

The British Association of Sport and Exercise Sciences
Annual Report and Financial Statements
2023-2024



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FAIRNESS



PROFESSIONALISM



HONESTY



RESPONSIBILITY



EXCELLENCE





The Board Report

The Board is proud to present the British Association of Sport and Exercise Sciences (BASES) annual report (September 2023 to August 2024) and the financial statements for the year ended 31 March 2024. 2023 marked the 30th anniversary for BASES, with members enjoying some celebratory cake at the AGM in November. In April 2021, the Board launched the [2021-2025 Strategy](#). The following report includes updates on the [five strategic objectives included within the 2021-2025 Strategy](#): i) Enhance BASES status as the professional standards body for sport and exercise sciences in the UK; ii) Grow BASES reputation as the leading expert body for sport and exercise sciences through strategic partnerships and advocacy; iii) Drive step-change in membership by enhancing our value proposition to sport and exercise science professionals; iv) Establish financial sustainability through new and existing secure and long-term income streams; and v) Develop our governance model and define our organisational status to support the effective delivery of the BASES mission. 2024 continued to be another tough year as the cost-of-living crisis entered its third year. The Board has navigated this with transparency, sound decision making and planning for the future, mindful of any impact of this.

Strategic Objective I - 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 increased from 399 in 2023 to 413 in 2024 (+3.5%). There are currently 162 [Chartered Scientists](#) (-18% on last year), 48 [Certified Exercise Practitioners](#) (-8%), 28 members holding [High Performance Sport Accreditation](#) (no change on last year) and 19 [BASES Accredited Physiology Laboratories](#), (+19% on last year). The [BASES Accredited Consultant Finder](#) assists individuals and organisations in finding accredited sport and exercise scientists. Accredited members opt into this service, for which there are currently 285 active individuals (-3%). 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](#), chaired by Dr Paul Jones FBASES, appointed two new reviewers (Thomas Craig & Jonathan Taylor) this year to solely review the completed Supervised Experience applications to comply with new Science Council requirements. The Group is continuing to review and update accreditation guidance and documentation as well as develop initiatives to help potential accreditation / reaccreditation applicants to improve the number and quality of applications to improve the success rate of first-time applications. 16 members signed up for a [webinar](#) in May which provided participants with an overview of the accreditation process for those wishing to apply in the pedagogy category. Discussions will take place over the next 12 months regarding more discipline specific accreditation options that have been suggested over this period.

[BASES Certified Exercise Practitioner](#) has undergone a review to establish if a name change would be beneficial to help avoid any confusion with CEP-UK. After analysing the feedback from a survey which was conducted, it was settled upon renaming the award *BASES Exercise Science Certified Practitioner* (ESCP) to which any new applicants will now receive a certificate showing this title.

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 20 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 49 the number of candidates who have 'graduated' through SEPAR



Above: The number of BASES Accredited Laboratories has increased this year.

since its launch in January 2020. 30 candidates enrolled on SEPAR in August 2023 and there was no application window in February 2024. To date there are 58 Reviewers (up from 51) and 81 Supervisors (up from 68) who are active on the [SEPAR Directory](#), a service that was developed for members. In June 2023, 57 Candidates registered for, and 41 then successfully completed, the Open University DE200 module (Investigating Psychology 2) to support the necessary entry requirements onto SEPAR regarding evidencing ‘underpinning psychology knowledge’.

SEPAR continues to go from strength to strength, with almost 50 candidates now having gone on to complete their training to become Health and Care Professions Council registered Sport and Exercise Psychologists. Over the past year, efforts have focused on enhancing supervisor and reviewer training, revisiting required workshops, and exploring BASES accreditation for SEPAR graduates to foster long-term engagement. The latest HCPC review submission last November reflects our dedication to maintaining high standards, for which we await the report from the HCPC Panel. Feedback from both current candidates and alumni, as well as supervisors and reviewers, is always being sought to identify additional areas for enhancement, ensuring the programme remains relevant and responsive to the evolving needs of the profession. This continuous improvement approach not only aims to uphold the highest standards of training, but also to foster a strong, supportive community among Sport and Exercise Psychologists. Please share any candidate, alumni, supervisor and reviewer feedback with the SEPAR AG via education@bases.org.uk.

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, has been working to further advocate and promote Clinical Exercise Physiology as a healthcare profession. The key developments are outlined below.

1. Registration:

Over the past 12 months, the number of registered CEPs has increased to 94 effective registrants, with a further six due for renewal and 238 open applications. Plans to increase CPD provision for CEPs, development of resources to assist with registration and an increase in the number of students graduating from accredited MSc courses should promote further growth in the number of registrations.

2. Accreditation:

Salford University is now accredited with conditions, which brings the number of accredited universities to two, alongside Liverpool John Moores University. A further three universities have submitted paperwork to the [Academy for Healthcare Science \(AHCS\)](#) and 10 universities plan to submit paperwork in the next 12–24 months, with several others expressing interest in accreditation in the future. This year, CEP-UK launched the Accreditation Assistance Programme. This has been developed to work with university programme teams wishing to develop an MSc degree in Clinical Exercise Physiology and planning to develop their curricula to gain AHCS accreditation. To date, two universities are preparing documents for the programme.

3. Advocacy:

The CEP-UK BASES satellite event, ‘Celebrating Clinical Exercise Physiology as an Accredited Healthcare Profession’, took place on 15 November 2023 at Coventry University. 42 delegates attended. The inaugural [CEP-UK Annual Conference](#) took place on 5 April 2024 after the BASES Student Conference. 110 delegates attended from across the UK and there were presentations from different NHS teams, CEPs working private practice and academics, including Professor Mark Haykowsky who delivered the keynote presentation. Following positive feedback, planning is underway for the 2025 CEP-UK conference (Prof David Broom FBASES leading with a team of volunteers).

4. Cardiac Network Grant from Health Education England:

A career framework from Band 4-7 has been developed with details of what qualifications and experience are required for cardiac specific CEP. Sample job descriptions and person specifications have been produced and are advocated by NHS England. CEP-UK is now working on expanding this work to create sample job descriptions and person specifications for other conditions in the CEP Scope of Practice, starting with cancer and stroke.





5. NHS Careers:

There is now a [dedicated webpage](#) to the role of CEPs and the career pathway. This is the first time NHS England have recognised a Sport and Exercise role and the associated career progressions within the NHS workforce.

6. CPD:

CEP-UK and BASES CPD Grant scheme was given to [four CEPs](#) with the goal to allow them to engage in CPD.

7. CEP-UK Structure:

The structure of CEP-UK has been changed to further progress the work of CEP-UK and create a sustainable working model for the future. Three working groups, each made up of over 20 different professionals across academia and clinical practice, have been formed:

1. Standards & Education – Chair: Dr Lisa Board FBASES and Co-chair: Dr Anthony Crozier
2. Advocacy – Chair: Dr Gemma Miller and Co-chair: Dr Stefan Birkett
3. Practitioner working group – Chair: Dr Amy Harwood and Co-chair: Matthew Annals

The Chair and Co-chairs of each group will feedback to the CEP-UK Group on a quarterly basis. This is also an opportunity for CEP-UK to promote BASES membership, as to have voting rights, members of the working groups need to have BASES membership.

8. BASES Income Generation:

CEP-UK has continued to promote BASES membership at events and in communications. In the past 12 months, 66 new members indicated they had joined BASES to support their AHCS registration. The CEP-UK satellite event and conference also both demonstrated potential for increased income generation through events and CPD opportunities. Over the next 12 months, CEP-UK aims to continue to increase advocacy of CEP's in both the public and private healthcare settings and promote interaction and opportunities with CEP-UK for BASES members.

There are currently 230 BASES members undertaking [Supervised Experience \(SE\)](#), with 19 new members joining the scheme in 2023-2024. There are 210 registered supervisors and 189 registered reviewers supporting the scheme. In March 2024, the Board promoted [assistance support for candidates on Supervised Experience and SEPAR](#) who are in 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 78 endorsed courses (+5% versus 2023) at 53 UK higher education institutions (-5%), 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, Cardiff Metropolitan University, Coventry University, Edge Hill University, Kingston University, Lancaster University, Leeds Beckett University, Leeds Trinity University, Liverpool Hope University, Liverpool John Moores University, London South Bank University, Manchester Metropolitan University, Northumbria University, Nottingham Trent University, Oxford Brookes University, Plymouth Marjon University, Prifysgol Wrexam / Wrexham University, St Mary's University, Twickenham, Staffordshire University, Swansea University, Teesside University, Ulster University, University of Abertay, 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 Edinburgh, 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 Stirling, University of Sunderland, University of Surrey, 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](#) piloted the Postgraduate Endorsement Scheme this last year. After receiving feedback and reviewing the application process, this new endorsement programme is ready to be launched in September 2024. This will give Higher Education Institutes another opportunity to show how they align with professional standards and be deservedly recognised for this. There has been a lot of collaborative work carried out with the Climate Action and Sustainability Advisory Group and the EDI Advisory Group to make sure the criteria for the Postgraduate Endorsement Scheme are current and always looking forward. Over the coming year, BASES is looking to collaborate on the development of global professional standards in sport and exercise to show the commitment to maintaining high standards.

Back in January 2022, BASES launched the [BASES Postgraduate SEPAR Endorsement Scheme \(PSES\)](#), which was 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 12 universities (one more than last year) all have M-level Psychology courses that are endorsed by BASES: Brunel University, Liverpool John Moores University, Middlesex University, Setanta College, Sheffield Hallam University, Swansea 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 2023 AGM. The Petition, Charter and Bylaws were submitted to the Privy Council Office (PCO) on 31 December 2023, with refinements made on 25 January 2024. BASES was notified by the PCO on 21 February 2024 that His Majesty The King had approved an Order referring the petition for consideration and report. Notification was published in the London Gazette for a period of eight weeks. BASES was advised by the PCO that at a Privy Council meeting held on 22 May 2024, His Majesty The King approved an Order allowing the grant of a Charter of Incorporation to the British Association of Sport and Exercise Sciences. Members were [informed](#) on 14 June 2024. The terms of the Charter will not come into legal effect until the Great Seal is affixed to the vellum copy by the Crown Office at the House of Lords. Members will be updated of the next steps, including the communication plan of BASES moving to CASES and the timeline for the incorporation of the company. This is significant recognition for BASES, with thanks extended for the hard work over the years to reach this point.

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. A year ago, members of the [International Confederation of Sport and Exercise Science Practice \(ICSESP\)](#) Board, represented by Dr Andrew Scott FBASES, Confederation's Director for BASES, met in Paris during the Congress of the European College of Sport Science in July 2023 and again during the Exercise and Sport Science Australia Research to Practice Conference in Sydney. The Confederation has gained a new member association; the [Irish Sport and Exercise Science Association \(ISESA\)](#), who are supporting the Confederation in its new project in developing international professional



Above: BASES updated a number of international Memoranda of Understanding, including the one with ESSA which ensures BASES Members can access CPD and events from ESSA at the same discounted rate as their members.

standards for sport science. Following closely behind the start of this project, the development of international professional standards for clinical exercise physiology is nearing completion, with draft standards being completed. Members of BASES HE Endorsement Scheme Advisory Group and Accreditation Advisory Group will be involved in the expert working group. These provide an exciting opportunity for BASES to develop postgraduate degree accreditations based on these standards to enhance student recruitment, quality of experience and employability prospects, and supporting BASES to develop its membership.





Relationships and developments continued with the [Association for Applied Sport Psychology](#), the American College of Sports Medicine, the Association for Physical Education, [British Association for Sustainable Sport](#), [British Dietetics Association](#), [British Psychological Society](#), the British Society for Research in Ageing, [Clinical Exercise Physiology Association](#), the [Canadian Society for Exercise Physiology](#), Diabetes UK, the [Premier League](#), Expertise and Skill Acquisition Network, [Exercise and Sport Science Australia](#), Human Kinetics, [International Society for Performance Analysis of Sport](#), the International Society for Sports Psychology, 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, [sportsotland Institute of Sport](#), Sporting Edge, Supporting Champions, UK Anti Doping, [The UK Sports Institute](#), UK Strength and Conditioning Association and Yakult.

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

Over this year, the [PEA-AP](#), chaired by Dr Andy Smith MBE FBASES, has continued its work to ensure that the voice of the Association is heard and that the interests and insights of its member are advanced. Notable achievements since the last annual report include:

- Contributing to the BASES' response to the 'further consultation' exercise on REF 2029 conducted by the UKRI.
- Working, through the Science Council, to lobby the former Conservative Government on the funding of science and on VISA regulations.
- Submitting written evidence to the All-Party Parliamentary Group on Nutrition: Science and Health.
- In conjunction with the 35 other scientific bodies of the Science Council, work is currently underway seeking to shape the new Labour Government's policy on science, technology and innovation.

Since its establishment in 2021, the [PEA-AP](#) has submitted substantive scientific responses to calls for evidence from 10 external policy focused organisations. These have included Parliamentary Select Committees, the Department of Health and Social Care, and the DCMS. When the new Parliament establishes the next set of Select Committees, it is anticipated that the PEA-AP will have a productive year submitting evidence related to sport, exercise, health, education and science.

BASES Climate Action and Sustainability Advisory Group (CASAG)

Chaired by Dr Ash Willmott, members of the [CASAG](#) 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:

There has been a successful re-launch of CASAG from Climate Change Action Team (CCAT) following Dr Ash Willmott taking over as Chair from Dr Andy Smith MBE FBASES. Good progress is being made thus far with [website/logo](#) updates, and adverts leading to recruitment of four new members to the team in Quarter 1 of 2024. Planning for CASAG has gone very well and is member-led, with some excellent progress made to date including, a member attending a "[Delivering Integrated Climate Education](#)" (DICE) event in Windsor; a case study paper reviewed with planned submission in July 2024, and work continuing on BUES for accreditation changes. Further, BASES via CASAG, have become a signatory to the [Roadmap to Heat Resilience consensus statement](#) in association with The Physiological Society, who met at the Houses of Parliament on 12 June 2024 with CASAG chair in attendance. Meetings between CASAG and Lab Accreditation AG chairs to discuss three key areas of focus going forward:

- Refinements in lab accreditation process to include aspects of sustainability, in which CASAG will support,
- Planning for a consensus statement with recommendations/guiding principles and/or TSES related article on "best sustainability practices in the laboratory" for research, teaching and consultancy,

- Second-hand equipment sharing process ('Vinted' style approach) being planned, to set up a process for labs to follow (when/if they have unused equipment that they are happy to give away) and accompanying website information/pages to promote.

Partnerships also being formed/progressed with Defence Science and Technology Laboratory (Dstl) Scientific Assessment Committee and London Sport to support/input/advise on CASAG matters too.

BASES Outreach Panel

Chaired by Prof John Dickinson FBASES, the [Outreach Panel](#) (OP) has met regularly over the past 12 months and has supported BASES to promote the research and applied practice that is undertaken by members of BASES. This year, the OP successfully recruited [32 BASES Outreach Hubs](#) following on from the initial pilot of 10 Outreach Hubs in 2023/24. The Outreach Hubs have agreed to promote the work of BASES through the outreach they engage in. The inaugural BASES school poster competition was held this year, delivered through the BASES Outreach Hubs. This BASES poster competition engaged with over 20 schools who brought in students studying sport and exercise related subjects aged between 14-18 years. Over 100 poster entries were received, with the national winner coming from [Sam Price from Warwick School](#). The OP has also overseen the delivery of the [public talk](#) at the BASES Conference 2023. Dr Emma O'Donnell delivered the talk entitled 'Exercise Training and the Menstrual Cycle'. In 2024/25, the OP plans to work with our 32 Outreach Hubs to deliver the schools poster competition for a second year, continue to support the delivery of the public talk and work on new projects to further promote the fantastic research and applied work of the BASES membership.

Integrity Advisory Group

Chaired by Dr Emma Kavanagh FBASES until May 2024 and then by Dr James Newman, the [Integrity Advisory Group](#) (IAG) has continued to carry out several projects linked to matters of integrity and the role of BASES including:

- The presentation of [The BASES Expert Statement on Integrity in the Sport and Exercise Sciences](#) at the BASES Conference 2023 by Dr Emma Kavanagh FBASES.
- Dr Emma Kavanagh's work on the FEPSAC consensus statement in sport and exercise psychology.
- The development of new safeguarding workshops by Dr Andy Miles FBASES, Dr Emma Kavanagh FBASES, Dr James Newman and Dr Daniel Rhind to benefit new and established practitioners in sport and exercise psychology and sport and exercise science. These workshops will also target practitioners in related fields such as strength and conditioning and nutrition.
- Work undertaken by Dr Phil Clarke to allow the public to understand the required qualifications of practitioners. Specifically, this work addresses protected titles in this field and the need for sporting organisations to employ qualified professionals.
- Prof Sue Backhouse FBASES leading the development of a scenario-based UKAD/BASES webinar delivered and facilitated by two UKAD national trainers with a sport and exercise science background in psychology and nutrition.

Overall, the BASES IAG continues to 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](#) has continued to drive forward key EDI projects. The first cohort of six mentees (from MSc students to lectures and lab technicians) and four mentors from the Advisory Group worked together during the inaugural [Professional Development and Mentoring Programme](#) which was launched in July 2023. The mentees will graduate in September 2024 as they develop their leadership skills, widen their networks, and raise awareness of the crucial part lab technicians play in the sport and exercise laboratories.





The Advisory Group continued celebrating our members as part of the Diversity Calendar initiative, raising awareness of the EDI-related topics via the quarterly TSES issues, and adding new resources such as *Guidelines on Using AltText*. The Advisory Group members have contributed to the development of BASES Postgraduate Endorsement Scheme and the planning of the Annual Conference and presented at the 20th Heads of Department Forum in May, fostering collaborative efforts to embed the EDI principles within broader sector. Finally, the Advisory Group shared the analysis of the [2024 diversity data](#) of the BASES membership, first introduced in 2020, celebrating the increasing transparency of our membership.

Expert Statements

BASES published four new expert statements in 2023-24: [The relationship between executive functions and sport and exercise](#) by Drs Greg Wood, Lisa-Marie Schutz, Liis Uiga, Jack Brimmell and Philip Furley; [Targeted Treatment of Patellofemoral Pain](#) by Dr Jonathan Sinclair FBASES, Dr Lindsay Bottoms FBASES, Prof Jim Richards, Prof James Selfe, Dr Jessie Janssen, Dr Marienke van Middelkoop and Dr Hayri Baran Yosmaoglu; [Use of Accelerometer Data to Measure and Interpret Free-Living Physical Activity](#) by Prof Stuart Fairclough FBASES, Prof Lynne Boddy FBASES, Dr Philippa Dall, and Dr Alex Rowlands; and [The Role of Prescribed Exercise for Promoting Physical and Cognitive Health for People Living with Down Syndrome](#) by Dr Dan Gordon, Dr Marie Gernigon, Dr Matt Jewiss, Dr Nicolas Oreskovic and Miss Laura La Chance.

All BASES expert statements are open access and 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

Despite the ongoing global cost of living crisis, the Association has maintained its membership over the last year. The average total membership for the period (September 2023 - August 2024) was 2,575 compared to 2,577 in the previous year (September 2022 - August 2023). Positively, there has been a 65% increase in Graduate members, ending the year at 400. However, there have been slight declines in the other membership categories; at year-end, Professionals down to 1,336 (-1%), Affiliate to 24 (-4%), Student down to 723 (-6%), and Overseas to 55 (-7%).

Work continues to review, update and promote current benefits. In May, BASES [launched an engaging highlights video](#) which showcases the benefits of becoming a BASES member from joining the Association, as a student member, to being a Fellow of the Association.

Over the last year, the [Student Advisory Group \(SAG\)](#) has continued to focus on improving the involvement, engagement, and satisfaction of student members. Most SAG members were able to attend [BASES Student Conference 2024](#), supporting the BASES stand, promoting the members survey, and producing social media content, including the development of a great [promo video](#).

To help increase student satisfaction, the SAG needed to gain further understanding of students' feelings towards their BASES membership and what they want from it. This was accomplished by the SAG producing a student survey, to be completed by delegates at the BASES Student Conference 2024. Valuable insights were gained to help focus the next initiatives of the SAG.



Above: Despite the ongoing tough economic times, BASES has maintained its membership over the last year.

Some improvements and changes were made to the student area of the website to make it easier for students to find what they were looking for. SAG members have looked to increase engagement and involvement by providing resources for the BASES Student Hub, producing student-focused emails/newsletter and engaging videos. There are a number of exciting projects being looked into.

Chaired by Dr Miranda Armstrong, the Membership Reps Advisory Group is now at a full complement, following some turnover of Reps at the beginning of the year. The Group has worked on two main initiatives this year. The first is a journal club aimed primarily at students. A successful pilot journal club was run in July, and monthly journal clubs will start from September on the final Wednesday of each month. The second initiative is the development of a new member benefit for BASES Professional members, “Letters of support”, signed by the BASES CEO to support an application for PFHEA, work promotion, or a grant. The application form and eligibility criteria are being finalised and this new member benefit will be launched during the autumn.

Both the SAG and Membership Reps AG report to the [Stakeholder Committee](#).

BASES continues to grow its social media presence. As of August 2024, BASES has 3,684 Instagram followers (+21% versus August 2023), 11,090 LinkedIn members (+12%), 32,267 X followers (-0.8%) and 6,049 Facebook likes (+0.6%). In addition, BASES has 4,124 followers across the respective five Division X accounts, making a total X reach of 36,391 followers (+5%).

Events:



Above: Prof Vicky Goosey-Tolfrey FBASES opened the 2023 conference with an engaging keynote.

[BASES Conference 2023](#) took place on 16-17 November at the CBS Arena, Coventry, with two inspiring days filled with world-leading insight and expertise. Prof Vicky Goosey-Tolfrey FBASES, Professor of Applied Disability Sport at Loughborough University opened the conference with the invited keynote: *The Past, Present and Future of Paralympic Sports Science*. 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 [2023 BASES Fellows](#) were awarded their official certificate and badge. The second day showcased a variety of rich content, with

Prof Jason Gill FBASES, Professor of Cardiometabolic Health, University of Glasgow closing the conference with his Keynote: *The importance of place: how where you live and where your (grand) parents came from affects your metabolic health.* BASES Chair, Prof Zoe Knowles FBASES then presented the [2023 Conference Awards](#), before formally closing the event, thanking all speakers, delegates, exhibitors and sponsors (Eleiko and Human Kinetics) for being part of the Conference. 58% of attendees rated the conference programme content as ‘Excellent’ or ‘Very Good’. 72% of attendees rated the event as ‘Excellent’ or ‘Very Good’.

The [BASES Annual Conference 2024](#) will be held at the CBS Arena, Coventry on 20 to 21 November 2024. 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](#).

Approx 200 students, academics and exhibitors attended the [BASES Student Conference 2024](#) hosted by Manchester Metropolitan University on 3 to 4 April 2024. Prof Zoe Knowles FBASES opened the conference alongside Prof Tim Cable, Director of the Institute of Sport at Manchester Metropolitan University. The conference theme was “Time for change: Making sport and exercise science more sustainable”. Over 80 students shared their work in the form of free communications and poster sessions. Topics included electronic cigarette use effects on cardiorespiratory function, group cohesion in exercise classes, sleep on swimming performance, mindfulness and outdoor exercise. On the first evening of the conference, attendees also enjoyed a catwalk showcase of sportswear designs from recent graduates from Manchester Fashion Institute’s BA (Hons) Fashion and BA (Hons) Fashion Design and Technology courses. Several students who presented at the conference also received [awards](#).





Above: Manchester Metropolitan University hosted the BASES 2024 Student Conference in April.

was a huge success, bringing together Department Heads from across the country. The event provided an opportunity for discussion around the challenges in Sport and Exercise Science and enabled the sharing of a wide variety of best practices.”

BASES ran 35 workshops online, all linked with the Supervised Experience and SEPAR programmes, attended by a total of 506 delegates. BASES hosted 31 webinars, with a combined 1633 delegates registering and a total of 594 attending. Those webinars that took place this year had a total of 184 hits.

Five Division Days were delivered this year, all virtually except for the Sport and Performance Division Day and BIG 2024 which were both in person. At each of the events, Association updates were presented to delegates. Across all five Division Days, 548 delegates registered and 411 live attendees: The [Sport and Performance Day](#) took place on 6 March 2024 at Birmingham Newham University; the [Biomechanics and Motor Behaviour Day](#) was the Biomechanics Interest Group (BIG) Conference, on 10 April 2024 at Loughborough University; the [Psychology Day](#) took place 22 May 2024; the [Physical Activity for Health Day](#) took place 19 June 2024 and the theme for the [Physiology and Nutrition Day](#), on 27 June 2024 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 4.5 out of five.

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 37 courses and workshops have been endorsed since the inception of the scheme, including four new endorsements and three renewals. The Altitude Centre, Endure IQ, Medicine & Performance Association, mNIRS Muscle Oxygenation Conference, Premium Performance, University of Wolverhampton, SSSM conference.



Above: BASES BIG 2024 took place on 10 April at Loughborough University and had over 200 registered delegates from 65 different Institutions / Organisations.

BASES hosted the 20th [Heads of Department \(HoD\) Forum](#) on 15 May 2024 at the University of Bedfordshire. The theme of the event was *Topical challenges in Sport and Exercise Science Higher Education* and provided an excellent day of information, insights and discussions for those with leadership roles within sport and exercise sciences academia. Prof Zoe Knowles FBASES provided an informative update session, and there were several presentations and breakout group discussions throughout the day. 29 delegates registered for the event, representing 13 UK institutions. HoD Advisory Group member, Dr Jessica Hill, said, “The day

was a huge success, bringing together Department Heads from across the country. The event provided an opportunity for discussion around the challenges in Sport and Exercise Science and enabled the sharing of a wide variety of best practices.”

BASES supported the [Women in Sport and Exercise Academic Network \(WiSEAN\) Conference](#) in Portsmouth in June, sponsoring the Best Early Career Researcher (poster or oral) award. BASES also supported the [FEPSAC Congress](#) which took place in Innsbruck in July by providing promotional support and awarding BASES Credits for those BASES members who attended.

Publications

This year, the move to a [full Epub version](#) of *The Sport and Exercise Scientist* (TSES) took place. Aligned with this development, new author guidelines were produced for video article submissions for which authors and advertisers were encouraged to submit articles. The [TSES Editorial Advisory Group](#) has also grown in-line with meeting different needs. Specific section editors for Teaching and Learning articles and the Expert Statement features have been appointed.

Across the year, articles have been received covering each of the scientific disciplines from a variety of authors. Alongside these, lots of articles have been received which address contemporary topics of a multi- and inter-disciplinary nature in sport and exercise science. There has been an

increased emphasis and consideration on EDI in the broadest sense, ranging from addressing topics of particular interest in key articles all the way through to increasing diversity in authors contributing articles to TSES.

Whilst there has been an increase in organic submissions to TSES, most articles are still those invited by the Editorial Advisory Group. To continue TSES' status as the #1 member benefit, further support from Fellows with submitting articles, as well as sponsoring and mentoring earlier career authors, would be helpful. The [Spring](#) and [Summer 2024](#) issues of TSES saw the introduction of a new style of article that draws on the principles of academic sponsorship and mentorship, and Fellows' support would be welcomed with this type of article in future. Similarly, few Letters to the Editor are received (one submitted so far in 2024) and we would call on BASES' members to stimulate discussion and debate through the Letters feature.

The Taylor & Francis Group publishes the [Journal of Sports Sciences](#) (JSS) in affiliation with BASES. The JSS published 215 research articles and received 1.3 million downloads/views in 2023. The Journal's Impact Factor (2022) is 2.3, placing it 41 out of 127 journals in the Sport Sciences JCR category; and the CiteScore is 6.3, placing it 30 out of 247 in the Physical Therapy, Sports Therapy and Rehabilitation category, and 44 out of 321 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 2024. 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 2022 version, the hits and downloads of the full guide in the member-only website was 1,003 and hits and downloads of the non-member version was 6,591.



Above: The BASES Career Guide was updated and launched in July 2024.

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:
Rachel Woods, University of Portsmouth

BASES Undergraduate Dissertation of the Year:
Amy Dent, University of Portsmouth

BASES Volunteer of the Year:
Dr Andy Smith MBE, FBASES





BASES Conference Awards:

2023 Annual Conference Awards

Human Kinetics Student Free Communication Presentation Award

Kristin McGinty-Minister, Liverpool John Moores University

Human Kinetics Poster Presentation Award

Obipiseibima Priscillia Aggokabo, Liverpool John Moores University

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

Dr Clare Roscoe, University of Derby

Cranlea Poster Presentation Award

Dr Mike Price FBASES, Coventry University

Sportesse Sport and Exercise Science Free Communication Presentation Award

Dr Laura Basterfield, Newcastle University

Routledge Recently Qualified Researcher Free Communication Presentation Award

Theresa Heering, Coventry University

2023 Student Conference Awards

Human Kinetics Undergraduate Free Communication Presentation Award

Harry Cannon-Noren, Edge Hill University

Cranlea Undergraduate Poster Presentation Award

Finlay Morgan, University of Portsmouth

Human Kinetics Postgraduate Free Communication Presentation Award

Fran Collings, University of Aberdeen

Human Kinetics Postgraduate Poster Presentation Award

Victoria Tidmas, University of Hertfordshire

Supporting Champions Best Applied Impact Presentation Award

Jai Dunne, Manchester Metropolitan University

Routledge/Taylor & Francis Sustainable Research Award

Esther Carter, University of Hull

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 Early-to mid-Career Researcher Project Grant

Dr Paul Morgan, Manchester Metropolitan University; Research Project: "Investigating the anabolic potential of a 'sustainable animal free milk protein' supplement."

BASES International Conference Grants:

Dr Hayley McEwan, University of the West of Scotland, for the [FEPSAC Congress 2024](#).

BASES Conference Grant:

Dr Dan Gordon, Anglia Ruskin University

BASES and Clinical Exercise Physiology UK Continuing Professional Development Grants

Matthew Annals, University Hospitals of Leicester NHS Trust, Kian Brown, University Hospitals of Leicester NHS Trust, Gurinder Rayat, University Hospital Southampton, Dr Noemi Vadaszy, University Hospitals 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
2024	Dr Daniel Bailey • Dr Alan Barker • Prof Mark De Ste Croix • Dr Faye Didymus • Dr Damian Harper Prof Andrew Hill • Prof Camilla Knight • Dr Robert Morris • Dr Andrew Murray • Dr Matthew Timmis





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 155. 25 members registered for a [webinar](#) in June in which Fellows walked through the application process, outlining the benefits and expectations of become a BASES Fellow. 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.

In April 2024, the Board launched a new [BASES Medal of Achievement](#), to recognise sustained and significant contributions of individuals to the sport and exercise sciences. No nominations were received for the first year, but this will be promoted again in 2025.

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

Finance

BASES reported a surplus of £2,709 for the year ended 31 March 2024, 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 2024 were £424,595, which is above the 'Reserves Policy' of at least £116,000, which was approved by the Board on 16 February 2022. The Board continued 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, on behalf of the Association, was made to MIND in December 2023, in lieu of sending festive greeting cards.

Income and Expenditure Account for the Year Ended 31 March 2024

	2024	2023
	£	£
Income	469,742	407,032
Expenditure	<u>1177,974</u>	<u>124,647</u>
Gross surplus	291,768	282,385
Office expenses	<u>297,231</u>	<u>249,520</u>
Operating surplus	5,177	332,865
Interest receivable and similar income	<u>9,736</u>	<u>3,858</u>
Surplus before taxation	4,559	36,723
Tax on surplus / (deficit)	<u>1,850</u>	<u>733</u>
Surplus for the financial year	<u>2,709</u>	<u>35,990</u>

Please refer to the end of the Annual Report for the [unaudited Financial Statements](#) for the year ended 31 March 2024.

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. In April 2024, BASES announced that HaB Direct, a leading distributor of sport and exercise science equipment in the UK & Ireland, joined BASES as a Bronze Commercial Partner. Details of current 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 (as of August 2024)

Board

Prof Zoe Knowles FBASES (Chair) • Dr Lindsay Bottoms FBASES (Deputy Chair)
Chris Davison • Dr Mitch Finlay • Dr Kiara Lewis FBASES • Dr Andrew Mitchell FBASES
Dr Helen Rippon • James Tugwell • Susan Went (Senior Non-Executive Director)
Dr Amy Whitehead • 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) • Sue Watson (0.8) • Ian Wilson • Alex Windwood.

Standing Committees:

Division of Biomechanics and Motor Behaviour

Dr Andrew Mitchell FBASES (Chair) • Prof Athanassios Bissas • Dr Theodoros Bampouras
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 FBASES
Hayley Mills • Michael Penketh • Annabelle Skidmore.

Division of Physiology and Nutrition

Dr Lindsey Bottoms FBASES (Chair) • Dr Nicola Arjomandkhah • Dr Andy Galbraith
Lily Matthias • Victoria Tidmas • Dr Laura Wilson.

Division of Psychology

Dr Amy Whitehead (Chair) • Manisha Aggarwal • Molly Banks • William Dodd
Dr Patricia Jackman • Richard Simpson.

Division of Sport and Performance

Dr Mitch Finlay (Chair) • Dr Ross Cloak • Matthew Ellis • Dr Adam Grainger FBASES
Dr Christopher Kirk • Patrick Mannix • Laura Needham • Josh Till.

Finance and Risk Committee

James Tugwell (Chair) • Chris Davison • Dr Helen Rippon • Ian Wilson.

Governance Committee

Susan Went (Chair) • Dr Kotryna Fraser • Dr Helen Rippon.

Human Resources, Appointments and Remuneration Committee

Prof Zoe Knowles FBASES (Chair), Dr Helen Rippon, Susan Went.

Learning and Development Committee

Dr Lindsay Bottoms FBASES (Chair) • Dr Dan Bailey FBASES • Dr Adam Gledhill FBASES
Rachel Mason.

Professional Standards Committee

Dr Amy Whitehead (Chair) • Dr Lisa Board FBASES • Dr David Green • Dr Paul Jones FBASES
Dr Robert Morris FBASES • Dr James Newman.

Stakeholder Committee

James Tugwell (Chair) • Dr Miranda Armstrong • Dr Lindsay Bottoms FBASES
Dr Martyn Morris • Victoria Tidmas • Ian Wilson.

Advisory Groups / Panels: * BASES operational staff

Accreditation Advisory Group

Dr Paul Jones FBASES • (Chair) • Chris Barnes FBASES • Dr Gary Brickley FBASES
Dr Tom Clifford • Thomas Craig • Dr Sarah Gilchrist FBASES • Alex Windwood*
Dr Mary-Margaret Meade • Dr Ian Sadler • Prof John Saxton FBASES • Jonathan Taylor
Dr Matthew Wright.

Awards Advisory Group

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

BASES Conference Planning Group

Dr Dan Bailey FBASES • (Chair) • Dr Theodoros Bampouras • Dr Lindsay Bottoms FBASES
Dr Richard Buscombe • Prof John Dickinson FBASES • Dr Tracy Donachie
Dr Adam Grainger FBASES • Dr Mike Price FBASES • Ian Wilson*.

BASES Climate Action and Sustainability Advisory Group

Dr Ash Willmott (Chair) • Dr Mia Burleigh • Dr Bryna Christmas • Romain Denis • Louise Ellis
Dr Andrew Garrett • Dr Lee Graves • Dr Carl James • Dr Stephen Mears • Dr Jessica Mee
Ian Wilson* • Alex Windwood* • Dr Julia Zakrzewski-Fruer.

Clinical Exercise Physiology UK Group

Prof Helen Jones (Chair) • Matthew Annals • Dr Chris Askew • Dr Stefan Birkett
Dr Lisa Board FBASES • Prof David Broom FBASES • Prof John Buckley FBASES
Prof Anna Campbell • Anthony Crozier • Prof Keith George FBASES • Prof Daniel Green
Dr Amy Harwood • Prof Sandy Jack • Dr Gordon McGregor • Dr Gemma Miller
Joanna Rycroft • Dr Andrew Scott FBASES • Lizanne Steenkamp.

Continuing Professional Development (CPD) Advisory Group

Rachel Mason (Chair) • Angus Boyle* • Dr Patricia Jackman • Dr Christopher Kirk
Dr Andy Miles FBASES • Hayley Mills • Dr Laura Wilson.

Equity, Diversity and Inclusion Advisory Group

Dr Kotryna Fraser (Chair) • Dr Richard Buscombe • Dr Sanjoy Deb • Dr Romanda Dillon
Nia Evans • Dr John Fernandes • Emily Hansell • Dr Laura Johnson • Dr Kiara Lewis FBASES
Dr Tori Sprung • Ian Wilson* • Alex Windwood*.

Expert Statement Advisory Group

Dr Lindsay Bottoms FBASES (Chair) • Jane Bairstow* • Dr Valerie Gladwell • Dr Matt Jewiss
Dr Daniel Low • Prof Craig Twist FBASES.

HE Endorsement Scheme Advisory Group

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

Heads of Department Advisory Group

Dr Martyn Morris • (Chair) • Angus Boyle* • Dr Stewart Bruce-Low • Dr Jessica Hill • Steve
Hunter • Dr Clare Pheasey • Sue Watson*.

Integrity Advisory Group

Dr Emma Kavanagh FBASES (Chair) • Prof Sue Backhouse FBASES • Dr Neil Chester
Dr Phil Clarke • Dr Kristen McGinty-Minister • Dr Andy Miles FBASES • Dr James Newman
James Platt • Dr Daniel Rhind • Jack Sharkey • Ian Wilson* • Alex Windwood*.





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 • Franck Brocherie • Prof Gareth Davison
Dr Massimiliano Ditroilo • Dr Tim Excell • Prof Stuart Fairclough FBASES • Prof Isabel Ferreira
Dr David Fletcher • Prof Jason Gill FBASES • Olivier Girard • Sirius Huang • Robin Jackson
Dr Simon Jobson • Jean-Benoît Morin • David Mullineaux • Andrew Murray • Prof Tony Myers
Prof Alan Nevill • Dr Michalis Nikolaidis • Dr Jamie North • Sam Robertson
Dr Mark Robinson • Kristin Sainani • Dr Caroline Sunderland FBASES • Paul Swinton
Prof Craig Twist FBASES • Pieter Van den Berghe • Prof Natalie Vanicek • Prof Eric Wallace.

Laboratory Endorsement Advisory Group

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

Membership Rep Advisory Group

Dr Miranda Armstrong (Chair) • Dr Nicola Arjomandkhah • Dr Theodoros Bampouras
William Donald • Matthew Ellis • Emma Forsyth*.

BASES Outreach Panel

Prof John Dickinson FBASES (Chair) • Mastveer Ghatahora • Dr James Johnstone
Dr Sarah Powell • Savannah Sturridge • Ian Wilson*.

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 • Dr Mark Ross • Dr Lauren Struszcak
Ian Wilson*.

Sport & Exercise Psychology Accreditation Route Advisory Group

Dr Robert Morris FBASES (Chair) • Dr Danielle Adams Norenberg • Simon Crampton
Dr Misia Gervis • Jane Gillott* • Prof Chris Harwood FBASES • Zach Hickmore
Dr Denise Hill FBASES • Dr Karen Howells • Dr Patricia Jackman • Dr Nichola Kentzer
Rebecca Levett** • Dr Hayley McEwan • 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 James Newman (Chair) • Dr Robert Morris FBASES • Dr Amy Whitehead • Ian Wilson.

Student Advisory Group

Victoria Tidmas (Chair) • Manisha Aggarwal
Molly Banks • Emma Forsyth* • Patrick Mannix
Lily Matthias • Michael Penketh • Annabelle
Skidmore • Julia Suchanecka • Josh Till.

The Sport and Exercise Scientist Editorial Advisory Group

Dr Adam Gledhill FBASES (Editor)
Dr Theodoros Bampouras • Prof Lynne Boddy
FBASES • Dr Eddie Bradley • Dr Neil Clarke
FBASES • Dr Paul Gorczynski • Dr Lauren
Forsyth • Dr Kotryna Fraser • Dr Christopher
Kirk • Dr Kiara Lewis FBASES • Dr Robert
McCunn • Dr Shaun McLaren • Dr Claire
Rossato • Dr Jonathan Taylor • Gavin Thomas.



Above: The Climate Action and Sustainability Advisory Group 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.

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 current documents are on the BASES website and can be viewed [here](#) (within the “BASES Policies” section).

Values, Commitment and Behaviours

Members continue to live the [BASES Values, Commitments and Behaviours](#). 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

The Division meets regularly and is working on a number of exciting events for the coming year. Fran Collings concluded her second term as a Division Postgraduate Student Rep in March 2024, so has stepped down, but she remained a contributor to both Biomechanics SIG and Division events. Six members of the Division attended the 2023 BASES Annual Conference in Coventry. As part of the BASES BIG event held at Loughborough University in April 2024, a members-only session took place. It was attended by c.30 people and included a buffet and non-alcoholic drinks. There were some great ideas and discussions both specifically to the Division, but also around Biomechanics in general (affecting our Division), in addition to feedback on BIG as well. (More detail can be found in the [Biomechanics Interest Group annual review](#)).

Professor Nossos Bissas is working with Carl Payton and Adrian Burden as a third editor on the new Biomechanical Evaluation of Movement in Sport and Exercise textbook. In addition, Dr Andrew Mitchell FBASES and Dr Theo Bampouras have been invited to contribute to chapters within the new textbook. The Division hosted a webinar on [Running Towards Injury](#). It was a look into the potential challenges and causes of running related injuries presented by Dr Aoife Burke. There were 37 attendees at the event. Division member Dr Romanda Dillon has been in discussion with colleagues at the Talented Athlete Scholarship Scheme (TASS) who are in line with our thinking with regards to outreach and EDI. They are keen to work with us and develop a collaborative outreach, e.g. reaching out to schools and colleges to promote BASES and for potential webinars.

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

Three new members were welcomed to the Division Committee; Hayley Mills will be covering the role of CPD Rep for the coming year while Dr Anna Myers is on maternity leave. Annabelle Skidmore was welcomed as new Postgraduate Student Rep and Michael Penketh as new Undergraduate Student Rep. Thanks are extended to Sofie Power and Mastveer Ghatahora for their contributions to the Division as our Student Reps over their recent tenures.

The [annual Division Day](#) took place online on 19 Wednesday June with over 50 members attending throughout the event. A critical and thought-provoking keynote was delivered by highly esteemed Professor Melody Ding from the University of Sydney. There was a presentation from Jessica Morris who shared her reflections as a winner of the BASES / Clinical Exercise Physiology UK CPD grant. This was followed by a series of high-quality presentations from student and professional members. The member presentations were scored with Dr Melissa Day winning first prize and Annabelle Skidmore runner-up. The day finished with an open Division meeting that was attended by some 30 members to discuss items such as member benefits, CPD and partnerships.





Two networking events were organised, the second of which included a presentation and focus on pedagogy and was well attended. Four successful webinars were delivered, with a series of future webinars planned. [MoUs](#) with Diabetes UK and with British Society for Research on Ageing were recently signed this year and will be promoted to members soon. Key student [resources](#) were developed, including infographics, videos, promotion in schools/colleges.

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

Over the year, the Division Committee welcomed new members; Lily Matthias joined as Undergraduate Student Rep in November, and in March, Dr Laura Wilson (CPD Rep) and Dr Nicola Arjomandkhah (Membership Rep) both joined, resulting in all roles on the Committee currently being filled. The [Division Day, Research and Applied Practice for Physiology and Nutrition](#), was held online on 27 June, with 47 members registering. We had presentations from the successful Clinical Exercise Physiology UK Continuing Professional Development Grants.

We continued the informal coffee mornings and held two over the year which took place on 6 December and 6 March, with good engagement from those who attended. The Division held a [webinar](#) on 10 January on *career journeys in sport and exercise science*. The Division section on the [website](#) was also updated throughout the year.

The Division of Psychology, Dr Amy Whitehead, Chair

The Division has had a productive year. In November, Dr Amy Whitehead took over as Division Chair from Dr Adam Gledhill FBASES, and the Division has subsequently appointed the following new members: Dr Patricia Jackman (as Deputy Chair and CPD lead); Dr Will Donald as Membership Rep; Molly Banks as Undergraduate Student Rep; and Manisha Aggarwal as Postgraduate Student Rep. The SEPAR programme continues to thrive under the stewardship of Dr Rob Morris FBASES. The Division delivered the [Free to Members' event](#) in May '24, which had over 100 attendees and eight world class speakers from around the world. This was another successful event with a diverse range of speakers, for which the event received excellent feedback from delegates. The MoU with the [BPS](#) was renewed earlier in the year, and an MoU has recently been finalised with the International Society for Sport Psychology, for which details will be shared with members. Dr Amy Whitehead recently met with the Board of the European Federation of Sport Psychology (FEPSAC) and discussions are currently underway to develop a number of shared CPD webinars. A number of webinars were delivered across the year, including a collaborative one with [AASP](#) in February, and Division newsletters were developed and shared with members. The Division has contributed to the [programme development](#) of the 2024 Conference and our UG Student Rep supported a social media campaign at the Student Conference. Work is currently taking place to articulate to members our psychology 'offer' as a BASES member.

The Sport and Performance Division, Dr Mitch Finlay, Chair

There were a number of personnel changes to the Division this year, including my own appointment to Division Chair. Dr Ross Cloak was appointed to Deputy Chair, whilst Matthew Ellis and Dr Chris Kirk joined as Membership Rep, and CPD Rep, respectively. After winning the Professor Edward Winter Early Career Researcher Award, we were also pleased to have Dr Luke Oates join the Division.

The [Division Day](#) was a successful in-person event focussed on Athlete Monitoring. We would like to thank Dr Ibrahim Akubat FBASES as outgoing Chair for his efforts on this, and on several other fronts. Credit to Dr Ross Cloak for organising a fantastic BASES [Combat Sport workshop](#) in collaboration with the University of Wolverhampton and British Judo for the second year running. In May, we held a fascinating webinar titled; [Working Across the Pond](#), whereby several British practitioners currently employed as heads of sport science in MLS soccer, provided valuable insights for our members. A special thanks to Dr Adam Grainger FBASES, and Patrick Mannix for their work on this event.

Work continues with several collaborations, including ongoing discussions and developments with the United Kingdom Strength and Conditioning Association (UKSCA), and the International Society of Performance Analysis in Sport (ISPAS). Our Division has been consulted by Leaders Performance Institute on exciting new research in high performance sport, details of this collaboration with other high profile organisations will be shared in the near future.

Individuals in the division have been reviewing abstract submissions for the annual conference in November, and we look forward to representing our division at what is sure to be a great event.

A big thank you to our current Division Committee and to individuals who have recently completed their terms, for a successful year.

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 under the leadership of the Division of Biomechanics & Motor Behaviour. On 10 April 2024, the Division hosted its first [in-person BIG event](#) and members' Division activity (since lockdown) at Loughborough University. Division members Professor Nassos Bissas and Dr Theo Bampouras worked closely with colleagues from Loughborough University to organise the event, which was a clear success.

C. 210 attendees registered in advance, with c. 200 attending, from 65 institutions, on the day, including 35 BASES members. Feedback from the attendees and nine exhibitors was positive. There were 28 oral and poster presentations of high-quality work and a brilliant keynote by world-leading academic Professor Taija Finni from the Faculty of Sport and Health Sciences, University of Jyväskylä, Finland. The keynote focused on how the knowledge of Achilles subtendons changes the way we think of tendon loading, training and rehabilitation.

Six members of the Division attended the BIG event and they were delighted with both the attendance and the feedback on the event and would like to extend its thanks to all presenters, attendees, sponsors and hosts from Loughborough University.

There was a very strong appetite for in-person meetings such as this and an advert to host the 2025 event is already attracting interest from a number of prestigious universities within the UK.

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

Since last year's update, the number of Registered Clinical Exercise Physiologists registered via Registration Council for Clinical Physiologists (RCCP)/Academy for Healthcare Science (AHCS) continues to grow. Salford University is now accredited with conditions, which brings the number of accredited universities to two, alongside Liverpool John Moores University. A further three universities have submitted paperwork to the AHCS and 10 universities plan to submit paperwork in the next 12–24 months, with several others expressing interest in accreditation in the future. The Inaugural CEP-UK Annual Conference took place on 5 April 2024 following the BASES Student Conference. This was well attended with 110 delegates attending from across the UK and there were presentations from different NHS teams, CEPs working private practice and academics. 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 AHCS 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 Education and Teaching (E&T) SIG, Prof Joanne Hudson FBASES, Convenor

There has been much activity over the year to advance our strategic priorities, working alongside the HE Endorsement Scheme Advisory Group and Accreditation Advisory Group. The SIG-led webinars for External Examiners focused on Degree Standards Calibration, for BASES members on Pedagogic Accreditation and Inclusive Assessments in SES (recordings available on [BASES' website](#)), and delivered a communication on pedagogic accreditation to the Physical Activity for Health SIG. Our contributions to *The Sport and Exercise Scientist* have reflected on teaching and learning developments over the past 30 years, diversifying and decolonising the curriculum, and BASES accreditation competencies. Members of the SIG (with Dr Andy Smith MBE FBASES and Dr Mark White) co-authored a [BASES Position Stand on Artificial Intelligence and Assessment](#). SIG members contributed to establishing the inaugural [UK Higher Education in Sport Conference](#) and are leading the introduction of a BASES Board approved Graduate Certificate for students graduating from BUES Endorsed programmes, due for introduction in 2024–25. The Steering Committee are: Dr Eddie Bradley, Patrick Bray, Dr Kath Burgess, Dr Charlotte Chandler, Dr Katie Dray, Lucy Hale, Prof Joanne Hudson FBASES, Sam Hurley, Dr Melanie Leggate, Dr Kelly Marrin, Dr Laura Mason, Dr Oliver Runswick, Dr Ian Sadler, Dr Mark Smith, Dr Michelle Swainson, and Dr Matthew Timmis FBASES. Huge thanks to Sam, Patrick and Michelle for their contributions as they leave the group.





The Molecular Exercise Physiology (MEP) SIG, Dr Georgina Stebbings, Convenor

For the past 12 months, the BASES Molecular Exercise Physiology (MEP) Special Interest Group (SIG) has continued to expand its collaborative efforts, resulting in several important publications that garnered significant global media attention. Members of the SIG Steering Group have also actively contributed to communicating about MEP and associated research/practice to lay audiences through media appearances, including BBC TV and radio interviews, notably in the lead-up to major sporting events such as the London Marathon and the Olympic Games. Excitingly, the topic of MEP was well represented at this year's BASES Annual Student Conference, with sufficient MEP-related submissions by delegates to organise a dedicated parallel oral session to this area, and SIG Steering Group members also featured in the penultimate keynote session as part of a round-table discussion. These activities highlight the continued impact and engagement of the MEP SIG within the scientific community and beyond, reinforcing our commitment to advancing the field of molecular exercise physiology through both scholarly and public dissemination.

The Occupational Performance SIG (OPSIG), Dr Nicola Armstrong and Dr Mitch Lomax, Co-Convenors

The Occupational Performance Special Interest Group (OPSIG) aims to promote evidence-based practice amongst those undertaking research and/or scientific support with occupational groups in physically demanding job roles. In support of this aim, the OPSIG have three core objectives: (i) to cohere the scientific community, (ii) to support training and development of practitioners, and (iii) to enhance the scientific evidence base. Within the last year, the OPSIG has published an article in *The Sports and Exercise Scientist* to raise awareness of the SIG. This article was followed by a membership survey to better understand what OPSIG members need from future OPSIG activities. The OPSIG has hosted two webinars covering [Physical Employment Standards](#) and [Load Carriage](#) which have attracted attendees from outside the BASES community, and plan to host three webinars per year in the future. In June, the OPSIG hosted its first General Meeting as a means to give the wider OPSIG membership an opportunity to get more involved in OPSIG activities. Steering Group meetings will continue on a quarterly basis.

The Paediatric Exercise Science (PES) SIG, Dr Ash Cox, Convenor

Dr Ash Cox assumed the role of SIG Chair in late 2023, following the dedicated service of Prof Craig Williams FBASES. In early 2024, Dr Cox convened a SIG meeting to outline a refreshed direction for the SIG. One of the significant initiatives under Dr Cox's leadership is the relaunch of the quarterly newsletter, which aims to provide regular updates, valuable information, and opportunities for engagement for SIG members. Additionally, dates have been scheduled to reinstate the podcast series, which will be live again from September 2024. This year, the podcast has been downloaded 2,797 times and has a 5/5 rating on Apple.

The SIG will prioritise updating two critical Expert Statements over the coming year i) the Importance of Young People's Aerobic Fitness for Health, and ii) Ethics and Participation in Research of Young People.

The PES SIG is committed to advancing paediatric exercise science and increasing the visibility and impact of its members' work. The collective efforts of all members are crucial to achieving these goals. Dr Cox looks forward to the active participation of SIG members and to engaging with them in the upcoming year.

Performance Analysis SIG, Louis Langdown, Convenor

Members of the SIG continue to work towards its overall aims to provide leadership on the creation and maintenance of a sustainable performance analysis pathway that (i) supports practitioners' continual personal and professional development, (ii) the advancement of knowledge and evidence-based practice within sport and exercise sciences, and (iii) the creation of a collaborative, inclusive and diverse community for performance analysts to share best practice and support networks. Our [MoU with ISPAS](#) continues to strengthen. The completion of a pilot rollout of ISPAS's accreditation framework in partnership with the Premier League (PL) is one such collaboration. An innovative roundtables series delving into the discipline of performance analysis in collaboration with Leaders in Sport, ISPAS, UKSI and PL entitled "Advances in Performance Analysis", has been fully supported & driven by the SIG. Showcasing the latest developments in elite sports, this series explores how sport performance analysts, through cutting-edge methodologies and technologies, generate and curate information to positively impact and inform decision making processes.

Dr Stafford Murray expertly delivered his parrel session at BASES 2023 Conference titled ‘The application and impact of innovative analysis and insights techniques in men’s English cricket’, with plenty of support from SIG members presenting current research. The SIG welcomed several new members from academia and industry as we work towards a wider communication strategy, including social media and newsletter areas. The SIG would like to thank Donald Barron (inaugural SIG Convenor) and Dr Ibrahim Akubat FBASES for their hard work as both officially end their involvement.

Skill Acquisition Interest Group, Dr Malcolm Fairweather, Convenor

The Skill Acquisition Interest Group (SAIG) was approved by the BASES Board in February 2023. The SAIG Steering Group has since met regularly on a quarterly basis. In October 2023, the Steering Group’s Dr Vicky Gottwald (Bangor University) and Dr Liis Uiga (Manchester Metropolitan University) created and sent out SAIG’s first newsletter summarising SAIG’s mission and objectives. The newsletter introduced the SAIG Steering Group and communicated practical Skill Acquisition insights provided by British Swimming’s Skill Acquisition Coach Developer, Dr Danny Powell. From September 2023 to date, Dr Ollie Runswick (Kings College London) and ESAN (Expertise and Skill Acquisition Network) colleagues completed a Delphi study that has focused upon capturing and confirming Skill Acquisition expert practitioners’ contemporary experience, knowledge and understanding of the Skill Acquisition area. Ollie has been supported in this research work by ESAN/SAIG Steering Group colleagues Dr Nick Smeeton (University of Brighton), Dr Liis Uiga, Dr Paul Ford (University of Brighton) and Dr Matt Miller-Dicks (University of Portsmouth). Findings emerging from this work will be communicated through 2024 via various outputs. SAIG have recently piloted a practitioner/coach developer workshop format by delivering a workshop for UK and **sports**scotland Institute of Sport coach developers. The workshop focused upon coach developers’ professional Skill Acquisition requirements when supporting performance coaches’ Skill Acquisition needs and questions. A follow up workshop is planned for August 2024 where information, ideas and knowledge exchange will take place. Through 2024/25 we will expand upon this pilot experience.



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

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.

The last SIG meeting took place on 17 June 2024, updates on projects and discussions about AI and data analysis, exploring experiences from both industry and academia perspectives. A SIG member shared an update on the sport and exercise science research methods book for which several SIG members contributed. Several SIG members contributed to the publication of four chapters on SportRxiv as pre-prints. The chapters cover topics such as the philosophy of science,

quantitative analysis in sport and exercise science, writing and publishing research articles, and laboratory and field-based data collection. The editors expect to have the final version of the book before the end of 2024.

A SIG member who recently completed a PhD on teaching statistics and statistical reasoning reported on his findings, which closely aligned with what those found in the initial phases of the SIG’s project on teaching statistics. SIG members provided an update on the ongoing academic-industry collaboration, presenting initial findings at the BASES 2023 conference and delivering a follow-up poster presentation at the UKCOTS teaching statistics conference 2024 organised by the Royal Statistical Society. SIG members involved reported completing the second stage of the project, conducting focus group interviews to examine the pedagogical approaches and challenges in teaching research methods. The findings highlighted the need for resources to support staff and the issue of students being anxious as they associate statistics with maths, which affects their confidence and engagement.





The group also discussed strategies to improve diversity and social media presence, suggesting involving students, graduates, and industry professionals in creating content, and proposed a poll to decide on the platform and moderators. The Chair asked SIG members to complete a survey and share their preferences regarding the frequency of meetings and internet platforms and there is a plan to contribute to the BASES webinar series later in the year.

The work of the Clean Sport Interest Group (CSIG) was integrated within the Integrity Advisory Group in 2024.

BASES Strategy 2025-2028

Over the last eighteen months, the Board has reviewed the 2021-2025 Strategy and has been planning for the new 2025-2028 Strategy. Over the summer, members were in receipt of the current documents, providing their initial views and feedback on the direction of travel. Members' feedback was then reviewed by the Board and collated and used to evolve the next iteration. Final drafts of the documents will be shared with the membership at the 2024 AGM, which is taking place at the CBS Arena, Coventry on Wednesday 20 November 2024.

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 2024

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Report of the Directors for the year ended 31 March 2024

The directors present their report with the financial statements of the company for the year ended 31 March 2024.

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 2023 to the date of this report.

Prof Z Knowles FBASES (Chair) • Ms S Went (Senior Non-Executive Director)
Mr I Wilson (Executive Director) • Mr J O Tugwell • Dr AC S Mitchell FBASES
Dr L M Bottoms FBASES (Deputy Chair) • Prof KA Lewis FBASES • Dr HJ Rippon

Other changes in directors holding office are as follows:

Dr A Gledhill FBASES resigned 16 November 2023
Dr A E Whitehead appointed 16 November 2023
Mr G D Koral resigned 22 March 2024
Dr I Akubat FBASES resigned 26 March 2024

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 2024

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 FBASES - Director

20 July 2024





Income and Expenditure Account for the year ended 31 March 2024

		2024	2023
	Notes	£	£
Income	3	469,742	407,032
Expenditure		<u>177,974</u>	<u>124,647</u>
Gross surplus		291,768	282,385
Office expenses		<u>297,231</u>	<u>249,520</u>
		(5,463)	32,865
Other operating income		<u>286</u>	<u>-</u>
Operating (deficit)/surplus		(5,177)	32,865
Interest receivable and similar income		<u>9,736</u>	<u>3,858</u>
Surplus before taxation		4,559	36,723
Tax on surplus		<u>1,850</u>	<u>733</u>
Surplus for the financial year		<u><u>2,709</u></u>	<u><u>35,990</u></u>

Balance Sheet at 31 March 2024 and 31 March 2023

		2024		2023	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	5		1,593		942
Current assets					
Debtors	6	56,863		41,013	
Cash at bank and in hand		<u>659,590</u>		<u>648,757</u>	
		716,453		689,770	
Creditors					
Amounts falling due within one year	7	<u>293,451</u>		<u>268,826</u>	
Net current assets			<u>423,002</u>		<u>420,944</u>
Total assets less current liabilities			<u>424,595</u>		<u>421,886</u>
Reserves					
Income and expenditure account			<u>424,595</u>		<u>421,886</u>
			<u>424,595</u>		<u>421,886</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2024 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 31 July 2024 and were signed on its behalf by:



Prof Z Knowles FBASES - Director





Statement of Changes in Equity for the year ended 31 March 2024

	Retained earnings	Total equity
	£	£
Balance at 1 April 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>
Changes in equity		
Total comprehensive income	<u>2,709</u>	<u>2,709</u>
Balance at 31 March 2024	<u><u>424,595</u></u>	<u><u>424,595</u></u>

Notes to the Financial Statements for the year ended 31 March 2024

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 2024

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 2024

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	2024	2023	2022
	£	£	£
Deferred income b/fwd	89,772	92,571	88,145
Receipts in the year	187,427	183,857	181,424
Deferred income c/fwd	(88,794)	(89,772)	(92,571)
Income per accounts	<u><u>188,405</u></u>	<u><u>186,656</u></u>	<u><u>176,998</u></u>

SEPAR fees	2024	2023	2022
	£	£	£
Deferred income b/fwd	64,040	43,702	11,617
Accrued income b/fwd	(6,543)	(3,509)	(2,236)
Receipts in the year	153,599	144,474	107,571
Accrued income c/fwd	13,607	6,543	3,509
Deferred income c/fwd	(41,075)	(64,040)	(43,702)
Income per accounts	<u><u>183,628</u></u>	<u><u>127,170</u></u>	<u><u>76,759</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 2023	29,587
Additions	1,517
Disposals	(333)
At 31 march 2024	<u>30,771</u>
Depreciation	
At 1 april 2023	28,645
Charge for year	866
Eliminated on disposal	(333)
At 31 march 2024	<u>29,178</u>
Net book value	
At 31 march 2024	<u><u>1,593</u></u>
At 31 march 2023	<u><u>942</u></u>





Notes to the Financial Statements - continued for the year ended 31 March 2024

6. Debtors: amounts falling due within one year

	2024	2023
	£	£
Trade debtors	£ 22,883	£ 19,133
VAT	-	574
Prepayments and accrued income	<u>33,980</u>	<u>21,306</u>
	<u>56,863</u>	<u>41,013</u>

7. Creditors: amounts falling due within one year

	2024	2023
	£	£
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	<u>248,009</u>	<u>211,932</u>
	<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 2024 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.

1 August 2024

This page does not form part of the statutory financial statements





Detailed Income and Expenditure Account for the year ended 31 March 2024

	2024		2023	
	£	£	£	£
Income				
Membership	188,405		186,656	
Job Advertising	12,135		12,927	
The Sport and Exercise Scientist	8,576		6,506	
Workshops	2,586		3,751	
Conferences	3,786		-	
Sponsorship	1,308		-	
Course Finder	1,419		1,105	
BASES Endorsement Schemes	22,346		16,885	
Accreditation	17,410		16,190	
Supervised Experience	14,045		12,735	
Journal of Sports Sciences	10,000		10,000	
Publications and Other	498		580	
Chartered Scientist - Administration Fee	1,433		2,492	
Other Advertising	960		8,770	
Annual Awards	1,000		-	
SEPAR	183,628		127,170	
HoD Forum - Sponsorship	-		1,050	
Certified Exercise Practitioner	207		215	
		469,742		407,032
Expenditure				
The Sport and Exercise Scientist	23,575		23,895	
Workshops	233		1,426	
Conferences	16,030		9,350	
BASES Endorsement Schemes	3,120		2,280	
Accreditation	9,126		8,595	
Supervised Experience	5,200		5,983	
Consultancy	1,960		10	
Conference Grants	1,411		500	
Expert Statement Grants	1,099		4,982	
Awards	3,664		(278)	
Heads of Department Forum	105		1,102	
Public Relations and Marketing	8,308		3,020	
Division Expenditure	1,016		947	
SEPAR	77,274		59,275	
Other Advertising	-		3,560	
New Grants and Awards	8,200		-	
Special Projects	1,282		-	
Outreach Project Team	4,000		-	
30th Anniversary Celebrations	1,121		-	
Clinical Exercise Physiology Manager	11,250		-	
		177,974		124,647
Gross surplus		291,768		282,385

This page does not form part of the statutory financial statements

Detailed Income and Expenditure Account for the year ended 31 March 2024

	2024		2023	
	£	£	£	£
Brought forward		291,768		282,385
Other income				
Sundry Receipts	286		-	
Deposit Account Interest	9,736		3,858	
		<u>10,022</u>		<u>3,858</u>
		301,790		286,243
Offices expenses				
Rent and Utilities	3,650		3,285	
Directors' Salaries	51,486		45,327	
Directors' Social Security	5,849		5,264	
Directors' Pensions	3,089		2,720	
Salaries and National Insurance	161,057		130,437	
Pensions	9,158		9,436	
Telephone and Internet	455		509	
Printing, Postage and Stationery	955		672	
Computer Support and Maintenance	18,448		14,276	
Insurance	884		810	
Meeting Expenses and Travel Costs	3,688		3,780	
Sundry Expenses	1,759		1,074	
Subscriptions	5,611		4,570	
Training and Development	1,200		1,000	
Legal, Professional and Accountancy	14,614		13,367	
Bad Debts	(45)		426	
Irrecoverable VAT	6,488		4,681	
		<u>288,346</u>		<u>241,634</u>
		13,444		44,609
Finance costs				
Bank Charges and Interest		8,019		7,092
		5,425		37,517
Depreciation				
Fixtures and Fittings	32		34	
Computer Software and Equipment	834		760	
		<u>866</u>		<u>794</u>
Net surplus		<u><u>4,559</u></u>		<u><u>36,723</u></u>

This page does not form part of the statutory financial statements

