

The British Association of Sport and Exercise Sciences
Annual Report and Financial Statements
2022-2023



www.bases.org.uk

FAIRNESS



PROFESSIONALISM



HONESTY



RESPONSIBILITY



EXCELLENCE





The Board Report

2023 marks the **30th anniversary** for BASES. The **Board** is proud to present the British Association of Sport and Exercise Sciences (BASES) annual report (September 2022 to August 2023) and the financial statements for the year ended 31 March 2023. In April 2021, the Board launched the **2021-2025 Strategy**. This report includes updates on the **five strategic objectives included within the 2021-2025 Strategy**: 1) Enhance BASES status as the professional standards body for sport and exercise sciences in the UK; 2) Grow BASES reputation as the leading expert body for sport and exercise sciences through strategic partnerships and advocacy; 3) Drive step-change in membership by enhancing our value proposition to sport and exercise science professionals; 4) Establish financial sustainability through new and existing secure and long-term income streams; and 5) Develop our governance model and define our organisational status to support the effective delivery of the BASES mission.

Global economic situation

This has been a tough year for our members, with the cost of living affecting many people in the UK and across the globe. As the global economy recovered from its pandemic-related recession, there was increased demand for products and materials. The conflict in Ukraine also led to higher commodity prices, pushing up inflation around the world. However, with pandemic restrictions being lifted, there was a positive response to a return to in person events, including the **2022 Conference in Leicester in November** and the **2023 Student Conference at Anglia Ruskin University in April**. Other CPD was delivered, and a significant number of meetings all took place, virtually.

Strategic Objective 1 - Enhance BASES status as the professional standards body for sport and exercise sciences in the UK:

Professional Standards

The number of **BASES Accredited Sport and Exercise Scientists** has slightly decreased from 401 in 2022 to 399 in 2023 (-0.5%). There are currently 198 **Chartered Scientists** (-5% on last year), 52 **Certified Exercise Practitioners** (-5%), 28 members holding **High Performance Sport Accreditation** (+12%) and 16 **BASES Accredited Physiology Laboratories**, (+7% on last year). The **BASES Accredited Consultant Finder** assists individuals and organisations in finding accredited sport and exercise scientists, for which there are currently more than 294 active individuals (+1%). Those BASES Accredited Sport and Exercise Scientists listed in the directory who are also **Health and Care Professions Council (HCPC) Registered Sport and Exercise Psychologists** is denoted in their specialisms section.

BASES is a member of the Science Council and continues to be licensed to award Chartered Scientist status. The **Accreditation Advisory Group**, currently chaired by Dr Matthew Wright, recently approved British Rowing to be part of the **BASES Accreditation Partnership Scheme** which provides them with the ability to use the Streamlined route for any of their practitioners when applying for BASES Accreditation. Moving forwards, the Advisory Group will need to recruit two new reviewers to solely review completed Supervised Experience applications to comply with recent Science Council requirements. This will be done ready for the next application window. Discussions are taking place as to whether Skill Acquisition should have their own discipline option. The **Skill Acquisition Interest Group** will submit a proposal for the next Accreditation Advisory Group meeting.

A Task and Finish Group was formed in October '22 to discuss what place **BASES Certified Exercise Practitioner** has in the industry. A survey was sent out to all BASES CEP members to gather feedback and to establish if a name change would be beneficial to prevent confusion with **Clinical Exercise Physiology (CEP-UK)**. Feedback strongly suggested that there is definitely a place for BASES CEP and a name change could be useful, although it is recognised that this was not unanimous. The next steps are to consider any name change and to promote the relevance of the award.

The **BASES Sport and Exercise Psychology Accreditation Route (SEPAR)** is a programme of professional development, skill acquisition and supervised practice to ensure that candidates acquire the knowledge, skills, and experience required to be eligible to apply for registration with the Health and Care Professions Council (HCPC) as a Practitioner Psychologist. This year, a further 10 candidates were confirmed by the **SEPAR Advisory Group (SEPAR AG)** as being SEPAR complete and eligible to apply to the **HCPC register**. This brings to 29 the number of candidates who have 'graduated' through SEPAR since its launch in January 2020. 26 candidates enrolled on SEPAR in



Above: Professional members can achieve BASES Accreditation as a result of work in applied sport/exercise science support, research or pedagogy.

August 2022 and 63 enrolled in February 2023. To date there are 51 Reviewers (up from 47) and 68 Supervisors (up from 56) who are active on the [SEPAR Directory](#), a service that was developed for members. In June 2022, 42 candidates registered for and 25 then successfully completed the Open University DE200 module (Investigating Psychology 2) to support the necessary entry requirements onto SEPAR regarding evidencing 'underpinning psychology knowledge'.

In recent months, the SEPAR programme has been subject to a review carried out by independent consultant, Dr Paula Watson. Given that the programme is now more established and there are several candidates now coming towards the end of their training, it was felt this was an ideal opportunity to try and iron out some of the difficulties candidates were facing with their submissions by tightening up some of the regulations of the qualification and developing the forms to be used. This review has resulted in several changes to the SEPAR programme, which were confirmed by the [SEPAR Advisory Group](#), chaired by Dr Rob Morris, in July and will come into effect for November 2023 submissions onwards. Candidates are asked to refer to the [SEPAR website](#) for further information on the changes and what they mean for them.

Clinical Exercise Physiology UK ([CEP-UK](#)) was established in September 2021 and is the group setting the standards for UK Clinical Exercise Physiologists. Over the past 12-months, [CEP-UK](#), an Advisory Group of BASES, have been working to further advocate and promote Clinical Exercise Physiology as a healthcare profession. The key developments include:

1. Registration:

Over the past 12 months, the number of registered CEPs has increased to 65 effective registrants, with a further 17 applications in review. Recent communications to gauge interest in registration have highlighted that this number is likely to grow significantly over the next 12 months. Plans to increase CPD provision for CEPs and delivery of events specifically for CEPs should also assist with growth in the number of registrations.

2. Accreditation:

CEP-UK hosted a Curriculum Sharing Event to discuss the new accredited RCCP (Registration Council for Clinical Physiologists) MSc Clinical Exercise Physiology degree curriculum framework and to provide an opportunity to discuss teaching practices within Clinical Exercise Physiology. There were individuals in attendance from 26 different institutions. There has also been one successful accreditation of an MSc in Clinical Exercise Physiology (Liverpool John Moores University) and therefore, there is now a graduate routeway towards registered CEPs. A further two universities have submitted paperwork, with several others expressing interest in accreditation.

3. Advocacy:

Four BASES webinars were successfully delivered over the past year, with plans to increase provision of these over the coming twelve months. Planning is underway for the CEP-UK BASES satellite event, 'Celebrating Clinical Exercise Physiology as an Accredited Healthcare Profession', on 15 November 2023 at Coventry University ahead of the BASES Conference. Registered CEPs are the target audience for this event. There will be a keynote by Mike Grocott, presentations by grant-winning CEPs, a roundtable discussion and Andrew Davies will launch the Perioperative Quality Initiative (POQI) Prehab in Oesophageal Cancer Consensus. Planning has also commenced for the first CEP-UK Annual Conference on Friday 5 April 2024 after the BASES Student Conference. This will include two morning sessions and two afternoon sessions, with networking opportunities in between.

4. Cardiac Network Grant from Health Education England

A career pathway from Band 4-7 is being mapped with details of what qualifications and experience are required for cardiac specific CEP. Sample job descriptions and person specifications will be produced that will be advocated by NHS England. CEP is now listed on <https://www.england.nhs.uk/healthcare-science/what/#physio> as a health professional and CEP-UK are working to put together more detailed content for the [NHS careers website](#).





5. CPD:

[BASES and CEP-UK Continuing Professional Development Grants](#) were awarded to four CEPs with the goal to allow them to engage in CPD. BASES has also renegotiated an [MoU with Exercise & Sports Science Australia \(ESSA\)](#) for access to reciprocal CPD.

6. The Academy for Healthcare Science (ACHS)

In June 2021, the business of the Registration Council for Clinical Physiologists (RCCP) was transferred to the [Academy for Healthcare Science \(AHCS\)](#), with RCCP becoming a wholly owned subsidiary of AHCS. Since the transfer, the respective Clinical Physiology Registers have continued to operate separately. These have now been combined to produce a single Clinical Physiology Register for UK Clinical Physiologists.

Over the next 12 months, CEP-UK aim to continue to increase advocacy of CEPs in both the public and private healthcare settings and to promote interaction and opportunities with CEP-UK for BASES members. Alongside the November 2023 and April 2024 events, more focus will be put on organising BASES-led CPD opportunities for CEPs to help promote BASES membership.

There are currently 198 BASES members undertaking [Supervised Experience \(SE\)](#), with 38 new members joining the scheme in 2022-2023. There are 203 registered supervisors and 181 registered reviewers supporting the scheme. In March 2023, the Board promoted the [BASES Supervised Experience Candidate Assistance Programme](#), to support members who are on the SE accreditation route who are in temporary financial difficulty, for which no applications were received.

The [BASES Undergraduate Endorsement Scheme \(BUES\)](#) awards endorsement to sport and exercise science degree courses that provide undergraduates with the opportunity to develop the knowledge and skills essential to enter into the profession. There are currently 98 endorsed courses (+31% versus 2022) at 53 UK higher education institutions (+10%), details of which can be found below:

Aberystwyth University, AECC University College, Anglia Ruskin University, Birmingham City University, Bournemouth University, Brunel University, Buckinghamshire New University, Coventry University, Edge Hill University, Kingston University, Lancaster University, Leeds Beckett University, Leeds Trinity University, Liverpool Hope University, Liverpool John Moores University, Loughborough University, Manchester Metropolitan University, Northumbria University, Nottingham Trent University, Oxford Brookes University, Plymouth Marjon University, Prifysgol Wrexham / Wrexham University, Sheffield Hallam University, Solent University, Staffordshire University, Swansea University, Teesside University, Ulster University, University of Abertay, University of Bath, University of Bedfordshire, University of Brighton, University of Central Lancashire, University of Chester, University of Chichester, University of Derby, University of East London, University of Gloucestershire, University of Hertfordshire, University of Huddersfield, University of Kent, University of Lincoln, University of Northampton, University of Portsmouth, University of Salford, University of South Wales, University of Stirling, University of Sunderland, University of the West of Scotland, University of Winchester, University of Wolverhampton, University of Worcester, York St John University.

Chaired by Dr Lisa Board FBASES, the [HE Endorsement Scheme Advisory Group](#) has worked with the EDI Advisory Group and the Climate Change Action Team to develop a new Postgraduate Endorsement Scheme, for which five Universities (Chichester University, Leeds Beckett University, Manchester Metropolitan University, University of East London, and York St John University) will pilot the scheme this September. The HE Endorsement Scheme Advisory Group is currently working with the [Laboratory Accreditation Advisory Group](#) to align information requested from HEIs in both Course and Lab endorsement applications to try and make this more streamlined. The next focus for the HE Endorsement Scheme Advisory Group is to review the BUES endorsement criteria to update EDI and climate change / sustainability criteria.

In January 2022, BASES launched a new [BASES Postgraduate SEPAR Endorsement Scheme \(PSES\)](#), which has been designed to allow registrants to evidence, expediently, the completion of an appropriate M-level qualification for entry onto the Sport and Exercise Psychology Accreditation Route (SEPAR), which covers the relevant knowledge-based HCPC Standards of Proficiencies. This Endorsement Scheme will support future Sport and Exercise Psychologists choose an MSC.

programme that is BASES endorsed, and which will appropriately position them for application to SEPAR upon completion. The following 11 universities all have M-level Psychology courses that are endorsed by BASES: Brunel University, Liverpool John Moores University, Middlesex University, Setanta College, Sheffield Hallam University, St Mary's University Twickenham, University of Bolton, University of Chichester, University of Derby, University of East London, University of Portsmouth.

Significant work has taken place, and continues, regarding the Royal Charter Status project, for which members were updated on the project status at the 2022 AGM. Following the submission in summer 2022 of our letter of intent to seek to petition for a Royal Charter of incorporation, we heard from the Privy Council Office in March 2023, who advised that the application may proceed to the next stage, for which BASES is invited to submit a draft Charter and Byelaws, which will then be referred to Privy Council Advisors for informal comments. Members will be updated and engaged as and when developments continue.

Strategic Objective 2 - Grow BASES reputation as the leading expert body for sport and exercise sciences through strategic partnerships and advocacy:

Partnerships and Relationships:

BASES continues to engage and develop relationships with stakeholders in the UK and abroad. Dr Andrew Scott FBASES succeeded Dr Keith Tolfrey FBASES as the BASES representative on the board of the [International Confederation of Sport and Exercise Science Practice \(ICSESP\)](#) for which BASES is a Foundational Full Member. Over the last 12 months, BASES supported a priority objective, the [ICSESP International Sport and Exercise Science Industry Survey](#), which was shared with ICSESP Champions across the globe to promote the survey within their local regions. Members of the Integrity Advisory Group were also part of a small working group, focussing on developing an international Code of Conduct for ethical and professional practice. BASES provided an update on the recent work of the Climate Change Action Team which was placed on the ICSESP website. Key EDI resources were also shared with ICSESP. BASES is also contributing to the development of an international postgraduate Professional Standard for Clinical Exercise Physiology through a working group, soon to be followed by driving the development of an international postgraduate Professional Standard for Sport Science.

Relationships and developments continued with the [Association for Applied Sport Psychology](#), the American College of Sports Medicine, [British Association for Sustainable Sport](#), [British Dietetics Association](#), [British Psychological Society](#), [Clinical Exercise Physiology Association](#), the [Canadian Society for Exercise Physiology](#), the [English Premier League](#), [Expertise and Skill Acquisition Network](#), [Exercise and Sport Science Australia](#), [Human Kinetics](#), [International Society for Performance Analysis of Sport](#), MIND, Newcastle United Football Club, the [Nutrition Society](#), [Open University](#), the [Physiological Society](#), the [Professional Footballers' Association](#), [Sport and Exercise Science New Zealand](#), [Sport Northern Ireland](#), [sportscotland Institute of Sport](#), [Sporting Edge](#), [Supporting Champions](#), [UK Anti Doping](#), [The UK Sports Institute](#), [UK Strength and Conditioning Association](#) and [Yakult](#).



Above: BASES updated a number of international Memoranda of Understanding, including the one with The Canadian Society for Exercise Physiology (CSEP).





BASES Public and External Affairs Advisory Panel (PEA-AP)

Over this year, the [PEA-AP](#), chaired by Dr Andy Smith MBE FBASES, has worked with the Board to ensure that the voice of the Association was heard and the interests and insights of its membership advanced. To inform national policy, decision makers and politicians, detailed evidence-based submissions were made by the PEA-AP to the following:

1. The [Department for Health and Social Care consultation on Major Health Conditions](#).
2. The [Department for Culture, Media and Sport Inquiry into Women's Sport](#). This was achieved through the expertise and input of the [BASES EDI Advisory Group](#).
3. The [UK Parliamentary Select Committee on Science and Technology 'My Science' initiative](#).
4. The [inquiry into the cultural value of sport to the North's cities, towns and communities](#).
5. The [Public Accounts Committee inquiry on grassroots participation in sport and physical activity](#).

At the time of writing this report, the PEA-AP is working with the Board on a proposed campaign to influence key decision makers in policy areas which directly impact BASES.

BASES Climate Change Action Team (CCAT)

Chaired by Dr Andy Smith MBE FBASES, members of the [CCAT](#) have worked with the Board to ensure that the Association meets the obligations it made in signing the [Pledge to Net Zero](#). Major achievements and developments over the year include:

1. The signing and implementation of a partnership agreement with the [British Association for Sustainable Sport \(BASIS\)](#). Dr Russell Seymour (Chair of BASIS) has been exceptionally generous in the time and expertise he has donated to BASES.
2. The development of resources for members to use, shared both on the [website](#) and through The Sport and Exercise Scientist.
3. The drafting of a paper, which is currently under peer review, to add to the literature on Sport and Exercise Science and Climate Change.
4. The decision by the BASES Board to stop printing and posting out a plastic wrapped paper copy of TSES and moving to a digital format version.
5. Work by the [HE Endorsement Scheme Advisory Group](#), informed by input from the CCAT, to include criteria related to climate change and sustainability into the BASES Degree recognition schemes.
6. Thanks to Dr Ash Willmott and funding from Anglia Ruskin University, the start of a project entitled [Climate Change and sustainability: Shaping practice across the Sport and Exercise Science sector](#) to provide guidance and resources across the profession.

At the end of this year, Dr Andy Smith MBE FBASES stepped down as Chair of the CCAT, and Dr Ash Willmott took on this role.

BASES Outreach Project Team

Chaired by Prof John Dickinson FBASES, the [Outreach Project Team \(OPT\)](#) has been meeting regularly over the past 12 months, focusing on the recruitment of the [BASES Outreach Hubs](#), delivery of the inaugural BASES [School Poster Competition](#), creating a Teacher Advisory Panel, and supporting outreach activity at the BASES student and annual conferences.

10 institutions were successfully recruited to act as [BASES Outreach Hubs](#). The hubs will run the inaugural BASES school poster competition project in 2023-24. The hubs were selected from an open call. 24 expressions of interest were received, all of which were high quality. The OPT has established a Community of Practice to discuss good practice and share case study examples, for which an online event was held in May 2023 and a future one planned for October 2023. The Teacher Advisory Panel was set up to initially support the delivery of the school poster competition, but also with a view to improve the awareness of BASES to teachers delivering sport and exercise related courses at Key Stage 4 and 5. The OPT's plans for 2023-24 include:

- Delivering the inaugural BASES schools poster competition.
- Expanding the number of BASES outreach hubs in 2024-25
- Continuing to develop the Teacher Advisory Panel.
- Supporting the delivery of outreach at BASES conferences.

[Integrity Advisory Group](#)

Chaired by Dr Emma Kavanagh FBASES, the [Integrity Advisory Group \(IAG\)](#) has been carrying out a number of projects linked to matters of integrity and the role of BASES including:

- An IAG sub-team (Dr Emma Kavanagh FBASES, Prof Sue Backhouse FBASES; Dr Neil Chester, Dr Andy Miles FBASES, Dr Daniel Rhind, Dr Emily Ryall and Jack Sharkey) wrote an [expert statement on integrity in the sport and exercise sciences](#).
- Dr Daniel Rhind is leading the current IOC consensus statement on safeguarding and abuse in sport and Dr Emma Kavanagh FBASES is one of the invited academic experts.
- Dr Emma Kavanagh FBASES and Dr Andy Miles FBASES are part of a European author team writing the [FEPSAC](#) position statement on safeguarding in sport and exercise psychology across Europe.
- Dr Emma Kavanagh FBASES and Dr Daniel Rhind have contributed on behalf of BASES to the ICSESP Ethical Practice Project. They will be contributing to writing the ICSESP Code of Ethics once the Delphi project element has been completed.
- Members of the IAG are investigating the development of a follow-on workshop in safe sport to compliment the initial safeguarding training.
- Prof Sue Backhouse FBASES is leading on the integration between the [Clean Sport Interest Group](#) and the IAG alongside collaboration with [UK Coaching](#) on a number of matters linked to integrity.
- The [IAG webpage](#) has been populated and shows the group affiliation and remit.

The IAG maintains its ambition to help raise awareness, educate members and be positive role models on matters of integrity in the sport and exercise sciences.

[Equity, Diversity and Inclusion \(EDI\)](#)

Chaired by Dr Kotryna Fraser, the [EDI Advisory Group's](#) efforts to support members from underrepresented groups came live as the [Professional Development and Mentoring Programme](#) was launched in July 2023. We continued celebrating our members as part of the Diversity Calendar initiative (e.g., [Black History Month](#) October 2022, [International Day of Persons with Disabilities](#) December 2022) and engaging the BASES community in EDI-related matters. We revised and updated the EDI Glossary of terms and EDI Resources of various topics available within the [Member's Area](#) and shared the key dates that can be imported to the Outlook calendar. We also put a call out for the [Athena Swan critical friends](#) to help the members with their applications. Finally, the EDI AG has been collaborating with other BASES Committees and AGs to advise on EDI-related matters and continues engaging the membership via the quarterly TSES articles.





Expert Statements

BASES published four new expert statements in 2022-23: [Pregnant and Postnatal Athletes](#) by Dr Marlize De Vivo, Dr Lou Atkinson, Gráinne Donnelly, Prof Kirsty Elliot-Sale, Chloe Hillyar, Sarah Rand, Dr Claire-Marie Roberts and The Active Pregnancy Foundation; [Integrity in the Sport and Exercise Sciences](#) by Dr Emma Kavanagh FBASES, Prof Sue Backhouse FBASES, Dr Neil Chester, Dr Andy Miles FBASES, Dr Daniel Rhind, Dr Emily Ryall and Jack Sharkey; [Methods to monitor athletes' sleep](#) by Dr Charles Pedlar FBASES, Dr Amy Bender, Dr Matt Driller and Paul Hough; and [Physical Activity and Limiting Sedentary Behaviour for Effective Management of Sarcopenia in Community-dwelling Older Adults](#) by Dr Daniel Low, Dr Daniel Bailey, Dr Gladys Pearson and Prof. Michael Duncan FBASES.

All BASES expert statements are available to download from the [BASES website](#).

Excellence:

We are keen to establish and maintain a register of BASES' members being recognised as experts through invitations to key / major events, panels, presentations, expert groups, etc. Please email any details to enquiries@bases.org.uk

Strategic Objective 3 - Drive step-change in membership by enhancing our value proposition to sport and exercise science professionals:

Membership



Above: In part due to the tough economic times, BASES has slightly decreased its membership over the last year.

In part due to the current global cost of living crisis, the Association has decreased its membership over the last year. The average total membership for the period (September 2022 - August 2023) was 2,584 compared to 2,731 in the previous year (September 2020 - August 2021), representing year-over-year decline of 5%. Positively, there has been a 39% increase in Graduate members, ending the year at 243, and a 33% increase in Affiliate Organisations (up to 8 at year-end). However, there have been declines in the other membership categories; at year-end,

Professionals down to 1,347 (-1%), Overseas to 59 (-6%), Affiliate to 25 (-11%) and Student down to 772 (-17%).

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 December 2022, showed the number one reason why respondents joined BASES (70%) is because BASES is the UK's professional body for sport and exercise sciences. 77% of members were either 'satisfied' or 'somewhat satisfied' with BASES membership – a small decrease of 1% from 2020. The Sport and Exercise Scientist (TSES) and webinars continue to be the highest rated of BASES member benefits. Members can see a summary of the survey results [here](#).

In October 2022, BASES [applied to the HMRC](#) and was included on the list of professional organisations and learned societies so eligible members can claim tax relief on their fees or subscriptions.

Work continues to review, update and promote current benefits. Members were advised in April 2023 of a [new partnership with Dell Technologies UK](#) to offer BASES members a range of exclusive discounts.

Research continues regarding student membership attrition and how BASES can better support students. The [Student Advisory Group \(SAG\)](#) reports to the [Stakeholder Committee](#) and was established in May 2021. Over the last year, the SAG has focussed on the involvement and engagement of members of the Group and the ability to implement ideas from their meetings. Due to personal

reasons (and recognised challenges of co-ordinating with the members) the Group experienced two leadership changes. Fran Collings chaired the group until January. Fran was then succeeded by Ishq Abraham until July before Mastveer Ghatahora then took over the SAG Chair role. Fran continues to contribute to the SAG as part of her Division role.

Over the year, the SAG welcomed several new members to the Group. Mastveer Ghatahora and Victoria Tidmas both attended the 2023 Student Conference at ARU, supporting the BASES stand and had appearing in the [post-Conference promo video](#). There was a successful webinar in January ([Developing your employability in sports science](#)), presented by Dr Steve Ingham FBASES and supported by former SAG Chair, Fran Collings. A focus on increasing student hub resources continues. The SAG has looked into promotional materials that will highlight the benefits of student and graduate memberships alongside a webinar that can be provided to colleges/sixth form. The SAG is looking forward to next year and building on the Group's potential.

BASES continues to grow its social media presence. As of August 2023, BASES has 3,036 Instagram followers (+16% versus August 2022), 9,844 LinkedIn members (+15%), 32,522 X (Twitter) followers (-0/2%) and 6,014 Facebook likes (+3%). In addition, BASES has 2,115 followers across the respective five Division X (Twitter) accounts, making a total X (Twitter) reach of 34,637 followers.



Above: BASES 2022 Conference took place in person for the first time since 2019.

Events:

[BASES Conference 2022](#) took place on 15-16 November at King Power Stadium, Leicester, with two inspiring days filled with world-leading insight and expertise. This was the first in person event since November 2019. Baroness Campbell of Loughborough DBE, Director of Women's Football at the FA opened the conference with the invited keynote: - 'Maximising performance'. Following this was a day of thought-provoking poster presentations, free communications and parallel invited symposiums. After the BASES Annual General Meeting, the first day ended with a Gala Drinks Reception and Conference Dinner where the

[2022 BASES Fellows](#) were awarded their official certificate and badge. The second day showcased a variety of rich content, with Prof Joan Duda, Professor of Sport and Exercise Psychology, University of Birmingham delivering the closing keynote with 'Optimising engagement in youth sport: Implementing interventions, increasing impact, and the challenges of doing both!' BASES Chair, Prof Zoe Knowles FBASES then presented the Conference Awards, before formally closing the event, thanking all speakers, delegates, exhibitors and sponsors (Platinum: Wattbike; Gold: GE Healthcare, Human Kinetics, Output Sports, Routledge and TeamBuilder) for being part of the Conference. 62% of attendees rated the conference programme content as 'Excellent' or 'Very Good'. 67% of attendees rated the event as 'Excellent' or 'Very Good'.

The BASES Annual Conference 2023 will be held at the CBS Arena, Coventry on 16 to 17 November 2023. The [BASES Conference Planning Group](#) has worked hard on the topics and programme, details of which can be found [here](#). To register for the annual conference, please click [here](#).

Over 200 students, academics and exhibitors attended the [BASES Student Conference 2023](#) hosted by Anglia Ruskin University in Cambridge on 24-25 April 2023. Prof Zoe Knowles FBASES opened the conference alongside Prof Roderick Watkins, Vice Chancellor, Anglia Ruskin University. The conference theme was "Reflections from the Past Driving the Future in Sport & Exercise Science". The theme emerged as 2023 marks an historic milestone within exercise science as it represents the centenary of the publication of the seminal work by A.V. Hill on maximal oxygen uptake (VO_{2max}), work that was completed in Cambridge. The conference provided an opportunity for delegates to engage with peers from across the UK through keynote, oral, poster and symposia-based presentations, as well as during social events. Dr Matthew Timmis and Dr Dan Gordon, conference leads, commented "After a four year pause in the face-to-face delivery of the BASES student conference, it was a delight to welcome students back. The two-day conference was filled with enthusiasm and excitement with students sharing their ideas and connecting with new people."





Above: Anglia Ruskin University hosted the in-person BASES 2023 Student Conference in Cambridge.

Thank you to all Exhibitors and to the event supporters; Platinum Supporters: Cranlea Human Performance, Equival and Gait and Motion Technology. Gold Supporters: Sporting Edge, CIMSPA and Para-Monte.

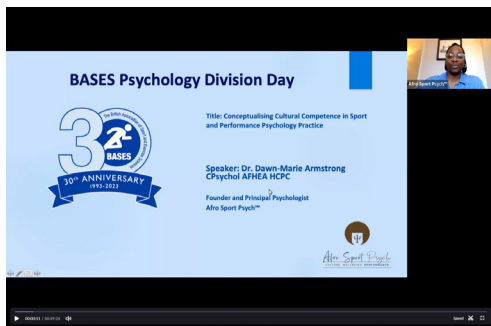
The [BASES Student Conference 2024](#) will be hosted by Manchester Metropolitan University, on 3-4 April 2024.

BASES hosted the 19th Heads of Department (HoD) Forum on 15 March 2023 at the TechnoCentre, Coventry University. The theme of the event was The Sport and Exercise Science Big Picture: what will be new and what is coming next? and provided an excellent day of information and insights for those with leadership roles within sport and exercise sciences

academia. There were several presentations and discussions throughout the event. 54 delegates registered for the event, representing 25 UK institutions. [HoD Advisory Group](#) Chair, Prof Lars McNaughton FBASES, said, "It was great to hold the Forum in person, the first time since 2019. The day was another great success, which has built on previous years' practice, to enable the sharing of a wide variety of good practice and stimulating discussions around key themes."

BASES ran 30 workshops online, all linked with the Supervised Experience and SEPAR programmes, attended by a total of 437 delegates. BASES hosted 11 webinars, with a combined 578 delegates registering and a total of 306 attending. Those webinars that took place this year had a total of 112 hits.

Four Division Days were delivered virtually with 393 delegates registered and 278 live attendees: The [Psychology Day](#) took place 10 May 2023; the [Biomechanics and Motor Behaviour Day](#) was the Biomechanics Interest Group (BIG) Conference, on 31 May 2023; the [Physical Activity for Health Day](#) took place 28 June 2023 and the theme for the [Physiology and Nutrition Day](#), on 6 July 2023 was 'Research and applied practice for Physiology and Nutrition.' Feedback from all Division Days was positive and satisfaction rates across all four events ranged from 4.0 to 4.9 out of five.



Above: Dr Dawn-Marie Armstrong presented at the BASES 2023 Psychology Division Day on 10 May 2023.

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 thirty-three courses and workshops have been endorsed since the inception of the scheme, including three new endorsements and two re-endorsement this year. Training providers successfully obtaining endorsement include: The Altitude Centre, the Athlete Development project, Catapult Sports Ltd, the Centre for Integrative Sports Nutrition, Endure IQ, the Football Exchange/Liverpool John Moores University, Heart of Midlothian FC, HIIT Science Inc, the Integrative Sports Nutrition, International Sarcopenia Translational Research

Conference, Mental Coach Zachery Ltd, Owens Recovery Science, the Physiological Society, Pro Football Support, the University of Stirling, University of Wolverhampton, Speedworks, York St John University and Yakult.

BASES supported the [Women in Sport and Exercise Academic Network \(WiSEAN\) Conference](#) in June, the [Active Pregnancy Foundation Awards](#) in June and will support the [Paediatric Work Physiology 2023](#) in September.

Publications

This year has been a period of considered development for [The Sport and Exercise Scientist](#). We have experienced some change with the [Editorial Advisory Group](#), with further changes suggested (e.g., the addition of a specific Teaching and Learning section editor) to support continued developments with the journal. Across the year, there has been a good mixture of articles covering



Above: The Sport and Exercise Scientist continues to be the #1 member benefit.

of 298 Orthopedics and Sports Medicine category. The Journal's metrics tab can be viewed [here](#).

The **BASES Career Guide: A Guide to Careers in Sport and Exercise Science** was updated and launched in August 2022. The 58-page Guide includes a wealth of guidance and information about choosing courses at school and college, choosing undergraduate and postgraduate courses, career opportunities and how to get ahead, and how to pursue popular career paths and occupations. For the current version, the hits and downloads of the full guide in the member-only website was 536, and hits and downloads of the non-member version was 5,779.

all the disciplines from a variety of authors, although most articles have been sought by members of the Editorial Advisory Group, as opposed to being organic submissions by BASES members. Unfortunately, despite attempts to encourage more membership engagement through contributions to the Letters to the Editor section through the £25 discount for all published letters, the publication receives very few letters (only one received since the last annual report). The Board recently made the decision to change TSES to an EPub version, with the first EPub version taking place in Spring 2024. This will follow the final special 30th Anniversary edition in Winter 2023, which will also be the final print version of TSES.

The Taylor & Francis Group publishes the **Journal of Sports Sciences (JSS)** in affiliation with BASES. The JSS published 158 articles and received 1.6 million downloads/views in 2022. The Journal's Impact Factor (2022) is 3.4, placing it 20 out of 87 journals in the Sport Sciences JCR category; and the CiteScore is 6.5, placing it 24 out of 226 in the Physical Therapy, Sports Therapy and Rehabilitation category, and 34 out



Above: Dr Mike Price FBASES won the Cranlea Poster Presentation Award at the BASES 2022 Conference.

Awards and Grants

The Association introduced some new Awards and Grants this year, including **BASES Volunteer of the Year Award**, **BASES and CEP UK CPD Grants** and **BASES Early-to mid-Career Researcher Project Grant**. BASES awarded several awards and grants to its members:

Annual Awards

Prof Tom Reilly Doctoral Dissertation of the Year:

Dr Sascha Hermann Kranen, University of Exeter

BASES Masters Dissertation of the Year:

Amber Thorington, University of Exeter

BASES Undergraduate Dissertation of the Year:

Leticia Hosang, Brunel University





BASES Conference Awards:

2022 Annual Conference Awards

Human Kinetics Student Free Communication Presentation Award

Elysa Ioannou, Sheffield Hallam University

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

Dr Lewis Gough, Birmingham City University

Cranlea Poster Presentation Award

Dr Mike Price FBASES, Coventry University

Sportesse Sport and Exercise Science Free Communication Presentation Award

Prof Stuart Fairclough FBASES, Edge Hill University

Routledge Recently Qualified Researcher Free Communication Presentation Award

Charles Steward, Coventry University

2023 Student Conference Awards

Human Kinetics Undergraduate Free Communication Presentation Award

Becky Lee, University of Portsmouth

Cranlea Undergraduate Poster Presentation Award

Eloise May, Liverpool John Moores University

Human Kinetics Postgraduate Free Communication Presentation Award

Pheobe Grandfield, Cardiff Metropolitan University

Human Kinetics Postgraduate Poster Presentation Award

Andie Riches, Anglia Ruskin University

Supporting Champions Best Applied Impact Presentation Award

Matthew Berkshire, University of Northampton

Grants

BASES Expert Statement Grants

BASES Expert Statement Grants were awarded to those authors whose expert statements were published (please see [here](#)). Some author teams produced the statements for free and did not access the grant. Others may consider using some of the funds to attend the annual conference.

BASES International Conference Grants

Dr Sofie Kent, University of Gloucestershire

Dr Kathryn Weston, Edinburgh Napier University

BASES Conference Grant

Dr Dan Gordon, Anglia Ruskin University

BASES and Clinical Exercise Physiology UK Continuing Professional Development Grants:

Jessica Morris, University Hospital of Leicester NHS Trust, Dr Jack McNamara, University of East London, Dr Duncan Grant, Barts NHS Health Trust, Dr Nicole Coull, University Hospital of Leicester NHS Trust.

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
2010	Prof Celia Brackenridge • Prof John Buckley • Prof Dave Collins • Prof Carlton Cooke Dr Jason Gill • Prof Michael Gleeson • Dr Richard Godfrey • Dr Brian Hemmings Dr Costas Karageorghis • Prof Andy Lane • Prof Craig Mahoney • Prof Alison McConnell Prof Marie Murphy • Prof Richard Tong • Dr Ken van Someren • Prof Greg Whyte OBE
2011	Prof Keith George • Dr Nigel Gleeson • Dr Chris Harwood • Dr Tim Holder Dr Zoe Knowles • Dr Kevin Lamb • Prof Lars McNaughton • Prof Joanna Scurr Prof Martin Sellens • Prof Gareth Stratton • Dr Richard Thelwell • Dr Keith Tolfrey Prof Vicky Tolfrey
2012	Prof Michael Duncan • Prof Glyn Howatson • Dr Joanne Hudson • Dr Andrew Miles Dr Michael Price • Dr Roger Ramsbottom • Dr Lee Romer • Dr Aki Salo • Dr Rhys Thatcher
2013	Prof A Mark Williams
2014	Dr Brendan Cropley • Dr Phil Graham-Smith • Dr Stephen Ingham Dr Dominic Micklewright
2015	Prof Susan Backhouse • Prof Bill Baltzopoulos • Dr Gary Brickley • Dr David Broom Prof Graeme Close • Dr Tracey Devonport • Dr Lance Daggart • Dr Emma Ross
2016	Dr Stuart Beattie • Prof Colin Boreham • Dr Peter Brown • Prof Ian Campbell Dr Stewart Cotterill • Dr Claire Hitchings • Prof Louis Passfield • Dr Charles Pedlar Dr Paul Smith • Prof Keith Stokes
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
2020	Dr Lindsay Bottoms • Dr Neil Clarke • Prof John Dickinson • Dr Sarah Gilchrist • Dr Adam Grainger • Dr John Iga • Dr Simon Nichols • Dr Alan Ruddock • Dr Christopher Spray
2021	Dr Ibrahim Akubat • Dr Neil Gibson • Dr Denise Hill • Dr Paul Jones • Dr Neil Maxwell Dr Jonathan Sinclair • Dr Alun Williams
2022	Dr Stephen Atkins • Dr Helen Collins • Dr Jo Corbett • Dr Audrey Duncan Prof Stuart Fairclough • Dr Matthew Green • Prof Florentina Hettinga • Dr Emma Kavanagh
2023	Prof Lynne Boddy • Dr Andrew Mitchell • Dr Andrew Scott





Above: Dr Audrey Duncan was presented with her Fellows certificate and pin at the BASES 2022 Conference.

The total number of BASES Fellowships now awarded is 145. Over the last year, a number of the Fellows have helped to drive forward a number of projects for the Association. Given the expertise and knowledge of the Fellows, BASES would very much welcome their input and assistance in delivering the Operational Plan. Any Fellow who is interested in contributing to the deliverables within the Operational Plan, please contact enquiries@bases.org.uk.

Strategic Objective 4 - Establish financial sustainability through new and existing secure and long-term income streams:

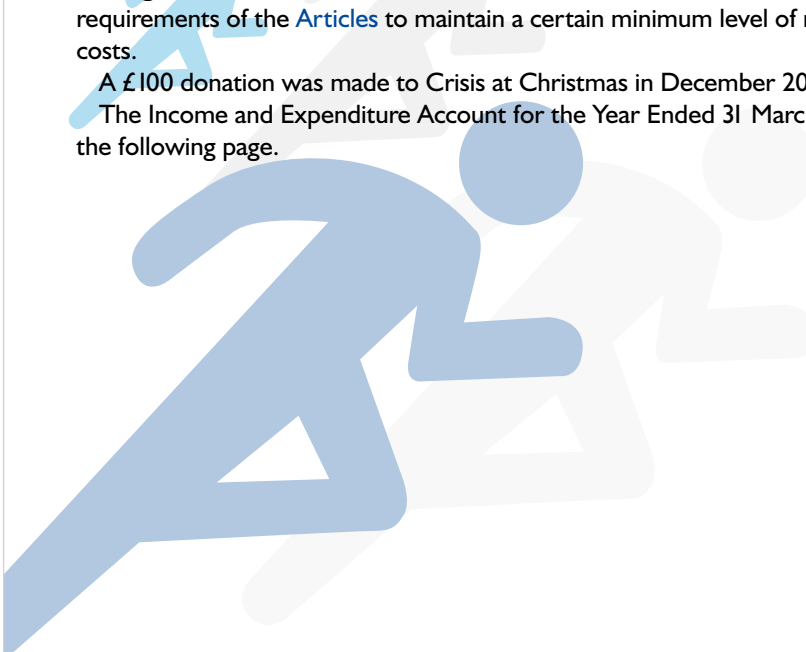
Finance

BASES reported a surplus of £35,990 for the year ended 31 March 2022, driven by an increase in general income, including significant SEPAR registrations, and a reduction in general expenditure over the previous year. The Board regularly monitors its Risk Register and continues to consider contingencies and mitigating action if income streams are impacted.

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 on 31 March 2023 were £421,886, which is above the 'Reserves Policy' of at least £116,000, which was approved by the Board on 16 February 2022. The Board is looking to invest in new initiatives for the benefit of members, whilst also being cognisant of the requirements of the [Articles](#) to maintain a certain minimum level of reserves to cover operating costs.

A £100 donation was made to Crisis at Christmas in December 2022.

The Income and Expenditure Account for the Year Ended 31 March 2023 can be viewed on the following page.



Income and Expenditure Account for the Year Ended 31 March 2023

	2023	2022
	£	£
Income	407,032	359,479
Expenditure	<u>124,647</u>	<u>101,014</u>
Gross surplus	282,385	258,465
Office expenses	<u>249,520</u>	<u>226,712</u>
Operating surplus	32,865	31,753
Interest receivable and similar income	<u>3,858</u>	1,955
Surplus before taxation	36,723	33,708
Tax on surplus / (deficit)	733	371
Surplus for the financial year	35,990	33,337

Please refer to the end of the Annual Report for the [unaudited Financial Statements](#) for the year ended 31 March 2023.

BASES is keen to enhance the promotion of the Association through obtaining corporate sponsorships and commercial opportunities. We are keen to attract new commercial opportunities and to sustain the support from existing commercial opportunities, which would ultimately benefit the membership. Details of new Gold, Silver and Bronze sponsorship packages can be found [here](#). If members have any contacts that could help in this area, please email enquiries@bases.org.uk.

Strategic Objective 5 - Develop our governance model and define our organisational status to support the effective delivery of the BASES mission:

Good governance

A review and evaluation of the structure, roles and responsibilities of the standing committees and advisory groups was undertaken. Following open recruitment, several vacancies were filled. The Governance Structure and Terms of Reference document can be found [here](#).

The Board continues to share an overview of each Board meeting, and overviews of the 2022 and 2023 Board meetings can be found on the [Governance page](#) of the website, within the 'Board meeting updates' section.

Please see the [earlier section](#) regarding our work towards Royal Charter Status.





Composition: Board, Standing Committees and Advisory Groups / Panels

Board

Prof Zoe Knowles FBASES (Chair) • Dr Ibrahim Akubat FBASES • Dr Lindsay Bottoms FBASES (Deputy Chair) • Dr Adam Gledhill FBASES • Greg Koral • Dr Kiara Lewis FBASES • Dr Andrew Mitchell FBASES • Dr Helen Rippon • James Tugwell • Susan Went (Senior Non-Executive Director) • Ian Wilson (Chief Executive Officer).

BASES Operations Team (1.0 FTE unless otherwise stated)

Jane Bairstow (0.6) • Angus Boyle • Jane Gillott • Emma Forsyth (0.8) • Lisa Phillips (0.6) • Sue Watson (0.8) • Ian Wilson.

Standing Committees:

Division of Biomechanics and Motor Behaviour

Dr Andrew Mitchell FBASES (Chair) • Prof Athanassios Bissas • Dr Theodoros Bampouras • Francesca Collings • Dr Romanda Dillon; Dr Lauren Forsyth • Rachel Mason • Julia Suchanecka.

Division of Physical Activity for Health

Dr Kiara Lewis FBASES (Chair) • Dr Miranda Armstrong • Dr Daniel Bailey • Mastveer Ghatahora • Dr Anna Myers • Sofie Power.

Division of Physiology and Nutrition

Dr Lindsey Bottoms FBASES (Chair) • Dr Pradeep Chahar • Dr Andy Galbraith • Dr Alan Ruddock FBASES • Victoria Tidmas.

Division of Psychology

Dr Adam Gledhill FBASES (Chair) • Dr Denise Hill FBASES • Dr Richard Sille • Richard Simpson • Dr Amy Whitehead.

Division of Sport and Performance

Dr Ibrahim Akubat FBASES (Chair) • Dr Ross Cloak • Dr Adam Grainger FBASES • Patrick Mannix • Laura Needham • Josh Till • Joshua Wass.

Finance and Risk Committee

Greg Koral (Chair) • James Tugwell • Ian Wilson.

Governance Committee

Susan Went (Chair) • Dr Ibrahim Akubat FBASES • Dr Kotryna Fraser.

Human Resources, Appointments and Remuneration Committee

Prof Zoe Knowles FBASES (Chair) • Dr Ibrahim Akubat FBASES • Greg Koral • Susan Went.

Learning and Development Committee

Prof Zoe Knowles FBASES (Chair) • Dr Lindsay Bottoms FBASES • Dr Ross Cloak • Dr Adam Gledhill FBASES • Dr Ian Taylor.

Professional Standards Committee

Prof Zoe Knowles FBASES • Dr Lisa Board FBASES • Dr David Green • Dr Emma Kavanagh FBASES • Dr Rob Morris • Dr Matthew Wright.

Stakeholder Committee

James Tugwell (Chair) • Dr Miranda Armstrong • Dr Lindsay Bottoms FBASES • Mastveer Ghatahora • Prof Lars McNaughton FBASES • Ian Wilson.

Accreditation Advisory Group

Dr Matthew Wright (Chair) • Chris Barnes FBASES • Dr Gary Brickley FBASES • Dr Tom Clifford • Dr Sarah Gilchrist FBASES • Jane Gillott* • Dr Paul Jones FBASES • Dr Mary-Margaret Meade • Dr Ian Sadler • Prof John Saxton FBASES • Lisa Phillips* •

Awards Advisory Group

Dr Lee Taylor (Chair) • Jane Bairstow* • Prof Alan Barker • Sarah Coakley • Dr Andy Galbraith • Dr Anastasiya Khomutova • Prof Andy Lane FBASES • Prof Lars McNaughton FBASES.

BASES Conference Planning Group

Dr Ian Taylor (Chair) • Dr Dan Bailey • Dr Lindsay Bottoms FBASES • Dr Richard Buscombe • Dr Lance Daggart FBASES • Dr Tracy Donachie • Prof Mike Duncan FBASES • Dr Adam Grainger FBASES • Ian Wilson*.

Climate Change Action Team

Dr Ash Willmott (Chair) • Romain Denis • Louise Ellis • Dr Andrew Garrett • Dr Lee Graves • Dr Stephen Mears • Ian Wilson* • Dr Julia Zakrzewski-Fruer.

Clinical Exercise Physiology Advisory Group

Prof Helen Jones (Chair) • Dr Chris Askew • Prof David Broom FBASES • Prof John Buckley FBASES • Prof Anna Campbell • Anthony Crozier • Prof Keith George FBASES • Prof Daniel Green • Prof Sandy Jack • Dr Gordon McGregor • Dr Gemma Miller • Joanna Rycroft • Dr Andrew Scott FBASES • Prof Dawn Skelton • Lizanne Steenkamp • Dr Keith Tolfrey FBASES.

Continuing Professional Development (CPD) Advisory Group

Dr Ross Cloak (Chair) • Angus Boyle* • Rachel Mason • Dr Andy Miles FBASES • Dr Anna Myers • Lisa Phillips* • Dr Alan Ruddock FBASES • Dr Amy Whitehead.

Equity, Diversity and Inclusion Advisory Group

Dr Kotryna Fraser (Chair) • Dr Richard Buscombe • Dr Sanjoy Deb • Nia Evans • Dr John Fernandes • Dr Kiara Lewis FBASES • Thirsha de Silva • Dr Tori Sprung • Ian Wilson*.

Expert Statement Advisory Group

Dr Lindsay Bottoms FBASES (Chair) • Jane Bairstow* • Prof Bill Baltzopoulos FBASES • Dr Tracey Devonport FBASES • Dr Valerie Gladwell • Prof Craig Twist FBASES

HE Endorsement Scheme Advisory Group

Dr Lisa Board FBASES (Chair) • Jane Bairstow* • Dr Adam Gledhill FBASES • Dr Denise Hill FBASES • Dr Helen Matthews • Dr Kelly Marrin • Dr Ian Sadler • Dr Matthew Timmis

Heads of Department Advisory Group

Prof Lars McNaughton FBASES (Chair) • Angus Boyle* • Dr Jessica Hill • Steve Hunter • Dr Martyn Morris • Dr Rebecca Murphy • Jocelyn Tantawy • Sue Watson*.

Integrity Advisory Group

Dr Emma Kavanagh FBASES (Chair) • Prof Sue Backhouse FBASES • Dr Neil Chester • Dr Phil Clarke • Dr Andy Miles FBASES • Dr James Newman • James Platt • Dr Daniel Rhind • Dr Emily Ryall • Jack Sharkey • Ian Wilson*.

Journal of Sports Sciences Editorial Board

Prof A Mark Williams FBASES (Editor-in-Chief) • Dr Grant Abt FBASES • Dr Sarah Aldred • Dr Paul Appleton • Prof Colin Boreham FBASES • Prof Gareth Davison • Dr Massimiliano Ditroilo • Dr Tim Excell • Prof Stuart Fairclough FBASES • Prof Isabel Ferreira • Dr David Fletcher • Prof Jason Gill FBASES • Stuart Gray • Robin Jackson • Dr Simon Jobson • Dr Ric Lovell • Jean-Benoît Morin • David Mullineaux • Andrew Murray • Tony Myers • Prof Alan Nevill • Dr Michalis Nikolaidis • Dr Jamie North • Sam Robertson • Mark Robinson • Kristin Sainani • Dr Caroline Sunderland FBASES • Prof Craig Twist FBASES • Pieter Van den Berghe • Prof Natalie Vanicek • Prof Eric Wallace.





Laboratory Endorsement Advisory Group

Dr David Green (Chair) • Jane Bairstow* • Dr Sarah Gilchrist FBASES
Prof Glyn Howatson FBASES • Prof Andy Jones FBASES • Dr Charles Pedlar FBASES
Dr Jamie Pringle • Dr Rhys Thatcher FBASES.

BASES Outreach Project Team

Prof John Dickinson FBASES (Chair) • Mastveer Ghatahora • Dr Sarah Gilchrist FBASES
Dr James Johnstone • Prof Zoe Knowles FBASES • George Mitchell • Dr Sarah Powell
Dr Andy Sparks • Ian Wilson*.



Above: The Public and External Affairs Advisory Panel is one of the many Standing Committees, Advisory Groups and Special Interest Groups that has driven forward the work of the Association this last year.

Public and External Affairs Advisory Panel

Dr Andy Smith MBE FBASES (Chair)
Prof David Broom FBASES • Dr Rita de Oliveira
Prof John Dickinson FBASES • Dr Mark Faghy
Prof Charlie Foster OBE • Dr Matthew Green
FBASES • Dr Neil Maxwell FBASES
Dr Mark Ross • Dr Lauren Struszcak
Ian Wilson*.

Sport & Exercise Psychology Accreditation Route Advisory Group

Dr Robert Morris (Chair) • Simon Crampton
Dr Misia Gervis • Jane Gillott*
Prof Chris Harwood FBASES • Dr Kate Hays
Zach Hickmore • Dr Nichola Kentzer
Rebecca Levett** • Chris Marshall
Dr Hayley McEwan • Lisa Phillips*
Dr Claire Rossato • Dr Mark Uphill**
Dr Paula Watson • Dr Amy Whitehead.
**External Examiners

Sport and Exercise Psychology Accreditation Route Criminal Convictions and Applications Review Panel

Dr Emma Kavanagh FBASES (Chair) • Dr Robert Morris • Ian Wilson.

Student Advisory Group

Mastveer Ghatahora (Chair) • Francesca Collings • Emma Forsyth* • Patrick Mannix
Sofie Power • Julia Suchanecka • Josh Till • Victoria Tidmas.

The Sport and Exercise Scientist Editorial Advisory Group

Dr Adam Gledhill FBASES (Editor) • Dr Theodoros M Bampouras • Prof Lynne Boddy FBASES
Dr Neil Clarke FBASES • Dr Paul Gorczynski • Dr Kiara Lewis FBASES • Dr Robert McCunn
Dr Shaun McLaren • Dr Mayur Ranchordas • Dr Claire Rossato • Gavin Thomas.

Members who are interested in applying for any vacancies within the respective groups, please email enquiries@bases.org.uk.

Policy review

Significant work took place this year to review several key policies and documents. The Board approved the updated Professional Disciplinary policy in April 2023. The current documents are on the BASES website and can be viewed [here](#) (within the “BASES Policies” section).

Values, Commitment and Behaviours

At the 2022 AGM, the members approved the [new Values, Commitments and Behaviours](#). Sections have since been added to application forms (Volunteer roles, Grant and Awards applications; Accreditation / Endorsement programmes, etc.) for members to reflect and include how they are living the BASES' values. As a way for BASES to recognise and acknowledge those

members who live and demonstrate the BASES' Values, Commitments and Behaviours within their day-to-day professional roles, associated with their membership of BASES, members can now nominate 'Values Champions' who inspire other members because of how they undertake their work and engage with others, clearly demonstrating the new BASES Values, Commitments and Behaviours. If you know of a BASES member that has inspired or empowered you, who enacts the BASES Values, Commitments and Behaviours, and who you feel deserves recognition for how they work, then please nominate them as a BASES' Values Champion [via this form](#).

An overview of the focus and achievements of the BASES' Divisions:

The Division of Biomechanics and Motor Behaviour, Dr Andrew Mitchell FBASES, Chair

New members were added to the [Division](#) this year, with Julia Suchanecka joining as Student Rep, after impressing at the BASES Student Conference. The Division is working on a BMB Member Engagement Plan; Dr Lauren Forsyth from the University of Strathclyde has recently been added into the Division as a co-opted member to assist with this and other projects such as the Division Day. In addition, CPD Rep Rachel Mason extended her tenure for a second term. The Division meets regularly and is working on a number of exciting events for the coming year.

The Division celebrated [Black History Month](#) (October 2022) with some social media activity focussed on Biomechanics & Motor Behaviour, led by Dr Romanda Dillon. The Division hosted a webinar on 26 October 2022, entitled "Coordination and cycling". It was led by Dr Louise Burnie, focussing on her work with British Cycling and was well received.

The Division hosted the 2023 BIG Division Day entitled "BIG Movements in Biomechanics" on 31 May 2023. 155 individuals registered from across the UK, Europe and abroad with a peak of 98 in one session at one time and we are delighted with how it went. (More detail can be found in the [Biomechanics SIG annual review](#)).

The Division of Physical Activity for Health, Dr Kiara Lewis FBASES, Chair

The [Division](#) was without a CPD Rep this year as we were unable to provide a replacement for Dr Anna Myers whilst on maternity leave. We were, however, able to run a series of three webinars on CEP-UK, facilitated by Prof David Broom FBASES and another well received webinar from Dr Helen Collins FBASES on resistance training in youth.

Dr Daniel Bailey helped secure Prof Stuart Biddle FBASES as the keynote for the [Divisional Day](#), which was very well received. There were over 40 attendees and the event scored 4.9 out of 5 stars.

Dr Miranda Armstrong devised and ran two networking events which provided a more informal drop-in session for members, which proved popular. This is something we will continue with next year. In addition, Miranda produced regular newsletters for the Division.

Sofie Powers and Masteveer Ghatahora produced some great [infographics](#) to publicise the Division and provided animations for our Twitter page, which were excellent. They also represented the Division in the wider Student Advisory Group and at the 2023 Student Conference. Sofie continues to monitor and post regularly on Twitter for the Division.

Dr Kiara Lewis FBASES and former chair Prof David Broom FBASES were invited to contribute to a BASES response to the [Department for Health and Social Care consultation on Major Health Conditions](#) for their new strategy, led by Dr Andy Smith MBE FBASES.

Overall, a busy but successful year for the Division.

The Division of Physiology and Nutrition, Dr Lindsay Bottoms FBASES, Chair

This year, Division coffee mornings were introduced, with the first taking place in October 2022, focussing on caffeine. Several members attended and there was a good informal discussion on the topic. This was then followed up in March with another coffee morning, this time on sodium bicarbonate. Coffee mornings will continue to be run over the coming year.

Dr Andy Galbraith (Deputy Chair) played a leading role in organising the [Division Day](#), held virtually in July and all presentations have been recorded and are available on the [Division's web pages](#). There were two awards for best postgraduate student presentations, with excellent presentations by all. Victoria Tidmas joined the Division Committee this year as the Postgraduate Student Rep and did a sterling job advocating BASES to prospective student members at the 2023 BASES student conference.





Dr Alan Ruddock FBASES (CPD Rep) is constantly on the lookout for members to deliver webinars and workshops and therefore welcomes any volunteers.

A Twitter handle for the Division was created last year, so do tag us into relevant tweets (@Bases_PhysNut). The BASES website has been updated to reflect what the [Division](#) is doing. There are some interesting physiology and nutrition talks coming up at the 2023 Annual Conference, and the Division will continue to organise some informal coffee mornings next year.

The Division of Psychology, Dr Adam Gledhill FBASES, Chair

The [Division](#) has had a productive year. The [SEPAR programme](#) continues to thrive under the stewardship of Dr Rob Morris. The BASES [Postgraduate SEPAR Endorsement Scheme](#) (PSES) has endorsed 10 Psychology Master's degrees. The Division delivered the [Free to Members event](#) in May '23, another successful event with a diverse range of speakers, for which the event received excellent feedback from delegates. The [Association for Applied Sport Psychology \(AASP\) MoU](#) was finalised, with [new member benefits](#) introduced for the next period of partnership. Initial discussions took place with International Society for Sport Psychology to develop an MoU. A number of webinars were delivered across the year and Division newsletters were developed and shared with members. The Division Chair conducted a review of the [Division page](#) and [member area](#), compiling a list of changes that need to be made. The Division Chair announced his decision to step down from his post at the end of his current tenure in November 2023, with [open recruitment](#) currently taking place.

The Sport and Performance Division, Dr Ibrahim Akubat FBASES, Chair

There was certainly this year in the way the [Division](#) can operate. This resulted in a successful [Division workshop](#) held at the University of Wolverhampton in combination with British Judo which attracted international delegates. Credit goes to Dr Ross Cloak for organising a great event and demonstrating that combat sports are valued within BASES.

Work continues behind the scenes to develop stronger working relationships with partner organisations of interest to members. This year saw a MoU signed with the [International Society of Performance Analysis in Sport](#) (ISPAS). Discussions also continue with UK Strength and Conditioning Association (UKSCA) to bring mutually beneficial benefits to members. The Division would like to thank valued members of the Division team, Dr James Malone & Hayley Noblett, who are both stepping down, for all their hard work. Dr Adam Grainger FBASES (previous Division Chair and co-opted member of the Division committee) will be Chair of the Conference Planning Group for 2025's conference. The Division has developed a closer working relationship with the annual conference as a result and this year's conference had successful sessions with partners from the Premier League and the EIS (now the UK Sports Institute). Further work has taken place to review awards and grants for applied practitioners, the results of which will become apparent during the coming year. Finally, Joshua Till and Patrick Mannix are welcomed to the Division Committee.

An overview of the focus and achievements of the BASES Special Interest Groups

BASES Special Interest Groups (SIGs) provide an active forum for networking, discussion, activities, knowledge sharing and debate among BASES members who share an interest in an identified area. Details of the SIGs can be found [here](#).

The Biomechanics Interest Group (BIG), Dr Andrew Mitchell FBASES, Convenor

Since 2022, BIG has moved into the leadership of the Division of Biomechanics & Motor Behaviour (DBMB). The Division hosted the 2023 BIG Division Day on 31 May 2023. There were over 155 individuals register from across the UK, Europe and abroad with a peak of 98 in one session at one time. The Division was delighted with how this online event went, which included the following:

- Four dynamic keynotes:
 - a. Sprint Mechanics for Hamstring Injuries Management: Why? What? How? from Jean-Benoit (JB) Morin of the University of Saint-Etienne (France)
 - b. Jumping the Hurdles of Equestrian Biomechanics Research from Dr Celeste Wilkins of Hartpury University (UK)

- c. Evidence-Based Classification in Para Sport: The Case of Frame Running from Martine Verheul of the University of Edinburgh (UK)
- d. From Anatomy to Engineering: Improving Accuracy of Musculoskeletal Modelling with Optimization and Machine Learning from Associate Professor Sergiy Yakovenko of the West Virginia University (USA)
- Five oral presentations from academics
- A coach/athlete forum:
 - a. Reece Barclay: Ironman Coach and professional triathlete
 - b. Milly Tanner: GB Track Cyclist
- Links to recordings of all sessions are available on the [BASES member webpage](#) in addition to a PDF of BIG Movements in Biomechanics abstract booklet.

The [DBMB team](#) was pleased with both the attendance and the feedback on the event and would like to extend its thanks to all presenters and participants. Plans for BIG 24 are underway, with a view to having an in-person event.

The Clean Sport Interest Group (CSIG), Prof Sue Backhouse FBASES, Convenor

The CSIG supports the partnership between BASES and UK Anti-Doping (UKAD) to enable the sport and exercise science community to uphold the integrity of sport and protect the welfare of the athletes. Over the last 12 months, BASES have supported and promoted the [UKAD Clean Sport Connect Webinar Series](#) and regular UKAD updates have been shared across BASES communication channels. Findings of collaborative research projects involving members of the CSIG and UKAD continue to be disseminated. In December, members of the CSIG led the [4th Clean Sport Insight Forum \(CSIF\)](#), which was hosted by the University of Muenster. The CSIF was part of RESPECT-P, a multi-agency project spanning six European countries. Co-funded by the Erasmus+ Programme of the European Union the project has brought together academics, athletes, athlete support personnel and sports administrators to raise the voice of para-athletes and athlete support personnel to directly inform research, policy and practice (www.cleansportalliance.org). Over the next 12 months, members of the CSIG will be seeking to ensure greater integration of the partnership between BASES and UKAD within BASES Integrity Advisory Group, as this group is responsible for advising the BASES Board on matters relating to Clean Sport.

The Clinical Exercise Science and Practice Interest Group, Dr Ellen Dawson, Convenor

Since the last update in 2022, the number of Registered Clinical Exercise Physiologists registered via Registration Council for Clinical Physiologists (RCCP)/Academy for Healthcare Science (AHCS) is growing, and the first MSc in Clinical Exercise Physiology has been accredited (at Liverpool John Moores) with further institutions looking for accreditation in the next academic cycle. The Clinical Exercise Physiology (CEP-UK) group, in combination with BASES, is delivering two events in the upcoming 12 months. Firstly, in November, there will be an event for registered clinical exercise physiologists in celebration of the RCCP/AHCS growing registration and development. In April 2024, Manchester Metropolitan University will host an event ‘Evolution of the Clinical Exercise Physiology Profession’. Official announcement for these events will be released soon. Discussions are continuing between CEP-UK and BASES about alignment of ideas and development of sub-groups and the work of this SIG. Those current and aspiring RCCP registered Clinical Exercise Physiologists can opt in [here](#) if you would like to keep up to date with the latest news, upcoming events and opportunities directly from CEP-UK.

The COVID-19 SIG, Dr Andy Smith MBE FBASES, Convenor

As previously reported, this SIG is ‘dormant’, meaning it does not run the normal annual programme of events associated with a SIG. However, i) it remains part of the structure of BASES, ii) from time to time it may run special projects, and most importantly it is iii) ready to ‘step up’ if needed. This arrangement is intended to ensure that BASES is prepared to respond quickly to the needs of its members and the public if and when another Pandemic occurs.

Whilst the SIG is ‘dormant’, BASES did deliver two pieces of work over the year. Firstly, the Association applied to be a core participant in the COVID-19 Public Inquiry. Whilst this application was not successful it did provide an opportunity to inform the Inquiry about the Association and the work of its members. Secondly, at the [19th Heads of Department Forum](#) in March 2023, Dr Andy Smith MBE FBASES presented a session entitled ‘Climate Change and the Pandemic: The Long-Term Impact’.





The Education and Teaching (E&T) SIG, Prof Joanne Hudson FBASES, Convenor

Throughout this year, the E&T SIG has focused primarily on advancing the strategic priorities, working alongside the HE Endorsement Scheme Advisory Group regarding BUES Endorsement and Accreditation. Highlights include: Degree Standards Calibration – Dr Ian Sadler led a pilot exercise in Sport & Exercise Science which will be followed up with a webinar for the External Examiner community; Pedagogic Accreditation - Dr Eddie Bradley held a workshop at the BASES Student Conference and case studies have been developed by accredited SIG members to provide support for those interested in following this route; Pedagogic Research – Dr Kath Burgess is leading a scoping review of pedagogic research in Sport & Exercise Science; Connecting the Teaching Community/Dissemination and Sharing Practice – Phase one of the [Raising Aspirations in Sport and Exercise Sciences \(RAISES\)](#) project, a survey on how programmes embed graduate employability experiences and skills, has been completed. Dr Mark Smith discussed initial findings at the March 2023 Heads of Department Forum. Dr Matthew Timmis led BASES' response to the OfS Strategy 2022-2025 Consultation and represented us at the Society for Natural Sciences. New members of the SIG are Dr Charlotte Chandler (University of Derby) and Dr Melanie Leggate (Edinburgh Napier University) and huge thanks to Tommy Craig (Robert Gordon University) and Dr Becky Murphy (LJMU) for their contributions as they leave the group.

The Occupational Performance SIG (OPSIG), Dr Nicola Armstrong, Convenor

The OPSIG aims to promote evidence-based practice amongst those undertaking research and/or scientific support with occupational groups in physically demanding job roles. The OPSIG achieves these aims through three core objectives to (i) cohere the scientific community (ii) support training and development of practitioners and (iii) enhance the scientific evidence base. The Steering Group published an article in the [Spring 2023 edition of TSES](#) to raise awareness of the OPSIG and how BASES' disciplines support those in physically demanding roles. Following publication of this article, the Group hosted its first CPD webinar in May which focussed on Physical Employment Standards. As a result, the OPSIG membership continues to grow. The Steering Group has launched a membership survey which will be used to inform future activities.

The Paediatric Exercise Science (PES) SIG, Prof Craig Williams FBASES, Convenor

Prof Craig Williams FBASES outlined some of the issues faced by the PES SIG in presenting a united and visible front to promote paediatric exercise science research more coherently through BASES at a recent SIG meeting held on 6 July 2023. Lack of visibility is partially due to the aftermath of COVID, but a lack of promotion and dissemination of SIG members' work, despite research being conducted, is due more to a lack of coordination and engagement. Renewed actions from the Group are needed and it is hoped the pre-conference SIG seminar to be held on Wednesday 15 November 2023 would galvanise the membership.

To promote the work of the SIG more broadly it was agreed that:

- Prof Lynne Boddy FBASES would advertise the involvement of the PES SIG at her symposium at the BASES conference in November.
- Dr Nicholas De Cruz volunteered to get involved more actively and created a Mira board for use by BASES SIG members – this is one way to effect communication and generate collaborative ideas/thoughts/foster partnerships etc.
- Dr Ash Cox to restart the Podcasts and Dr Ben Pullen agreed to assist Ash on media and social promotion of the Group.
- Prof Mike Duncan FBASES to organise a pre-conference meeting at Coventry in November for the SIG.

Due to Prof Williams being appointed as the new Editor in Chief for the journal Paediatric Exercise Science, he will step down as SIG Convenor from August 2023, but will remain an active member of the Group. The process for a new Convenor saw Dr Ash Cox being appointed. Thanks are extended to Prof Williams for his hard work with the SIG, and best wishes extended to Dr Cox for the new role.

Skill Acquisition Interest Group, Dr Malcolm Fairweather, Convenor

The Skill Acquisition SIG was [approved by BASES Board](#) in February 2023. [ESAN](#) (Expertise and Skill Acquisition Network) have been key in the creation of the Skill Acquisition SIG and they are very well represented on the Steering Group. The Skill Acquisition SIG was communicated and discussed within a [special workshop](#) at ESAN's 10th annual meeting in May 2023. The focus of this workshop linked to several priority objectives for the Skill Acquisition SIG i.e., understanding of

the requirements involved to deliver a comprehensive professional development pathway in skill acquisition that is supported by continual professional development opportunities. A related priority is the understanding of the academic journeys and competencies demonstrated by capable and expert practitioners in skill acquisition. To help us understand and evidence these areas more clearly, Dr Oli Runswick (Kings College London), a member of the Steering Group, is leading a Skill Acquisition Delphi study. He is supported in this research work by ESAN/Steering Group colleagues Dr Nick Smeeton, Dr Liis Uiga, Dr Paul Ford and Dr Matt Miller-Dicks. Outputs from the Delphi study include the sharing of expert knowledge and experience through various SIG initiatives that is planned to be delivered towards the end of 2023 and into 2024. The Steering Group has met four times to date and has been working on a wider communication strategy, including social media and newsletter areas. Presently, key roles and responsibilities are being confirmed that will help the SIG deliver across all Skill Acquisition SIG objectives.

The Sport, Exercise and Health Analytics SIG, Prof Tony Myers, Convenor

Members of the SIG continue to work towards its overall aims to provide direction, advice and resources for researchers, reviewers, editors, practitioners, students, and those involved in teaching data analysis methods. SIG members have been active in several initiatives:

- One ongoing project involves SIG members in an academic-industry collaboration. The project is progressing well. The first phase of the project investigated the teaching of research methods and statistics within undergraduate sport and exercise science courses across UK sport science undergraduate programmes has been completed. 94 academics from 60 UK institutions responded to the survey. Findings of this research have been presented at the European College of Sport Science (ECSS) Conference and accepted as a free communication for the BASES 2023 conference. Currently, the second phase of the study is being conducted, featuring focus group interviews to expand upon the survey responses. The aim is to examine the pedagogical approaches adopted and the challenges encountered by those teaching research methods. In addition, SIG members are exploring potential synergies with a parallel project that examines research methods in biology, medicine, and psychology. This project is being conducted by the University of Edinburgh and the Steering Group is looking to see what may be learned from each other’s projects moving forward.
- Another exciting initiative involves four SIG members — one co-editing and four authoring chapters — producing an open-source online research methods book, specifically tailored for sport and exercise science students. This is planned to be completed in 2024.

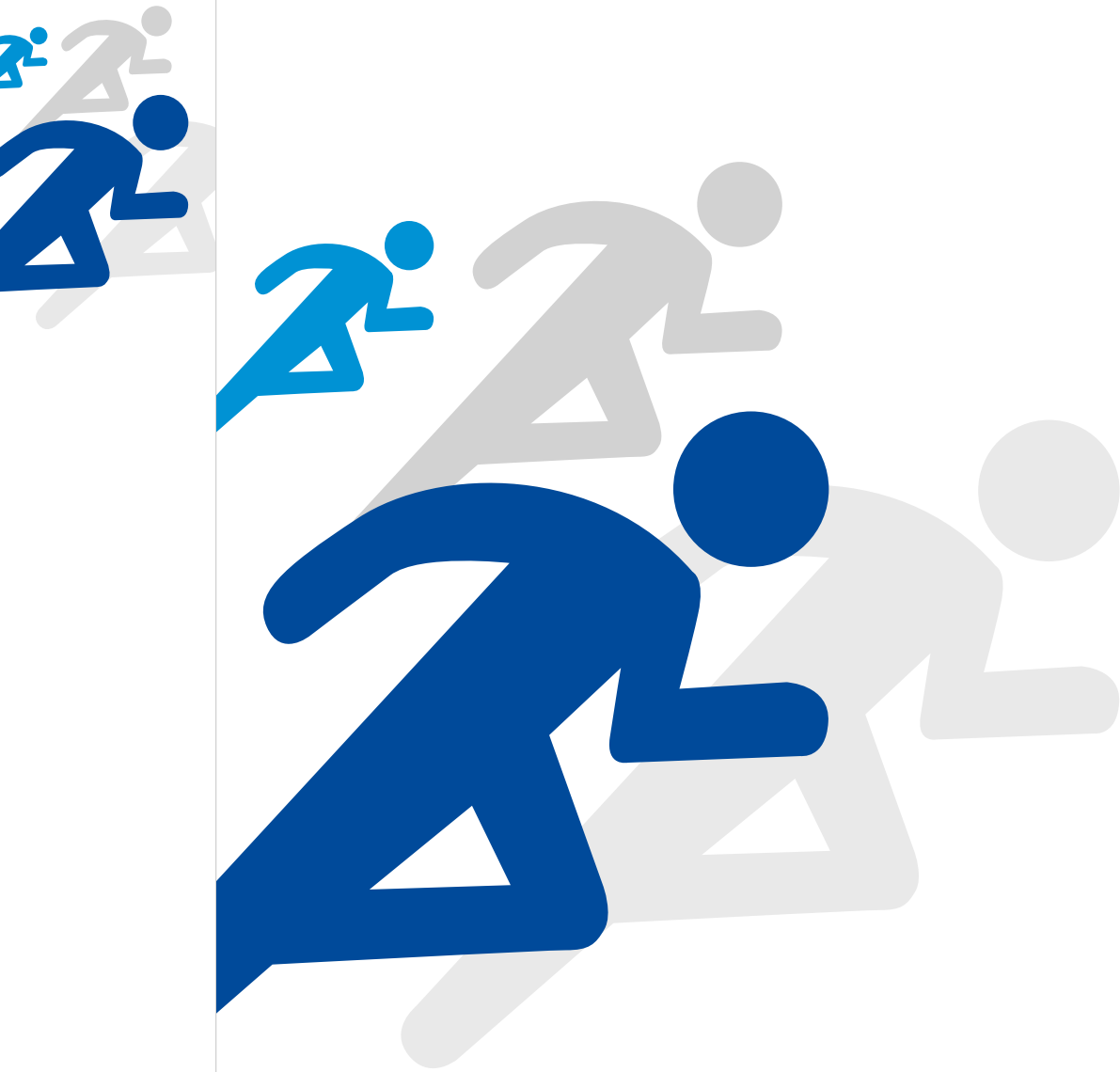
To improve the diversity of SIG members, the SIG Chair met with the Chair of the BASES EDI Advisory Group. The two explored potential strategies by which the SIG might achieve increased membership diversity. Looking ahead, plans are in place for a SIG social media account, looking to offer advice on revising the current BASES abstract guidance for quantitative research studies and in line with our continuous efforts to innovate and keep pace with technological advancements in the field, we plan to explore the use of AI in Sport, Exercise and Health data analysis.

There are two other SIGs - [The Molecular Exercise Physiology \(MEP\) SIG](#), convened by Dr Georgina Stebbings, and [Performance Analysis SIG](#), formerly convened by Donald Barron whose updates were not available at the time of publication.



Above: The work of the various Special Interest Groups has advanced this last year.





Acknowledgements

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

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FAIRNESS



PROFESSIONALISM



HONESTY



RESPONSIBILITY



EXCELLENCE



The British Association of Sport and Exercise Sciences

Report of the Directors and Unaudited Financial Statements of the Year Ended 31 March 2023

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Report of the Directors for the year ended 31 March 2023

The directors present their report with the financial statements of the company for the year ended 31 March 2023.

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 2022 to the date of this report.

Prof Z Knowles FBASES (Chair) • Ms S Went • Mr I Wilson (Executive Director)
Mr G D Koral • Mr J O Tugwell • Dr A Gledhill FBASES • Dr I Akubat FBASES
Dr A C S Mitchell FBASES • Dr L M Bottoms FBASES • Dr K A Lewis FBASES

Other changes in directors holding office are as follows:

Mrs S K Leach..... resigned 8 December 2022
Dr H J Rippon..... appointed 25 January 2023

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.

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.

The British Association of Sport and Exercise Sciences

Report of the Directors for the Year Ended 31 March 2023

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

On behalf of the Board:



Prof Z Knowles - Director

20 July 2023





Income and Expenditure Account for the year ended 31 March 2023

		2023	2022
	Notes	£	£
Income	3	407,032	359,479
Expenditure		<u>124,647</u>	<u>101,014</u>
Gross surplus		282,385	258,465
Office expenses		<u>249,520</u>	<u>226,712</u>
Operating surplus		32,865 3	31,753
Interest receivable and similar income		<u>3,858</u>	<u>1,955</u>
Surplus before taxation		36,723	33,708
Tax on surplus		<u>733</u>	<u>371</u>
Surplus for the financial year		<u><u>35,990</u></u>	<u><u>33,337</u></u>

Balance Sheet at 31 March 2023 and 31 March 2022

		2023		2022	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	5		942		1,237
Current assets					
Debtors	6	41,013		46,356	
Cash at bank and in hand		648,757		575,112	
		689,770		621,468	
Creditors					
Amounts falling due within one year	7	268,826		236,809	
Net current assets			420,944		384,659
Total assets less current liabilities			421,886		385,896
Reserves					
Income and expenditure account			421,886		385,896
			421,886		385,896

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 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 applicable to companies subject to the small companies regime.

The financial statements were approved by the Board of Directors and authorised for issue on 20 July 2023 and were signed on its behalf by:



Prof Z Knowles - Director





Statement of Changes in Equity for the year ended 31 March 2023

	Retained earnings	Total equity
	£	£
Balance at 1 April 2021	352,559	352,559
Changes in equity		
Total comprehensive income	<u>33,337</u>	<u>33,337</u>
Balance at 31 March 2022	385,896	385,896
Changes in equity		
Total comprehensive income	<u>35,990</u>	<u>35,990</u>
Balance at 31 March 2023	<u>421,886</u>	<u>421,886</u>

Notes to the Financial Statements for the year ended 31 March 2023

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

The following fees are recognised in the income and expenditure account over the period of the membership or course:

- Membership fees
- Sport and Exercise Psychology Accreditation Route (SEPAR fees)
- Course Finder
- BASES Undergraduate Endorsement Scheme
- BASES Postgraduate Endorsement Scheme

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% on cost (software) and 50% on cost (equipment)

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 - continued for the year ended 31 March 2023

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 2023

3. Income

The company's income is mainly derived from membership fees and from application fees for SEPAR. This income is recognised in the income and expenditure account over the period of the membership or course.

Membership fees	2023	2022	2021
	£	£	£
Deferred income b/fwd	92,571	88,145	74,877
Receipts in the year	183,857	181,424	183,219
Deferred income c/fwd	(89,772)	(92,571)	(88,145)
Income per accounts	<u><u>186,656</u></u>	<u><u>176,998</u></u>	<u><u>169,951</u></u>

SEPAR fees	2023	2022	2021
	£	£	£
Deferred income b/fwd	92,571	88,145	74,877
Receipts in the year	183,857	181,424	183,219
Deferred income c/fwd	(89,772)	(92,571)	(88,145)
Income per accounts	<u><u>186,656</u></u>	<u><u>176,998</u></u>	<u><u>169,951</u></u>

4. Employees and Directors

The average number of employees during the year was 8 (2022 - 6).

5. Tangible fixed assets

	Fixtures, fittings and computer equipment
	£
Cost	
At 1 April 2022	29,088
Additions	499
At 31 March 2023	<u>29,587</u>
Depreciation	
At 1 April 2022	27,851
charge for year	794
At 31 March 2023	<u>28,645</u>
Net book value	
At 31 March 2023	<u><u>942</u></u>
At 31 March 2022	<u><u>1,237</u></u>





Notes to the Financial Statements - continued for the year ended 31 March 2023

6. Debtors: amounts falling due within one year

	2023	2022
	£	£
Trade debtors	19,133	27,104
Other debtors	-	300
VAT	574	-
Prepayments and accrued income	21,306	18,952
	<u>41,013</u>	<u>46,356</u>

7. Creditors: amounts falling due within one year

	2023	2022
	£	£
Trade creditors	4,175	10,657
Tax	733	371
Social security and other taxes	4,533	7,365
Other creditors	11,376	6,484
Accruals and deferred income	248,009	211,932
	<u>268,826</u>	<u>236,809</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 2023 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 profit 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.

20 July 2023

This page does not form part of the statutory financial statements





Detailed Income and Expenditure Account for the year ended 31 March 2023

	2023		2022	
	£	£	£	£
Income				
Membership	186,656		176,998	
Job Advertising	12,927		14,067	
The Sport and Exercise Scientist	6,506		12,280	
Workshops	3,751		3,012	
Conferences	-		19,393	
Course Finder	1,105		1,534	
BASES Undergraduate Endorsement Scheme	16,885		14,065	
Accreditation	16,190		11,750	
Supervised Experience	12,735		11,425	
<i>Journal of Sports Sciences</i>	10,000		10,000	
Publications and Other	580		860	
Chartered Scientist - Administration Fee	2,492		2,966	
Division Income	-		200	
Other Advertising	8,770		-	
Annual Awards	-		1,000	
SEPAR	127,170		76,759	
HoD Forum - Sponsorship	1,050		1,850	
Certified Exercise Practitioner	215		320	
Consultancy Fees	-		1,000	
		407,032		359,479
Expenditure				
The Sport and Exercise Scientist	23,895		26,297	
Workshops	1,426		-	
Conferences	9,350		13,951	
BASES Undergraduate Endorsement Scheme	2,280		1,100	
Accreditation	8,595		4,629	
Supervised Experience	5,983		6,388	
Consultancy	10		1,960	
Conference Grants	500		92	
Expert Statement Grants	4,982		3,197	
Awards	(278)		1,790	
Heads of Department Forum	1,102		-	
Public Relations and Marketing	3,020		1,321	
Division Expenditure	947		-	
SEPAR	59,275		40,104	
Other Advertising	3,560		-	
Supervised Experience				
Candidate Assistance Programme	-		185	
		124,647		101,014
Gross surplus		282,385		258,465
Other income				
Deposit Account Interest		3,858		1,955

This page does not form part of the statutory financial statements

Detailed Income and Expenditure Account for the year ended 31 March 2023

	2023		2022	
	£	£	£	£
Brought Forward		<u>286,243</u>		<u>260,420</u>
		286,243		260,420
Offices expenses				
Rent and Utilities	3,285		3,285	
Directors' Salaries	45,327		43,807	
Directors' Social Security	5,264		4,825	
Directors' Pensions	2,720		2,628	
Salaries and National Insurance	130,437		113,770	
Pensions	9,436		7,191	
Telephone and Internet	509		539	
Printing, Postage and Stationery	672		1,275	
Computer Support and Maintenance	14,276		14,683	
Insurance	810		630	
Meeting Expenses and Travel Costs	3,780		-	
Sundry Expenses	1,074		922	
Subscriptions	4,570		4,064	
Training and Development	1,000		750	
Legal, Professional and Accountancy	13,367		18,455	
Website Development	-		287	
Bad Debts	426		(4,752)	
Irrecoverable VAT	4,681		6,979	
		<u>241,634</u>		<u>219,338</u>
		44,609		41,082
Finance costs				
Bank Charges and Interest	7,092		6,605	
		<u>37,517</u>		<u>34,477</u>
Depreciation				
Fixtures and Fittings	34		34	
Computer Software and Equipment	760		735	
		<u>794</u>		<u>769</u>
Net surplus		<u><u>36,723</u></u>		<u><u>33,708</u></u>

This page does not form part of the statutory financial statements

