,528</u>		<u>2,368</u>
Training and Development	2,304		919						
Legal, Professional and Accountancy	11,760		11,309						
Website	2,831		6,482						
Irrecoverable VAT	6,425		7,999		Loss on disposal of fixed assets				
		<u>200,128</u>		<u>145,342</u>	Fixtures and fittings	61		1,009	
		7,982		50,385	Computer equipment	<u>-</u>		<u>563</u>	
							<u>61</u>		<u>1,572</u>
					NET SURPLUS				
							<u>(15,745)</u>		<u>43,406</u>

Division of Education and Professional Development

The activity of the Division has increased significantly this year and more pedagogy workshops are being introduced next year. These will focus on problem-based learning and developing skills for new lecturers. The Division also made a more significant contribution to the 2009 BASES Annual Conference with symposia and presentations on areas of learning and teaching, and professional development. A highly successful pre-Conference workshop titled 'Unlock your future: Top tips to getting a job in Higher Education' opened the 2010 BASES Annual Student Conference at Aberystwyth.

The recent funding cuts to the Higher Education Academy means that the role of the subject centre for Hospitality, Leisure, Sport and Tourism may be revised next year. It is therefore even more important that members engage in this Division as there may be less subject-specific support available from the Higher Education Academy. In preparation for this, the Division is collating a list of key contacts in sport and exercise science departments so if you would like to be added to this list, please contact the BASES Office.

We are actively pursuing the development of a means to facilitate student placements by bringing together, through the website, organisations that might be able to offer placements and BASES student members seeking such work experience. So far, we have drafted some guidelines for employers that tell them what they can expect students at different stages of their education to be able to do.

Good progress has been made from the student representative on the Division's Committee, ensuring that the student voice is central to the Division's activities. Student opinion was sought at the Student Conference and the students' views on their learning experiences at different Universities were shared with the institutions at the Heads of Department Forum. Population of the members' section of the website is developing, with information now available on study skills and referencing as well as advice on how to improve job prospects.

We are actively pursuing the development of a means to facilitate student placements by bringing together, through the website, organisations that might be able to offer placements and BASES student members seeking such work experience.



COURTESY OF DR XAVIER SANCHEZ

Key findings from the student focus groups were that students wanted more opportunities to engage in professional development activities that might be more useful post-graduation due to the pressures of work whilst at University. In response to the question "what was the best aspect of your programme?" students generally stated that it was the high quality of the lecturers and enthusiasm of the staff. They also really enjoyed the "applied work".

On that positive note I will conclude this report, but would like to take this opportunity for members to contact me with any ideas of how to make 2010-11 an even more successful year for this Division.

Dr Richard Tong
Chair of the Division of Education and Professional Development

Division of Physical Activity for Health

This has been a landmark year for the Division of Physical Activity for Health, which has seen the successful culmination of two important long-term initiatives. The ABC of Physical Activity for Health: A consensus statement from the British Association of Sport and Exercise Sciences was published in the *Journal of Sport Sciences* and is freely available on-line at <http://informaworld.com/smpp/content~db=all?content=10.1080/02640411003671212>

This project involved a team of 17 experts and represented over two years of work (starting with a Consensus Conference at Brunel University in 2007), providing an authoritative review of the physical activity for health literature and evidence-based physical activity recommendations. I recommend that all BASES members read this important document. This year also saw the first BASES Certified Exercise Practitioners receiving their certification and there is now a steady stream of applicants for this scheme, which provides an important pathway for front-line practitioners in the new BASES Accreditation programme.

We have worked to make the workshop programme more relevant to BASES members with an interest in physical activity for health, with new topics and presenters being introduced this year. These workshops have been very well attended, attracting a significant number of both members and non-members and feedback has been excellent. We have also made progress with the regionalisation of the workshop scheme and have identified regional hosts to enable workshops to be delivered throughout the UK, which will increase availability of workshops to BASES members going forward.

The "Paper of the Month" feature on the BASES website, which summarises key new research papers in the field of physical activity, continues to provide an important resource for members, particularly those without access or the time to continually review the research literature.

The Division has been involved in the organisation of the 2010 BASES Annual Conference in Glasgow and have worked hard to put together a challenging and diverse programme that contains something for all those with an interest in the health-related aspects of physical activity. I will let you know whether we succeed in next year's Conference Organiser's Report.

“**The ABC of Physical Activity for Health: A consensus statement from the British Association of Sport and Exercise Sciences was published in the *Journal of Sport Sciences*.**”



SW PIXS

This is my final Annual Report as Chair of the Division of Physical Activity for Health. The task has been challenging and rewarding, and one that I have enjoyed thoroughly. I wish my successor much luck and success. I will end this report by restating something that I have said many times before: The Division is here to support your professional needs and to drive physical activity for health on the BASES agenda.

The tasks we have undertaken over the past year represent our interpretation of how to best achieve 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 achieve the strategic objectives and/or 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

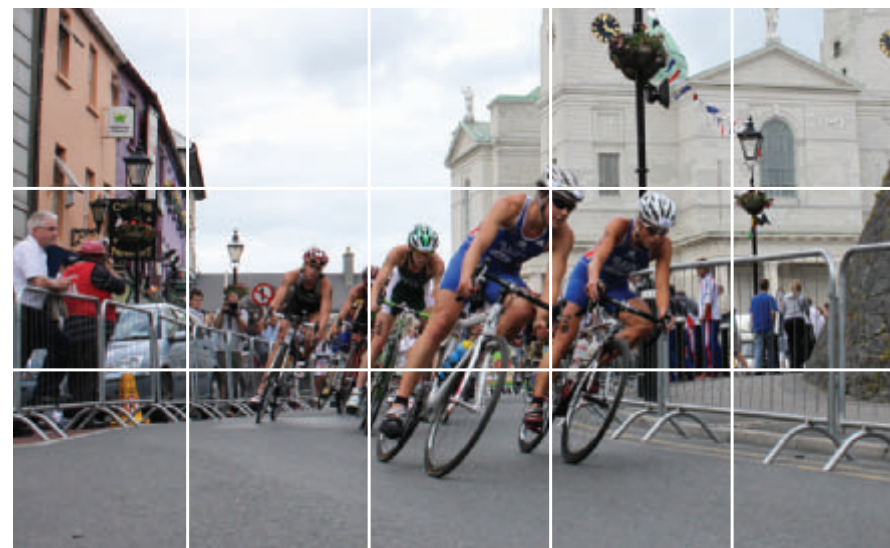
Division of Sport and Performance

With the London 2012 Olympic and Paralympic Games only two years away there has never been a more important time for the Division of Sport and Performance to reflect upon and improve its role in supporting BASES members to make an impact. BASES comprises some of the world's most talented and innovative sport scientists, as well as the rising stars of the future among its student membership. Given the emphasis of knowledge transfer on the scientific political landscape, helping to promote the work and expertise of BASES members to a wider audience is a role that I am keen for the Division to develop over the next few years.

During the last year, the Division has worked towards increasing the external profile of BASES and its members via conference public relations activities as well as continuing to develop the interest group working framework that was initiated by the previous Chair, Dr Ken van Someren. Dr Emma Ross, the Conference Representative, liaised closely with the organisers of the 2010 BASES Student Conference at Aberystwyth University, which, with the help of Promote PR, culminated in a press release of several student abstracts that were subsequently reported in six media outputs. Emma is also working closely with the organisers of the 2010 BASES Annual Conference in Glasgow with a view to making further press releases and helping presenting authors from BASES promote their work to a wider national audience.

This year, four interest groups were aligned to the Division of Sport and Performance and Dr Istvan Soos, the Research and Interest Group Representative, has continued to develop effective working relationships with the Head of each group. It is hoped that, through this working framework, the Division will be able to act as a knowledge transfer conduit by channelling external enquiries to the appropriate interest group as well as promoting its expertise to the outside audience. Karen Williams has continued with her work as the Workshop Representative to ensure that, in conjunction with the Workshop Committee, sport and performance is sufficiently represented in the workshop programme.

“The Division has worked towards increasing the external profile of BASES and its members via conference public relations activities.”



COURTESY OF ANTHONY HITCHINGS

Ben Holliss, the Student Representative, has provided the Division with valuable insight into the student perspective and, through the Student Advisory Group, is attempting to identify exactly what the Division could do to improve the way it supports student members.

This year, the Division of Sport and Performance has made some important contributions to the BASES 2008-10 Strategy, particularly with respect to distributing knowledge and representing sport and exercise sciences. In the forthcoming year the Division will, within the scope of the new BASES strategic plan, continue to help raise the profile, impact and contribution of sport and performance science.

Dr Dominic Micklewright
Chair of the Division of Sport and Performance

The 2009 BASES Annual Conference

Reflecting back on the 2009 BASES Annual Conference held at Leeds Metropolitan University and drawing on the feedback that we, the Conference Organising Team, have received, it would appear that the event was a real success. Previous Conferences have opted for themed days in order to provide a Conference that meets the needs of all members, but how do these themed days reflect the balance of delegates' interests? If the balance of members' interests is a driver for conference programmes, should they be used to maintain "biases" of interests, promote redistribution of interests and/or draw in more members across the Divisions?

As the Conference Organising Team, we steered away from themed days in order to develop three days that would have something for everyone at most of the sessions on each day. In so doing, we tried to promote each Division equally, and let the abstracts reflect the biases. We also moved away from keynote speakers who had a very specific monodisciplinary profile, to seeking out those who had key interdisciplinary and/or policy messages that could impact across the three Divisions. This was something we feel we achieved through the thoughts, reflections and research of Prof Stuart Biddle FBASES of Loughborough University, Peter Keen, Director of Performance at UK Sport and Dr Graeme Maw, Director of the UK Centre for Coaching Excellence.

There was a predominance of the Division of Sport and Performance (189 abstracts submitted) and, more specifically, its Physiology section with 82 abstracts submitted. It could be argued that there are monodisciplinary conferences in Biomechanics and Psychology (34 and 39 abstracts submitted respectively) that are drawing research away from the Annual Conference; however, the same is also probably true for Physiology. Eighty abstracts were submitted in the area of Physical Activity for Health and six in the area of Education and Professional Development.

Since we have no data to draw from to make comparisons with previous Conferences, it is difficult to comment on the Physical Activity for Health and the Education and Professional Development Divisions as single domains.

“We steered away from themed days in order to develop three days that would have something for everyone at most of the sessions on each day.”



COURTESY OF LEEDS METROPOLITAN UNIVERSITY

However, the figures are obviously very low in the latter Division, a serious concern for an Association that supports the development of professional practitioners.

To conclude, the Conference was a real success with 330 paying delegates and a further 70 delegates who received various forms of concessions. Given that, just three weeks prior to the BASES Conference another sport science conference had been run in Newcastle, this was a strong turnout. The Conference achieved an operating surplus, leading to a financial return to BASES. Finally, a full Conference Report was returned to BASES with recommendations for consideration by the BASES Board and future Conference organisers; we hope these will be of use.

Andy Abraham
Chair of the Conference Organising Committee

The 2010 BASES Annual Student Conference

The theme of this year's BASES Annual Student Conference was 'Unlock your Future' and it was designed to help delegates learn about the knowledge and skills associated with being a sport and exercise scientist. The Conference also provided opportunities for delegates to network with leading academics in the field, representatives from various Universities offering postgraduate education, industry representatives, and other students. The Conference continued the growth that this event has experienced in recent times; in attendance were 330 delegates from 45 Universities around the UK and a number of disappointed individuals were unable to attend because of the demand for places. In addition, there was a record number of student presentations, with 96 orals, 88 posters and a student-led symposium.

The pre-Conference workshop provided by Prof Jo Doust FBASES and Dr Richard Tong on career opportunities in sport and exercise science was well received, with many individuals indicating they had learned much from the experienced presenters. Another highlight was Prof Andy Jones' FBASES opening keynote, which had to be broadcast into a second hall. Prof Jones reinforced the Conference's vision by reflecting on his career to offer insights about progressing in the field. The remaining keynotes included Prof David Gilbourne, Prof Steve Haake, Dr Nicky Callow, Dr Marc Jones and Dr Joanne Thatcher, and continued the tone set by Prof Jones by offering various ways delegates could develop themselves.

This year, we were pleased that Simon Payne, a PhD student at Aberystwyth University, organised a student-initiated symposium entitled 'Collaborative Sport and Exercise Science "in Action"'. The speakers included a number of individuals completing sport-and-exercise-science-related degrees from around the UK. Delegate feedback was positive and the presenters indicated they had also learned from and enjoyed the experience.

Another way we reinforced the student focus was by having students chair the presentation slots with the support of an academic staff member. Although some student chairs were understandably nervous, feedback indicated that they enjoyed the opportunity to contribute to the running of an academic conference. Having student chairs also helped create a relaxed and supportive atmosphere in which student presenters obtained helpful advice about their research and applied projects.



COURTESY OF ABERYSTWYTH UNIVERSITY

Also, the supportive environment encouraged student delegates to ask questions, offer their opinions and interact with each other and the academic staff present.

One of the major sponsors, the Aber-Bangor Skills Centre, provided delegates with additional professional development opportunities, specifically by providing workshops on networking and presenting oneself as a sport and exercise science professional. Speakers helped delegates learn to develop professional and social networks, both interpersonally and through the Internet, and how to set up a business in the field.

Feedback from the Conference evaluation form suggested delegates enjoyed their stay and believed they had benefitted from attending. We are grateful for the support from the various sponsors and Universities who helped us keep the costs as low as possible. We are also thankful for the help that BASES staff and Dr Ric Lovell, who chaired the 2009 BASES Annual Student Conference in Hull, gave us. We look forward to next year's Conference, which will be held in Chester.

Dr David Tod
Chair of the Conference Organising Committee

BASES Awards and Grants

A newly appointed Awards Committee undertook a major review and redesign of the BASES Awards and Grants. The terminology has been streamlined to either Awards (given for achievement) or Grants (money given for specific purpose). It was decided to use study level (e.g., Undergraduate, MSc, PhD, Post-PhD, not studying) to categorise Awards and these have been developed to ensure all membership categories are more equally catered for and that the Association also recognises applied practice. All applications are now electronic to reduce our impact on the environment.

BASES Annual Awards

The BASES Annual Awards are an important part of our work in recognising excellence in sport and exercise science and they exist to reward BASES members who have made outstanding achievements. In 2009-10 BASES offered three Annual Award schemes with the winners shown below. In 2010-11 this will be extended to five schemes, including three new Awards. In addition, the Dissertation of the Year Awards will be expanded from just targeting final-year undergraduates to also include UK masters students and doctoral dissertations. The Professor Tom Reilly Doctoral Dissertation of the Year Award was established this year through the generosity of Routledge and is named after Prof Tom Reilly (1941–2009) who was an Honorary Fellow of BASES. BASES also recognises excellence in early career BASES members, researching within sport and/or exercise science, through its BASES Early Career Researcher Awards. The BASES Applied Practitioner Awards have been established to acknowledge outstanding and innovative service delivery in sport and/or exercise science by BASES Accredited Sport and Exercise Scientists.

Annual Awards Hall of Fame

BASES Undergraduate Dissertation of the Year Award

- for outstanding undergraduate sport and/or exercise science dissertations made by BASES members who are final-year undergraduates:
 - Helen Barrett, University of Portsmouth.

BASES Early Career Researcher Awards

- recognise excellence in early-career BASES members researching within sport and/or exercise science:

- Dr Zoe Knowles, Liverpool John Moores University
- Dr Mark Hamer, University College London
- Dr Gareth Irwin, University of Wales Institute, Cardiff.

BASES Annual Grants

The BASES Annual Grants exist to provide financial support to BASES members to support career development and international conference attendance. The Grants support the following objectives of BASES: The promotion of research in sport and exercise science; the encouragement of evidence-based practice in sport and exercise science; and the distribution of knowledge in sport and exercise science. BASES offered three Annual Grant schemes and next year this will be extended to four to include a BASES Expert Statement Grant Scheme.

Annual Grants Hall of Fame

BASES Career Development Grants

- support career development opportunities for BASES members who are normally at a relatively early stage of their sport and exercise science career:
 - Jonathan Prichard, Northumbria University
 - William Patz, University of Worcester
 - Ben Stephenson, Hercules Sports Consulting.

BASES International Conference Grants

- assist researchers to present oral communications at international sport-and-exercise-science-related scientific conferences:
 - Dr Michael Graham, University of Glamorgan
 - Mark Wilson, University of Exeter
 - Dr Doug Thake, Coventry University
 - Dr Siobhan Strike, Roehampton University
 - Dr Amanda Daley, University of Birmingham
 - Dr Ailsa Niven, Heriot-Watt University
 - Kelly Marrin, Edge Hill University
 - Prof Greg Whyte, Liverpool John Moores University.

BASES Awards and Grants

BASES Annual Conference Grants

– in 2010-11 onwards these will assist researchers to present at the BASES Annual Conference:

- Dr Neil Weston, University of Portsmouth
- Caroline Small, Energy Dynamix/University of Kent, Medway
- Gareth Picknell, University College Plymouth Marjon
- Jemma Oakes, University of Kent
- Stuart Flint, Aberystwyth University
- Lisa Whitaker, Leeds Metropolitan University.

2009 BASES Annual Conference Awards

The BASES Annual Conference Awards seek to reward outstanding contributions to sport and exercise sciences by BASES members. Awards are presented for research (oral and poster) in student and non-student categories.

Leeds Metropolitan University Poster Presentation Award

- Sue Backhouse, Leeds Metropolitan University

Sportesse Sport Science Award

- Prof Andy Jones FBASES, University of Exeter

Sportesse Exercise Science Award

- Dr Joanne Scurr, University of Portsmouth

Routledge – Taylor & Francis Recently Qualified Researcher Award

- Vern Neville, Loughborough University

Human Kinetics Student Poster Presentation Award

- Peter Brooks, University of Greenwich

Elsevier Student Oral Presentation Award

- Stephen Bailey, University of Exeter

Prof Tom Reilly Memorial Award

- Dr David Fletcher, Loughborough University

BASES Honorary Fellowship Award

- Enhad Chowdhury, University of Bath.

2010 BASES Student Conference Awards

The BASES Annual Student Conference Awards seek to reward outstanding contributions to sport and exercise sciences by BASES members. Awards are presented for research (oral and poster) in separate undergraduate and postgraduate student categories.

Undergraduate Oral Presentation Award

- Winner: Paul Wilkinson, Heriot-Watt University
- Runner-up: James Wrightson, University of Brighton

Undergraduate Poster Presentation Award

- Winner: Bryony Sheridan, Oxford Brookes University
- Runner-up: Georgina Clarke, University of Brighton

Postgraduate Oral Presentation Award

- Winner: Les Tumilty, Aberystwyth University
- Runner-up: Len Parker Simpson, University of Exeter

Postgraduate Poster Presentation Award

- Winner: Lee Fearn, Bangor University
- Runner-up: Helen Owton, University of Winchester

Postgraduate Applied Research Presentation Award

- Winner: Damien Gleadall-Siddall, University of Hull
- Runner-up: Stephen Bailey, University of Exeter.

Dr Claire Hitchings

Chair of the BASES Awards Committee

Workshop Committee

In order to contribute to the BASES strategic goals, the Workshop Committee aims to “deliver high-quality continuing professional development events, conferences, workshops and forums”.

This year, 2009-10, the Workshop Committee organised 25 workshops, which were attended by 327 delegates. Five of these were new workshops and included two concerning ‘Safeguarding and Protecting Children and Vulnerable Adults’. The summer programme included four core workshops from the new Supervised Experience scheme, which will be run in future as part of the workshop programme.

In addition, the Education Officer ran several workshops to train supervisors and reviewers on the new Supervised Experience scheme. There are now 67 supervisors and 26 reviewers in total. Since the new scheme was launched in December 2009, there have been 57 new supervisees in total who have all attended a BASES Supervised Experience Entry workshop (core workshop 1). The plan is that the other three core workshops will be run as normal workshops and/or integrated in to masters courses. Learning outcomes are available from the Education Officer if you are interested in submitting an application.

The following comments were taken from recent evaluation forms:

“Strong presentations; always using practical examples and linking understanding with application”

“Very enjoyable with lots of participation; friendly and approachable instructors”

“A skilled team delivered the course; it was very clear that they had a high level of knowledge and experience”

“The Workshop Committee aims to deliver high-quality continuing professional development events, conferences, workshops and forums.”

“Good examples of a range of testing technology and equipment that linked well to theoretical principles”

“Straightforward format; high practical content”

“The workshop has given me greater clarity of my practice and experience and how this may impact upon my interactions with clients”

“Very relevant to Supervised Experience and led by experts in the area. Clear, individual support throughout”.

The aim is still to try to regionalise delivery to reduce travel time and costs for delegates. The BASES Office continues to operate a waiting list system due to the popularity of the workshops so early booking is recommended.

Phase 2 development of the new BASES website will soon deliver on-line booking and payment for workshops. The programme will continue to be advertised in *The Sport and Exercise Scientist* and on the BASES website under the Events tab at bases.org.uk/Workshops

The workshop representatives continue to deliver an excellent range of topics and often deliver workshops themselves in order to add value to the programme. 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.

Debbie Pearce
Chair of the Workshop Committee

Programme of BASES Workshops for June 2009 – June 2010

'Kinanthropometry'

Hosted by Prof Roger Eston FBASES, Karen Williams, Laura Sutton (assistant Stephen Manuel)

'Exercise for Cancer Patients and Survivors' (London/Glasgow)

Hosted by Dr Anna Campbell

'Welcome to the Jungle: Getting Started in Applied Sport and Exercise Psychology'

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

'Putting Theory into Applied Practice: Supporting Athletes and Coaches'

Hosted by Jonathan Robinson

'Applied Physiological Support to the High Performance Athlete'

Hosted by Dr Steve Ingham, Dr Jamie Pringle, Dr David Bailey and Dr Barry Fudge

'The Application of Biomechanics and Performance Analysis in Strength and Conditioning'

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

'Measurement of Muscle Strength and Joint Function Using Isokinetic Dynamometers'

Hosted by Prof Vasilios Baltzopoulos, Dr Nigel Gleeson and Dr Neil Reeves

'The Self-Aware Sport Psychologist'

Hosted by William Winstone and Jonathan Males

'The Exercising Diabetes Patient'

Hosted by Dr Richard Bracken, Dr Jeffrey Stephens and Prof Stephen Bain

'Critical Power and Endurance Training'

Hosted by Dr Helen Carter, Dr Jeanne Dekerle and Prof Jo Doust FBASES

'Field-Based Testing for Multi-Sprint Sports'

Hosted by Dr Audrey Duncan and Helen Weavers

'Reflective Practice for Sport and Exercise Scientists' (Cardiff/Liverpool; Core Supervised Experience workshop)

Hosted by Dr Zoe Knowles and Dr Andy Miles

'Sport, Exercise and Genes: A Practical Introduction to Genetic Testing in Sport and Exercise Science'

Hosted by Dr Alun Williams, Dr Henning Wackerhage and Dr Shirley McCready

'Measurement and Analysis of Force'

Hosted by Prof Adrian Lees FBASES, Dr Mark Lake and Dr Phil Graham-Smith

'Professional Ethics for Sport and Exercise Scientists' (Cardiff; Liverpool; Core Supervised Experience workshop)

Hosted by Prof Scott Fleming and Carwyn Jones

'Reflective Practice: A Practice-Focused Symposium for Sport and Exercise Professionals'

Hosted by Dr Brendan Cropley, Dr Hamish Telfer, Dr Lindsey Dugdill, Dr Zoe Knowles, Prof David Gilbourne and Dr James Morton

'Supervised Experience Entry workshops'

'Supervised Experience Supervisor workshops'

'Supervised Experience Reviewer workshops'

Hosted by Kate Yule, Dr Sarah Rowell FBASES, Dr Tim Holder and Dr Zoe Knowles

'Safeguarding Young People and Vulnerable Adults in Sport and Exercise Sciences'

Hosted by Iain Fletcher/John Mills.

The Journal of Sports Sciences

The *Journal of Sports Sciences* (JSS) has just received its latest impact factor for the calendar year 2009, now calculated as 1.619. This looks very similar to last year's (2008) impact factor of 1.625, but now ranks the journal 25th out of 72 sports-related journals, up three places from last year (28th out of 71).

The JSS continues to grow in popularity at an impressive rate, with over 375 articles submitted to the publication from January 2010 to the end of June 2010 – an increase of approximately 14% compared with the 330 articles received in the same period in 2009.

Indeed, over the past three years the JSS has seen a remarkable increase in submissions. In the calendar year of 2007, the JSS received 489 articles, comprising 465 original manuscripts, 16 short communications and eight invited review articles.

The following year (2008), we received 612 submissions, of which 586 were original manuscripts, 10 short communications and 16 invited review articles. In 2009, the JSS received 653 submissions, of which 627 were original manuscripts, 13 short communications and 13 invited review articles.

One change that the Editorial Board made to its editorial policy last year was the introduction of a new option for authors: The opportunity for authors/readers to publish “letters to the editor” (see Galloway 2008).

In the past, the JSS had received a number of letters to the editor that had been the source of less-than-helpful debates. The problem with many of these letters to the editor was that they were thought to be based on personal opinions rather than scientific evidence and, as such, the Editors were reluctant to be drawn into what might be described as a case of “in-fighting” between personalities/departments.

For this reason, the JSS has always resisted publishing letters to the editor (Nevill, 2002), preferring instead to provide readers with an option of writing a “short communication” in response to controversial topics raised by published articles.



“There is now a new option for contributors when submitting “manuscript type”, that of submitting a letter to the editor.”



Of course, such communications were to be based on additional facts, real evidence or data, preferably supported with references from previously published work.

At this time, the members of the Editorial Board feel that there is no reason why the same principles for publishing the short communications described above could not be applied to publishing letters to the editor; i.e., they have to be based on additional facts, real evidence or data, and preferably supported with references from previously published work.

Consequently, there is now a new option for contributors when submitting “manuscript type”, that of submitting a letter to the editor.

Prof Alan Nevill
Editor in Chief

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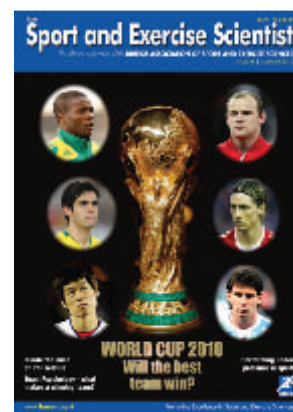
Nevill, A. (2002). Should the Journal of Sports Sciences publish 'letters to the editor'? *Journal of Sports Sciences*, 20(11), 859.

The Sport and Exercise Scientist

In my first foreword as Editor of *The Sport and Exercise Scientist*, I wrote about impact: “To have impact or strong effect on”. As Editor, my aim is for the publication to help all members make a better impact, whether that is in their work with students, clients or research. To help with this, all members were invited to participate in a member survey to establish how well the publication was meeting members’ needs.

The feedback from a member survey, while, at best, disappointing in terms of quantity, was very useful with regard content in helping the Editorial Advisory Board shape its thoughts for developing the publication going forward to ensure that it continues to meet its stated aim of contributing to the continuing professional development of sport and exercise scientists by promoting evidence-based practice. Generally, the feedback was extremely positive. Suggestions for improvements included making it less samey, reducing the number of articles written by the “in-crowd” and ensuring that it is not too technical.

The Editorial Advisory Board intends to make the publication more applied with an increased number of case studies and career-based articles. A new section “Seminar Solutions” has been introduced to help develop good practice in teaching and learning.



“As Editor, my aim is for the publication to help all members make a better impact.”

scholarly peer-reviewed journals; in particular, focusing on reflective articles that highlight what has been learnt from the process and providing practical knowledge that readers can take away and apply – all, of course, underpinned by scientific theory.

With that in mind, I finish on a similar note to that of Prof Andy Lane at the end of last year’s Annual Report – *The Sport and Exercise Scientist* is there to help members and we need and welcome input and feedback from members regarding its content.

Dr Sarah Rowell FBASES
Editor of *The Sport and Exercise Scientist*

Other key changes have been to make the BASES International Travel Grant articles more applied and to improve the BASES Annual and Student Conference articles.

With 2012 fast approaching, a London 2012 Diaries series is running, which follows the preparation of some Olympic and Paralympic teams in the build up to 2012. Changes in personnel have taken place within the Editorial Advisory Board and there is now a nice balance of expertise in sport and performance, physical activity for health and learning and teaching.

The Editorial Advisory Board is keen that *The Sport and Exercise Scientist* differentiates itself from

The Student Advisory Group

The role of the Student Advisory Group is to represent the interests of sport and exercise science students. The Committee is chaired by the Education Officer and includes the Student Representatives from each of the three divisions.

The Student Advisory Group has been working on a number of objectives, one of which is to provide an easier-to-understand Supervised Experience/Accreditation process. The Student Advisory Group provided some valuable feedback as part of the consultation and development of the new scheme. Following the launch of the new Supervised Experience scheme in September 2009, the Student Advisory Group has put together a PowerPoint presentation that can be delivered by the Network Representatives to students at Universities to explain the new process.

BASES has been working towards improving the content of the Member Area for students. New documents that have been added include “How to Write Scientific Reports” and the presentation ‘A Career in Sport and Exercise Science’ from the 2010 BASES Annual Student Conference held in Aberystwyth.

One main aim is to provide work placement opportunities for students. The Student Advisory Group has been creating a list of contacts for potential work placements. The placements will be available for students to view through the Member Area of the BASES website.

Companies will, initially, be able to advertise the placements for free and deal directly with any applications. BASES will act as a tool to put the relevant students and employers in touch with each other, but is not involved with the content or terms and conditions of the placement. The lack of work experience opportunities is what has driven this change, as one of the key benefits students are looking for from BASES is assistance in gaining relevant experience.

Guidelines for employer expectations of a sport and exercise scientist in different stages of their education have been drawn up by the Division for Education and Professional Development and were recently approved by the Board. The Heads of Department were also keen to see this development as it will assist their students in the future.

Kate Yule
Chair of the Student Advisory Group

“
One main aim
is to provide work
placement opportunities
for students.”
”



COURTESY OF ABERYSTWYTH UNIVERSITY

Supervised Experience and Accreditation

The Supervised Experience and Accreditation schemes were re-launched at the 2009 BASES Annual Conference. Following extensive research by Dr Sarah Rowell FBASES and the BASES Education Officer, the schemes have been updated and also took into account possible future Health Professions Council requirements.

Accreditation is now seen as the professional level members are “safe and fit to practice in their domain of expertise”. As a result, all successful Accreditation and Re-Accreditation applications will be granted the title “BASES Accredited Sport and Exercise Scientist” rather than split by pathway as demonstrated in the past. This is partly due to the British Psychological Society successfully protecting the title of Practitioner Psychologist through the Health Professions Council. The titles protected include Sport and Exercise Psychologist so this can no longer be used by BASES members unless they are also registered with the Health Professions Council.

To become Accredited as a Sport and Exercise Scientist, supervisees are expected to be able to demonstrate comprehensive graduate knowledge of the sport and exercise science areas, including physiology, psychology and analysis of movement. Although supervisees will specialise in a specific area, all Accredited members are expected to have an understanding of the other areas that may have an impact on their activities.

Supervised Experience now includes attendance at four core workshops for supervisees, along with workshop-style training for all registered supervisors and reviewers. The training workshops for supervisors and reviewers aim to manage expectations, improve communication and quality assure the process. There is now a more open and consistent approach which is beneficial for all parties involved.

BASES SE Entry workshop (core workshop 1) will always be delivered by BASES, but there are opportunities for institutions to host/integrate into masters degrees workshops 2, 3 and 4, which are:

- ethical practice and confidentiality
- reflection and self-evaluation
- understanding the client market.

Supervisees are allocated specific reviewers for the duration of their programme, but are encouraged to change supervisors at least once. The scheme can be

completed in two years if sufficient working hours can be evidenced. The application process from Supervised Experience to Accreditation has been simplified and no longer requires a further case study to be submitted. Re-Accreditation no longer requires another case study, but evidence of continued delivery and ongoing continual professional development must be demonstrated.

Currently, 247 BASES individuals are registered on Supervised Experience and 308 BASES members are Accredited/Re-Accredited.

Since the launch of the new Supervised Experience scheme in September 2009, there have been 38 new Supervised Experience applications during the December intake, plus 19 in April 2010; however, two of the applicants subsequently withdrew for personal reasons so the total number of new Supervised Experience applicants is 55. Those registered on the previous Supervised Experience scheme were given the option to transfer over as the original scheme will gradually be phased out. The two schemes will continue to run in parallel until the original scheme ends, but all future Supervised Experience/Accreditation applications will follow the new process.

High Performance Sports Accreditation (HPSA)

In the last year, there have been three new applications for HPSA, eight Re-Accreditations and one application pending completion. Some of the original HPSA members have been unable to Re-Accredit due to the nature of the work changing from delivery to management

Eleven BASES members currently hold the HPSA.

Laboratory Accreditation

There are 21 BASES Accredited laboratories in total, including five new laboratories that were Accredited this year:

- University of Hertfordshire
- Welsh Institute of Sport
- University of Ulster
- Wolverhampton Wanderers Football Club
- Manchester United Football Club.

Kate Yule
Education Officer

BASES Undergraduate Endorsed Courses

Institution	Course Title	Qualification
Bournemouth University	Exercise Science (Health and Rehabilitation)	3FT BSc (Hons)
Coventry University	Sport and Exercise Science	3FT/4SW BSc (Hons)
Edge Hill University	Sport and Exercise Science	3FT BSc (Hons)
Manchester Metropolitan University, Cheshire	Sport, Exercise and 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	Sport and Exercise Sciences	3FT/4–7PT BSc (Hons)
Sheffield Hallam University	Sport and Exercise Science	3FT/6PT BSc (Hons)
Staffordshire University	Sport and Exercise Science	3FT/4–8PT 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)
Swansea University	Sport and Exercise Science	3FT/4–7PT BSc (Hons)
University of Brighton	Sport and Exercise Science	3FT BSc (Hons)
University of Bolton	Sport and Exercise Science	3FT/4.5PT BSc (Hons)
	Sports Science and Coaching	3FT/4.5PT BSc (Hons)
University of Central Lancashire	Sport Science	3FT BSc (Hons)
University of Chichester	Sport and 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 and Exercise Science	3FT/5–6PT BSc (Hons)
University of Gloucestershire	Exercise and Health Sciences	3FT/4–6PT BSc (Hons)
	Sport and Exercise Sciences	3FT/4–6PT BSc (Hons)
	Sport Science	3FT/4–6PT BSc (Hons)
University of Hull	Sport and Exercise Science	3FT BSc (Hons)
University of Lincoln	Sport and Exercise Science	3FT/4–6PT BSc (Hons)
University of Portsmouth	Sport and Exercise Science	3FT/6PT BSc (Hons)
University of Salford	Applied Sports Science	3FT BSc (Hons)
University of Ulster	Sport and Exercise Sciences	3–4FT BSc (Hons)
University of Wales Institute, Cardiff	Sport and Exercise Science	3FT BSc (Hons)
York St John University	Sport and Exercise Science	3FT/4–6PT BSc (Hons)

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BASES Fellowship recognises esteemed professional achievement, skills, knowledge and service to BASES and the sport and exercise science community.

1993	Prof Craig Sharp	1999	Prof Adrian Lees
1994	Prof Les Burwitz	2000	Prof Jo Doust
1994	Prof Lew Hardy	2000	Prof Roger Eston
1994	Prof Clyde Williams	2000	Dr Jim Watkins
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1997	Prof John Annett	2001	Assoc Prof Gaynor Parfitt
1997	Prof Neil Armstrong	2001	Dr Jan Graydon
1998	Dr Jean Whitehead	2001	Prof Peter Terry
1998	Prof Fred Yeadon	2001	Prof Nanette Mutrie
1998	Prof Roger Bartlett	2002	Prof Andy Smith
1998	Prof Steve Bird	2002	Prof Andy Jones
1998	Dr Steve Bull	2002	Dr Adrian Taylor
1998	Prof Ken Fox	2002	Dr Sandy Wolfson
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1996 – 1998	Prof Les Burwitz FBASES	2008 – present	Prof Jo Doust FBASES.

Acknowledgments

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Dr Richard Tong (Chair), Dr Mike Duncan, Dr Martin Sellens, Len Parker Simpson and Jocelyn Tantawy.

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The British Association of
Sport and Exercise Sciences
Strategy 2008-2010

The British Association of Sport and Exercise Sciences

– the professional body for sport and exercise sciences



The British Association of
Sport and Exercise Sciences
Strategy 2008-2010

Mission Statement

Promoting excellence in sport and exercise sciences

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 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 and the media
- 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**