

The British Association of Sport and Exercise Sciences
Annual Report and Financial Statements
2018-2019





The Board Report

The Board has pleasure in presenting the British Association of Sport and Exercise Sciences (BASES) annual report (September 2018 - August 2019) and the financial statements for the year ended 31 March 2019. The report is focused on the four strategic imperatives identified in the 2015-2020 Strategic Plan: Membership, Professional Standards, Events and Publications.

Membership

The Association has increased its membership over the last year. The average total membership for the period (Sept 2018 - Aug 2019) was 2,538 compared to 2,407 in the previous year (Sept 2017 - Aug 2018), representing year-over-year growth of +5.1%. Membership growth has been driven by an increase in the number of professional members (+3.1%), ending the year at 1,134; the highest total in over a decade. Most membership categories have seen year-over-year growth: student members (+1.4%), affiliate members (+2.4%) and graduate members (+66.3%) all increased in number, with only the overseas membership category recording a small decline (-4.6%).

The BASES membership satisfaction survey provides the Association with views from members on the products and services that it offers as part of its membership packages. This year's survey, conducted in January 2019, showed member satisfaction amongst BASES members increase to 82% ('satisfied' or 'very satisfied' with BASES membership) from 77% in 2018. Professional members reported the biggest increase in satisfaction rates, although student members continue to report the highest overall satisfaction (85%).

The Sport and Exercise Scientist retained the top spot as the highest rated member benefit, with 65% of respondents rating the BASES quarterly publication as an excellent benefit. Following a major revamp in 2018, the online BASES Members' Area saw the most significant improvement in rating amongst members. The revamped Members' Area contains a wide range of exclusive member resources, Division Hubs and Special Interest Group pages. The Members' Area will remain a focus for development and improvement over the next year.

BASES continues to grow its social media presence. As of August 2019, BASES has 29,012 Twitter followers (+8% versus August 2018), 4,926 Facebook likes (+10%), 3,504 LinkedIn members (+60%) and 1,124 Instagram followers (+199%).

BASES Fellowship recognises esteemed professional achievement, skills, knowledge and service to BASES and the sport and exercise science community made by BASES professional members. Six BASES members were awarded Fellowship in 2019: Chris Barnes, Prof Andrew Edwards, Dr Adam Gledhill, Associate Prof Adam Hawkey, Dr Kiara Lewis and Dr Ailsa Niven, bringing the total number of BASES Fellowships awarded to 118.



Above: BASES were instrumental in the forming of the new International Alliance Steering Committee for sport and exercise science

BASES continues to engage and develop relationships with stakeholders in the UK and abroad. In the last year, BASES has signed Memoranda of Understanding (MOU) with the Canadian Society for Exercise Physiology (CSEP) and Sport and Exercise Science New Zealand (SESNZ). Both agreements outline our shared aim to increase international collaboration, in addition to benefitting association members via resource sharing and access to discounts on continuous professional development (CPD) events and training

courses. 2019 also saw the launch of the International Alliance for Sport and Exercise Science, which aims to positively impact individuals, communities and countries by advancing the practice of sport and exercise sciences worldwide. BASES has been instrumental in the creation of the International Alliance Steering Committee (IASC), which is made up of representatives from leading sport and exercise science associations from across the globe.

Professional Standards

In July 2019, BASES obtained approval from the Health and Care Professions Council (HCPC) for its new Sport and Exercise Psychology Accreditation Route (SEPAR). This training and development programme offers a pathway for BASES members which, on completion, allows candidates to be eligible for both BASES Accreditation and HCPC registration as a Registered Practitioner Psychologist. Approval of the SEPAR represents the culmination of over two years of work by a

dedicated project team comprising both BASES members and members of the BASES operational team. The SEPAR will officially launch in January 2020 for new registrants.

There are currently 139 BASES members undertaking Supervised Experience, with 33 new members joining the scheme in 2018-19. There are 159 registered supervisors and 129 registered reviewers supporting the scheme. The number of BASES Accredited Sport and Exercise Scientists has increased from 311 in 2018 to 338 in 2019 (+9%). There are currently 197 Chartered Scientists (-2%), 48 Certified Exercise Practitioners (+17%), 29 members holding High Performance Sport Accreditation (-6%) and 21 BASES Accredited Physiology Laboratories (+5%). Sheffield Hallam University, Solent University and the University of Central Lancashire all had physiology laboratories re-accredited within the last year.

The updated BASES Undergraduate Endorsement Scheme (BUES) was launched in January 2019, with new endorsement criteria and an updated application process. The aim of the changes was to move away from a rigid percentage-based system to a framework based on core knowledge, skills and competencies, providing a clearer link to BASES Accreditation and allowing for more flexibility in how undergraduate programmes are structured and delivered. The changes to the scheme were commended at the Heads of Department Forum in March. There are currently 62 endorsed courses (+11% versus 2018) at 44 UK higher education institutions. The following universities all had courses endorsed or re-endorsed this year: Kingston University, Leeds Beckett University, Leeds Trinity University, Loughborough University, Manchester Metropolitan University, Solent University, University of Abertay, University of Bath, University of Kent, University of South Wales, University of Sunderland and York St John University.

Events

The Association continues to provide a regular and varied calendar of CPD opportunities, including conferences, webinars and workshops. BASES Annual Conference 2018 was held on 27-28 November at the Harrogate International Conference Centre. The Scientific Programme Committee, chaired by Prof John Saxton FBASES, developed a high-quality programme, including keynote lectures from Prof Steven Blair (University of South Carolina) and Prof Jens Bangsbo (University of Copenhagen). There were 337 conference attendees, 195 abstracts submitted and 20 exhibitors. Abstracts of all presentations were published in an online supplement of the *Journal of Sports Sciences*. Thanks to our gold conference supporters: Wolverton Fitness, COSMED and Catapult Sports.

BASES Annual Conference 2019 will be held on 19-20 November 2019 at King Power Stadium in Leicester. The Scientific Programme Committee has organised another world-leading programme of experts in the field of sport and exercise science, including Prof Carl Foster (University of Wisconsin), Prof Mike Weed (Canterbury Christ Church University), Sarah Ruane (Sport England) and Prof Catherine Sabiston (University of Toronto).

BASES Student Conference 2019 - *Sport and Exercise Science: Transforming Lives* - was jointly hosted by the University of Dundee and Abertay University on 17-18 April. 225 delegates attended from institutions throughout the UK. Delegates were treated to a range of outstanding lectures and debates from the keynote speakers: Prof Nanette Mutrie MBE, FBASES, Dr Paul Kelly, Dr Matthew Furber, Dr John Babraj, Dr Paul Swinton, Dr Niall Elliott and Kimberley Murray. The BASES Student Conference 2020 - *Equality, Diversity and Overcoming Diversity in Sport and Exercise Science* - will be held at Solent University on 15-16 April 2020.

The 16th annual BASES Heads of Department Forum (HoDs) was hosted at Coventry University's TechnoCentre in March 2019, welcoming 61 delegates representing 42 UK higher education institutions. The focus this year was on sharing good practice in teaching and learning in sport and exercise science. The continued success of lightning talks and break-out sessions enabled discussion, networking and good practice to be widely disseminated on the day and beyond. The event also included an update on the revised BUES guidelines and welcomed Prof Marie Murphy FBASES, Chair of Research Excellence Framework (REF) 2021 Sub-Panel for Sport and Exercise Sciences, Leisure and Tourism, who gave an insightful talk on preparation, requirements and award criteria for REF 2021.

BASES ran 19 workshops and Division events over the past year, attended by a total of 388



Above: The city of Dundee provided a stunning backdrop to BASES Student Conference 2019





delegates. Twelve of the workshops were linked with the Supervised Experience programme. BASES hosted 10 webinars, with a combined 2,714 delegates registering and 830 delegates attending live. The BASES CPD Endorsement Scheme, introduced in 2017, continues to gain momentum, enabling BASES to offer a wider range of CPD opportunities to members. A total of 13 courses, workshops and conferences have been endorsed since the inception of the scheme; training providers successfully obtaining endorsement include The Centre for Integrative Sports Nutrition, Liverpool John Moores University, Catapult Sports and The Physiological Society.

Publications

The *Journal of Sports Sciences* received 1,889 papers submissions for publication in 2018 (+3% vs. 2017), with 15% of submissions accepted for publication in the journal. The journal's impact factor has risen to 2.81 (up from 2.73 in 2017), resulting in it being ranked 20 out of 83 journals in the sport sciences field. The changes to the Editorial Board structure implemented in 2016, involving a move from 12 sections to five sections, each led by an Executive Editor and supported by Associate Editors, have been generally successful in spreading the editorial workloads more evenly.

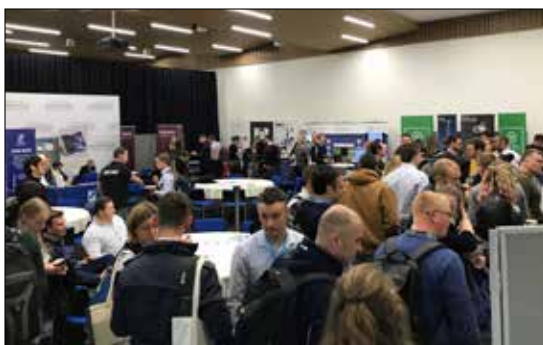
There have been several recent developments to *The Sport and Exercise Scientist* publication this year. First, a column on Sport and Performance has been introduced to complement the long-standing Physical Activity for Health column. Second, there is now a regular applied feature Real World, which aims to address issues and areas that are often common in the real world, but seldom covered by the usual learning mediums. Third, the reviews page has been extended to include podcasts, in addition to the book and app reviews.

BASES published three new expert statements in 2018-19 on the following topics: *Mental Health Literacy in Elite Sport*, *Reflective Practice: the Key to Experimental Learning* and *Burnout in Sport*. BASES expert statements are available to download from the BASES website.

New editions of two of BASES most popular publications are currently under development. Proposals for the 5th edition of *BASES Sport and Exercise Physiology Testing Guidelines Volume 1: Sport Testing* and the 5th edition of *BASES Sport and Exercise Physiology Testing Guidelines Volume 2: Exercise and Clinical Testing* have been submitted for peer review, with publication planned for 2021.

Divisions

The Division of Biomechanics and Motor Behaviour held another successful Biomechanics Interest Group (BIG) meeting in April this year. The event, dubbed *BIGintheHUD*, was hosted by the University of Huddersfield, with the theme: *Applied Biomechanics - the relevance to real life*. The keynote lecture, delivered by Prof Bill Baltzopoulos FBASES, on the *Biomechanics of the musculoskeletal system in different applied conditions* was supported by invited talks from Dr Richard Page, Dr Lisa Alcock, Dr Ian Bezodis, Dr Athanassios Bissas and Cat Shin. The event coincided with National Biomechanics Day, a worldwide initiative celebrating all things biomechanics, for which BASES is an international partner. Looking ahead, the Division is examining ways to encourage more biomechanists to apply for BASES Accreditation and to support more early career professionals to embark on the Supervised Experience programme, to help raise standards across the discipline.



Above: The annual BASES Biomechanics Interest Group (BIG) meeting was hosted at Huddersfield University in April

The Division of Physical Activity for Health hosted an inspirational and informative event at University Centre Shrewsbury in June. Twenty five delegates attended and spent the day networking and sharing good practice. Dr James Brown gave a talk on his experiences of public engagement and research dissemination, followed by Dr James Steele, who spoke about the work he has done towards developing the UK Active Exercise Referral Database. There was also an opportunity for students to gain valuable experience presenting and to share their work with Division members. Dr David Broom

FBASES, Chair of the Division, presented at the British Association for Cardiovascular Prevention and Rehabilitation (BACPR) Spring Conference in May, encouraging closer collaborative working between the two organisations. Division members have enjoyed an excellent programme of webinars over the last year, delivered by a series of experts in their field. Drs Tray Kolbe-Alexander, Rob Noonan, Hayley Mills and Julie Broderick presented on topics ranging from physical activity during pregnancy to the effects of deprivation on children's health and the impact of shift work on physical activity, lifestyle and health.



Above: The SEPAR programme will provide a new pathway to HCPC registration for aspiring sport and exercise psychologists

The Division of Physiology and Nutrition has focused on developing the nutrition component of the Division this year, from the more acute aspects of supplementation, to athlete diets and interventions. Thus, the Physiology and Nutrition Division Day at Birmingham City University in January included speakers covering more chronic aspects of athletes' diets and what happens when things go wrong. There were also presentations on topics ranging from the physiology underpinning specific sports, such as rock climbing, and reflections on members' careers in both clinical and elite performance environments. The Division Committee has seen new members join this year, so it is hoped to develop the Division newsletter alongside other member benefits to enhance the Division webpages, as well as continuing to support the student conference. A

number of physiology and nutrition focused endorsed events and webinars have taken place which, alongside the Division Day, have provided a range of CPD opportunities for Division members.

The Division of Psychology has focused much of its efforts on finalising the SEPAR, which has now been approved by the HCPC. This is a significant development for the Division, providing a pathway for members to register with the HCPC and use the title *Sport and Exercise Psychologist*. The recruitment and training of supervisors, reviewers and external examiners to support the programme is now underway. Division events have continued to be well attended. A free-to-members Division Day was hosted by Leeds Beckett University in May 2019, combining a keynote from Prof Sue Backhouse FBASES with a range of themed workshops. The Psychology Division's first BASES endorsed events also took place this year, including *The Football Exchange Psychology Conference 2019* hosted by Liverpool John Moore's University, which attracted over 80 delegates. The Division are working on developing a wide-ranging resources section in the BASES Members' Area.

The Division of Sport and Performance held a marquee Division event at Newman University in March 2019, attended by over 50 delegates, where Dr Martin Buchheit from Paris St. Germain Football Club presented on the topic of high intensity training science. A webinar entitled *Faster, higher, stronger: determining the effectiveness of sports performance interventions using Bayesian methods* was coordinated to complement the Division event, attracting over 400 registrants. Dr Tony Myers, a Reader at Newman University in Birmingham, led an analysis of Bayesian methods to assess improvements in speed and strength. Lastly, the Division is in the process of formulating plans for how to develop its offer to members based on feedback received from delegates and members, with a specific focus on early career practitioners, internships and establishing fair pay and working conditions in elite sport environments.

Finance

BASES reported a deficit for the year ended 31 March 2019 of £24,068, driven by continued investment in capital projects, including ongoing upgrades to BASES internal IT systems and costs related to developing the new SEPAR.

BASES is a not-for-profit organisation; as such, it operates on the basis that it is not seeking to make a profit over the long-term and reserves should be re-invested to support the activities of the Association. Total reserves at 31 March 2019 were £293,451.

Acknowledgements

The success of BASES relies heavily on members engaging and volunteering in activities. Consequently, the Board wholeheartedly thanks those individuals who have contributed their time and energy to the Association over the past year.





Company Information and Report of the Directors for the year ended 31 March 2019

Company Information for the year ended 31 March 2019

Directors

Prof R Tong FBASES (Chair) • Assoc Prof A Hawkey (Deputy Chair) • Dr D Broom FBASES
Dr A T Grainger • Mr T Holden (Executive Director) • Prof Z Knowles FBASES
Dr M Price FBASES • Mr P A Scott • Mrs S Went

Secretary

Miss J A Bairstow.

Registered office

Rooms G07 & G08 Fairfax Hall, Leeds Beckett University, Headingley Campus,
Headingley, Leeds, West Yorkshire, LS6 3QS.

Registered number

05385834 (England and Wales).

Accountants

Kirk Newsholme, Chartered Accountants, 4315 Park Approach,
Thorpe Park, Leeds, West Yorkshire, LS15 8GB.

Report of the Directors for the year ended 31 March 2019

The directors present their report with the financial statements of
the company for the year ended 31 March 2019.

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 2018 to
the date of this report:

Prof R Tong FBASES (Chair) • Dr A T Grainger • Dr M Price FBASES
Mr P A Scott • Assoc Prof A Hawkey • Mr T Holden (Executive Director)
Dr M Price FBASES • Mr P Scott

Other changes in directors holding office are as follows:

Dr K Tolfrey FBASES	resigned 27 November 2018
Mrs R Brougham	resigned 27 November 2018
Dr C Harwood FBASES	resigned 27 November 2018
Prof M Duncan FBASES	resigned 27 November 2018
Dr D Broom FBASES.....	appointed 27 November 2018
Prof Z Knowles FBASES.....	appointed 27 November 2018
Mrs S Went	appointed 29 November 2018

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

Company Information and Report of the Directors for the year ended 31 March 2019

of sport and exercise sciences both nationally and internationally and the company is a 'not for profit' organisation.

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 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.

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 R Tong FBASES - Director
Chair
15 August 2019





Income and Expenditure Account for the year ended 31 March 2019 and 31 March 2018

		2019	2018
	Notes	£	£
Income	3	282,409	322,449
Expenditure		<u>100,624</u>	<u>122,936</u>
Gross surplus		181,785	199,513
Office expenses		<u>206,065</u>	<u>228,948</u>
Operating deficit		(24,280)	(29,435)
Interest receivable and similar income		<u>220</u>	<u>46</u>
		(24,060)	(29,389)
Interest payable and similar expenses		<u>8</u>	-
Deficit before taxation		(24,068)	(29,389)
Tax on deficit		<u>41</u>	<u>21</u>
Deficit for the financial year		<u>(24,109)</u>	<u>(29,410)</u>

Balance Sheet at 31 March 2019 and 31 March 2018

	Notes	2019		2018	
		£	£	£	£
Fixed assets					
Tangible assets	5		869		1,238
Current assets					
Debtors	6	81,540		126,525	
Cash at bank and in hand		<u>361,236</u>		<u>346,007</u>	
		442,776		472,532	
Creditors					
Amounts falling due within one year	7	<u>150,194</u>		<u>156,210</u>	
Net current assets		<u>292,582</u>		<u>316,322</u>	
Total assets less current liabilities		<u>293,451</u>		<u>317,560</u>	
Reserves					
Income and expenditure account		<u>293,451</u>		<u>317,560</u>	
		<u>293,451</u>		<u>317,560</u>	

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2019.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2019 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 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 surplus or deficit 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 provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the Board of Directors on 15 August 2019 and were signed on its behalf by:



Prof R Tong FBASES - Director
Chair





Statement of Changes in Equity for the year ended 31 March 2019

	Retained earnings £	Total equity £
Balance at 1 April 2017	346,970	346,970
Changes in equity		
Total comprehensive income	<u>(29,410)</u>	<u>(29,410)</u>
Balance at 31 March 2018	<u>317,560</u>	<u>317,560</u>
Changes in equity		
Total comprehensive income	<u>(24,109)</u>	<u>(24,109)</u>
Balance at 31 March 2019	<u>293,451</u>	<u>293,451</u>

Notes to the Financial Statements for the year ended 31 March 2019

1. Statutory information

The British Association of Sport and Exercise Sciences is a private company, limited by guarantee, registered in England and Wales. The company's registered number and registered office address are as below:

Registered Number: 05385834

Registered Office: Rooms G07 & G08 Fairfax Hall, Leeds Beckett University
Headingley Campus, Headingley, Leeds, West Yorkshire LS6 3QS

2. Accounting policies

Basis of preparing the financial statements

These financial statements have been prepared in accordance with Financial Reporting Standard 102 "The Financial Reporting Standard applicable in UK and Republic of Ireland" and the Companies Act 2006 as applicable to companies subject to the small companies regime. The disclosure requirements of section 1A of FRS 102 have been applied other than where additional disclosure is required to show a true and fair view.

The financial statements have been prepared under the historical cost convention.

Turnover

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

Tangible fixed assets are stated at purchase cost together with any incidental expenses of acquisition, net of depreciation and any provision for impairment.

Depreciation is provided on all tangible assets at rates calculated to write off the cost less estimated residual value of each asset on a straight line basis over its expected useful life.

Fixtures and fittings - 10% on cost
Computer equipment - 10% and 50% on cost

Residual value represents the estimated amount which would currently be obtained from disposal of an asset after deducting estimated costs of disposal, if the asset were already at an age and in the condition expected at the end of its estimated useful life.

The need for any fixed asset impairment write down is assessed by comparison of the carrying value of the assets against the higher of realisable value and value in use.

The gain or loss arising on the disposal of an asset is determined on the difference between the sale proceeds and the carrying value of the asset, and is recognised in the profit and loss account.





Notes to the Financial Statements for the year ended 31 March 2019

2. Accounting policies (continued)

Financial Instruments

Financial assets and financial liabilities are recognised when the company becomes a party to the contractual provisions of the instrument.

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the company after deducting all of its liabilities.

All financial assets and liabilities are initially measured at transaction price (including transaction costs), unless the arrangement constitutes a financing transaction. If an arrangement constitutes a financing transaction, the financial asset or financial liability is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

The following assets and liabilities are classified as basic financial instruments - trade debtors, other debtors, cash and bank balances, trade creditors and other creditors.

Trade debtors, other debtors, cash and bank balances, trade creditors and other creditors are measured at the amortised cost equivalent to the undiscounted amount of cash or other consideration expected to be paid or received.

Taxation

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

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 profit or loss in the period to which they relate.

Impairment of assets

Assets are assessed for indicators of impairment at each balance sheet date. If there is objective evidence of impairment, an impairment loss is recognised in profit and loss as described below.

Non financial assets

An asset is impaired when there is objective evidence that, as a result of one or more events that occurred after initial recognition, the estimated recoverable value of the asset has been reduced. The recoverable amount of an asset is the higher of its fair value less costs to sell and its value in use.

Financial assets

For financial assets carried at cost less impairment, the impairment loss is the difference between the asset's carrying amount and the best estimate of the amount that would be received for the asset if it were sold at the reporting date.

Where indicators exist for a decrease in impairment loss, and the decrease can be related objectively to an event occurring after the impairment was recognised, the prior impairment loss is tested to determine reversal. An impairment loss is reversed on an individual impaired financial asset to the extent that the revised recoverable value does not lead to a revised carrying amount higher than the carrying value had the impairment loss not been recognised.

Notes to the Financial Statements for the year ended 31 March 2019

3. Income

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.

Membership fees	2019	2018	2017
	£	£	£
Deferred income b/fwd	65,535	62,003	53,251
Receipts in the year	153,811	163,091	146,778
Deferred income c/fwd	(65,726)	(65,535)	(62,003)
Income per accounts	<u>153,620</u>	<u>159,559</u>	<u>138,026</u>

4. Employees and Directors

The average number of employees during the year was 7 (2018 - 7).

5. Tangible fixed assets

	Fixtures, fittings and computer equipment
	£
Cost	
At 1 April 2018	28,781
Additions	87
Disposals	(229)
At 31 March 2019	<u>28,639</u>
Depreciation	
At 1 April 2018	27,543
charge for year	456
Eliminated on disposal	(229)
At 31 March 2019	<u>27,770</u>
Net book value	
At 31 March 2019	<u>869</u>
At 31 March 2018	<u>1,238</u>

6. Debtors: amounts falling due within one year

	2018	2017
	£	£
Trade debtors	16,759	25,051
Other debtors	128	-
Prepayments and accrued income	109,638	65,725
	<u>126,525</u>	<u>90,776</u>





Notes to the Financial Statements for the year ended 31 March 2019

7. Creditors: amounts falling due within one year

	2019	2018
	£	£
Trade creditors	4,765	5,428
Tax	42	9
Social security and other taxes	8,255	1,763
Other creditors	4,978	4,724
Accruals and deferred income	132,154	144,286
Total	<u>150,194</u>	<u>156,210</u>

8. Capital

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

Chartered Accountants' Report to the Board of Directors on the Unaudited Financial Statements of The British Association of Sport and Exercise Sciences

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the financial statements of The British Association of Sport and Exercise Sciences for the year ended 31 March 2019 which comprise the Income and Expenditure Account, Balance Sheet, Statement of Changes in Equity and the related notes from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Institute of Chartered Accountants in England and Wales (ICAEW), we are subject to its ethical and other professional requirements which are detailed within the ICAEW's regulations and guidance at <http://www.icaew.com/en/membership/regulations-standards-and-guidance>.

This report is made solely to the Board of Directors of The British Association of Sport and Exercise Sciences, as a body, in accordance with our terms of engagement. Our work has been undertaken solely to prepare for your approval the financial statements of The British Association of Sport and Exercise Sciences and state those matters that we have agreed to state to the Board of Directors of The British Association of Sport and Exercise Sciences, as a body, in this report in accordance with ICAEW Technical Release 07/16AAF. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than The British Association of Sport and Exercise Sciences and its Board of Directors, as a body, for our work or for this report.

It is your duty to ensure that The British Association of Sport and Exercise Sciences has kept adequate accounting records and to prepare statutory financial statements that give a true and fair view of the assets, liabilities, financial position and loss of The British Association of Sport and Exercise Sciences. You consider that The British Association of Sport and Exercise Sciences is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the financial statements of The British Association of Sport and Exercise Sciences. 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 statutory financial statements.

Kirk Newsholme,
Chartered Accountants,
4315 Park Approach,
Thorpe Park,
Leeds,
West Yorkshire,
LS15 8GB.

Date: 28 August 2019





Detailed Income and Expenditure Account for the years ended 31 March 2019 and 31 March 2018

	2019		2018	
	£	£	£	£
Income				
Membership	153,620		159,559	
Job advertising	18,865		16,467	
The Sport and Exercise Scientist	14,954		15,398	
Workshops	14,235		23,950	
Conferences	20,911		33,802	
Sponsorship	950		1,000	
Course finder	3,067		3,433	
BASES Undergraduate Endorsement Scheme	8,373		7,285	
Accreditation	14,765		13,200	
Supervised experience	7,340		6,675	
<i>Journal of Sports Sciences</i>	21,056		33,252	
Publications and other	648		583	
Chartered Scientist - administration fee	2,800		2,575	
Division income	(40)		4,459	
Other advertising	865		-	
External grant	-		811	
		282,409		322,449
Expenditure				
The Sport and Exercise Scientist	29,108		26,281	
Workshops	8,791		16,253	
Conferences	26,298		26,508	
BASES Undergraduate Endorsement Scheme	696		1,100	
Accreditation	6,957		8,423	
Supervised experience	2,431		1,357	
Consultancy	349		13,660	
Conference grants	1,399		1,498	
Early career grants	3,896		2,000	
Expert statement grants	2,746		1,000	
Awards	949		1,203	
Heads of Department Forum	1,623		3,855	
Public relations and marketing	5,812		6,597	
Division expenditure	2,679		4,052	
Meetings and travel	6,890		9,149	
		100,624		122,936
Gross surplus		181,785		199,513
Other income				
Deposit account interest		220		46
		182,005		199,559
Offices expenses				
Rent and Utilities	3,620		3,650	
Directors' Salaries	35,202		31,684	
Carried forward	38,822	182,005	35,334	199,559

Detailed Income and Expenditure Account for the years ended 31 March 2019 and 31 March 2018

	2019		2018	
	£	£	£	£
Office expenses				
Brought forward	38,822	182,005	35,334	199,559
Directors' social security	3,737		3,006	
Directors' pensions	2,130		2,622	
Salaries and National Insurance	105,231		100,627	
Pensions	7,086		7,104	
Telephone and internet	2,051		3,279	
Printing, postage and stationery	2,117		1,996	
Computer support and maintenance	6,522		5,168	
Insurance	485		344	
Sundry expenses	1,517		903	
Subscriptions	4,404		4,761	
Training and development	450		1,385	
Legal, professional and accountancy	9,540		10,238	
Website development	12,409		37,659	
Bad Debts	1,000		-	
Irrecoverable VAT	3,612		10,095	
		<u>201,113</u>		<u>224,521</u>
		(19,108)		(24,962)
Finance costs				
Bank charges		4,504		3,749
PAYE interest paid		<u>8</u>		<u>-</u>
		(23,612)		(28,711)
Depreciation				
Fixtures and fittings	34		34	
Computer software and equipment	<u>644</u>		<u>644</u>	
		<u>456</u>		<u>678</u>
Net deficit		<u>(24,068)</u>		<u>(29,389)</u>





Awards and Grants

The Association awarded a number of awards and grants to its members.

Annual Awards

Prof Tom Reilly Doctoral Dissertation of the Year Award sponsored by Routledge

Owen William Tomlinson, University of Exeter

BASES Applied Practitioner Award

Dr Gary Brickley, University of Brighton

Annual Conference Awards

Human Kinetics Student Free Communication Presentation Award

Laura Judson, Sheffield Hallam University

Human Kinetics Student Poster Presentation Award

Chris Kite, Aston University

Sportesse Sport & Exercise Science Free Communication Presentation Award

Peter Ladlow, Defence Medical Rehabilitation Centre, Headley Court

Routledge Recently Qualified Researcher Free Communication Presentation Award

James Wright, Solent University

Cranlea Poster Presentation Award

Lisa O'Halloran, Coventry University

BASES Sport and Exercise Science 5 Slides in 5 Minutes Free Communication Award

Peter Alway, Loughborough

Routledge/Taylor & Francis Sport and Exercise Science Impact Award

Prof Costas Karageorghis FBASES

Grants

BASES Expert Statement Grant

Prof Costas Karageorghis FBASES, Brunel University

Dr Kathryn Weston, Teesside University

Prof Lars McNaughton FBASES, Edge Hill University

Dr Daniel Madigan, York St John University

BASES Early Career Practitioner Grant

Dr Chris Fullerton, University of Kent

BASES Conference Grant

Dr Adam Gledhill, Leeds Beckett University

Dr Daniel Bailey, University of Bedfordshire

BASES International Conference Grants

Dr Claire Minshull, Leeds Beckett University

BASES Undergraduate Endorsed Courses

Abertay University • Aberystwyth University • Anglia Ruskin University • Bath University
Birmingham City University • Bucks New University • Cardiff Metropolitan University
Coventry University • Edge Hill University • Kingston University • Leeds Beckett University
Leeds Trinity University • Liverpool John Moores University • Loughborough University
Manchester Metropolitan University • Northumbria University • Oxford Brookes University
Sheffield Hallam University • Southampton Solent University • St Mary's University Twickenham
Swansea University • Staffordshire University • University of Bedfordshire • University of Bolton
University of Brighton • University of Central Lancashire • University of Chester • University
of Chichester • University of Derby • University of Edinburgh • University of Gloucestershire
University of Hertfordshire • University of Huddersfield • University of Kent • University of
Portsmouth • University College Plymouth St Mark & St John • University of Salford
University of Sunderland • University of Surrey • University of South Wales • University of Ulster
University of Winchester • University of Wolverhampton • University of Worcester
York St John University.

Fellows of the Association

BASES fellowships recognise esteemed professional achievement, skills, knowledge and service to BASES and the sport and exercise science community. The following individuals have been awarded BASES fellowships:

1993	Prof Craig Sharp
1994	Prof Les Burwitz • Prof Lew Hardy • Prof Tom Reilly • Prof Clyde Williams OBE
1997	Prof John Annett • Prof Neil Armstrong • Prof Tudor Hale
1998	Prof Roger Bartlett • Prof Steve Bird • Dr Steve Bull • Prof Ken Fox Prof Don MacLaren • Dr Sarah Rowell • Prof Neil Spurway • Dr Jean Whitehead Prof Edward Winter • Prof Fred Yeadon
1999	Prof Stuart Biddle • Prof Dave Kerwin • Prof Adrian Lees
2000	Prof Jo Doust • Prof Roger Eston • Prof Jim Watkins
2001	Dr Jan Graydon • Prof Adrienne Hardman • Prof Nanette Mutrie MBE Associate Prof Gaynor Parfitt • Prof Peter Terry
2002	Prof Andy Jones • Prof Andy Smith MBE • Prof Adrian Taylor • Dr Sandy Wolfson
2004	Prof Ian Maynard
2008	Prof Tom Mercer • Prof Craig A Williams
2009	Prof Richard Davison • Prof John Saxton • Prof Kevin Thompson
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2017	Dr Grant Abt • Dr Lisa Board • Dr Val Cox • Dr Kevin Currell Dr Caroline Sunderland • Prof Craig Twist
2018	Dr Barry Drust • Dr Jonathan Katz • Prof Derek M Peters • Dr Garry Tew Prof Dylan Thompson • Dr Matthew Weston
2019	Chris Barnes • Prof Andrew Edwards • Dr Adam Gledhill • Assoc Prof Adam Hawkey • Dr Kiara Lewis • Dr Ailsa Niven





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Publisher

Mercer Print, Newark Street, Accrington BB5 0BP • Telephone: 01254 395512.
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