



The British Association of Sport and Exercise Sciences  
**ANNUAL REPORT 2003–2004**



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# The British Association of Sport and Exercise Sciences

## Promoting excellence in sport and exercise sciences

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

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

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

## Objectives of BASES

The BASES Corporate Plan is a strategic planning document, detailing BASES' corporate objectives, performance targets and key indicators of performance for the period 2002–2007. BASES is concerned with developing and enhancing the professional and ethical standards of its members who are actively involved in the sport and exercise sciences. This principle is pursued via eight corporate objectives:

- To promote fundamental and applied research in the sport and exercise sciences.
- To encourage the development of evidence-based practice in the sport and exercise sciences.
- To broadcast knowledge about the sport and exercise sciences.
- To establish and maintain high professional standards for all sport and exercise scientists.
- To represent the interests of sport and exercise scientists nationally and internationally.
- To promote the relevance of sport and exercise science to society.
- To facilitate communication among those actively engaged in research and scientific support in the sport and exercise sciences.
- To continue to manage BASES as an effective non-profit professional membership association.

## BASES Executive Committee 2003–2004

### Elected Officers

**Chair** | Prof Clyde Williams  
**Chair Elect** | Prof Craig Mahoney  
**Secretary** | Prof Edward Winter  
**Treasurer** | Dr Val Cox

### Section Chairs

**Biomechanics Section Chair** | Dr Neil Fowler  
**Interdisciplinary Section Chair** | Clive Brewer  
**Physiology Section Chair** | Dr Paul Bromley  
**Psychology Section Chair** | Prof Ian Maynard

### Co-opted Members

**Education and Training Chair** | Dr Richard Godfrey  
**Student Advisory Group Chair** | Emma Stevenson  
**Exercise Science Special Committee Chair** | Dr John Buckley  
**Sport Science Special Committee Chair** | Prof Andy Jones

### Central Office Staff

**Executive Officer** | Dr Claire Palmer  
**Office Manager** | Jane Bairstow  
**Junior Administrative Assistant** | Sobia Rafiq



### BASES

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## Chair's Report



“The fact that BASES is *the* professional association that represents sport and exercise science in the UK is reinforced by the invitations that BASES receives to work with other professional associations on initiatives of mutual interest.”

The successful achievements of the Association across the last year can be described in several ways. One way is to list the achievements of individual members of the Association; another is to describe the collective achievements of the Association. The limitations on space in this report dictate that the latter approach is most appropriate. One of the significant successes of the year was finding a suitable successor to Jeremy Cooper, who, after seven years of unstinting and wide-ranging contributions to the Association, moved to a new post with the Rugby Football League. Dr Claire Palmer was appointed as Executive Officer in September 2003 and very quickly members recognised that Claire is totally committed to the continued advancement of the Association. Claire brings to the role of Executive Officer a range of relevant experiences, including those as the sports science manager for England Netball for the best part of 10 years. As a result of completing her doctorate in sports psychology, Claire has a good insight into the world of research and higher education. She continues to contribute to her areas of expertise through her publications and lecturing commitments. Therefore, she has the background that enables her to engage with members who work both in academia and those who work full time in sport and exercise. The updated website, *The Sport and Exercise Scientist*, the new weekly e-mail newsletter and other developments were all led by Dr Palmer, who will provide the detail in the Executive Officer's report within this Annual Report.

The fact that BASES is *the* professional association that represents sport and exercise science in the UK is reinforced by the invitations that BASES receives to work with other professional associations on initiatives of mutual interest. For example, BASES has established a partnership with the Nutrition Society and the British Dietetics Association to establish a register of professionals qualified to work in sport and exercise nutrition. This partnership will announce the launch of the register early in the New Year and will offer new career opportunities to many members of the Association. In addition, our membership of the Inter-professional Forum, for associations working in sport and exercise science and medicine, continues to provide opportunities to identify ways in which the group can contribute to the health and success of participants in sport and exercise.

The popularity of sport and exercise science in the UK was highlighted at a one-day Universities and Colleges Admissions Service (UCAS) workshop on 'Getting into Sport' for school's career advisors. The work of BASES was included in the keynote opening addresses at the workshop. During the workshop, UCAS reported that in 2003 there were 1,708 'sport courses' offered by a total of 145 institutions, which attracted 20,000 applicants. Of these applicants just over half (12,605) were offered places. UCAS suggested that the number of applications for places for 2004 could continue to increase to about 30,000 because the number of courses has risen to 1,910.

With such a rapid rate of growth in courses offered in sport and exercise sciences, both human and physical resources are stretched to meet the demands. Therefore, there is, as in any rapidly growing subject, the potential for the courses to fall short of expectations and the resulting degrees devalued. With this in mind, this topic was high on the agenda of the first meeting of heads of sport and exercise science departments, organised by the Association in the spring of 2004. The main aim of this Forum is to provide the opportunity to develop a collective voice with which to respond to the Higher and Further Education Funding Council's initiatives and decisions on teaching and research in sport and exercise science. The first meeting was attended by 60 people and interest was shown by many more colleagues who were unable to attend. There was representation from all four home countries and a good mix of representatives from higher and further education.

At the Forum, Dr Neil Fowler presented a summary of a proposal to introduce a BASES Undergraduate Endorsement Scheme. This proposal is the product of over two year's work by the Association's Education and Training Committee. The endorsement scheme offers a means by which BASES can make a significant contribution to the 'quality' of undergraduate degrees in sport and exercise sciences. It will also have an impact on the curricula and the resourcing of all degree programmes, but especially so in those institutions that fail to meet the standards BASES sets for endorsement of undergraduate degrees.

Of course, it may lead to fewer degree programmes when institutions have to fund programmes at their real costs. However, those programmes that remain will help to maintain the quality and worth of a degree in sport and exercise science. At the postgraduate level, it is the BASES accreditation process that is receiving most attention because the Association continues to strive to achieve a fair and relevant process, developing professionals who have received a training that is clearly 'fit for purpose'. The accreditation process is widely regarded as the jewel in the BASES' crown and so BASES will continue to invest effort and resources so that it becomes an even more widely acknowledged benchmark standard for professionals in sport and exercise sciences.

The year ahead promises to be as challenging as this last year and may even be more so. Nevertheless, the Association has so many talented people who are committed to the advancement of sport and exercise science that I am confident in predicting that next year will be even more successful than the last.

***Prof Clyde Williams***  
**Chair of BASES**



## Executive Officer's Report



“The year has seen a series of favourable developments for BASES, with a strong emphasis on membership services, ensuring that BASES offers membership services that are attractive and competitive with those offered by similar associations.”

One of the first priorities of the year was to refine the mission and vision of BASES in order to have a clear perspective on what BASES is about and where it is going. The development and refinement of the mission and vision went through a thorough consultation process with the Executive Committee, Fellows, Honorary Fellows and 2003 AGM attendees. In developing the mission statement, all involved were keen to have an action-oriented formulation of the Association's *raison d'être*, clarifying its purpose and indicating why BASES is doing what it does. The 'vision of success' was prepared with the aim to describe what BASES should look like once it successfully implements its five-year corporate plan.

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

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

The year has seen a series of favourable developments for BASES, with a strong emphasis on membership services, ensuring that BASES offers membership services that are attractive and competitive with those offered by similar associations. The major facelift of the BASES website, sponsored by Human Kinetics, was particularly pleasing (details on the website design are detailed later in this Annual Report). More recently, a weekly e-mail newsletter has been introduced as part of the membership services of BASES. The newsletter aims to keep members up to date with things happening in BASES and sport and exercise sciences, providing updates, information on upcoming events and the latest job vacancies.

In September, BASES World was replaced by *The Sport and Exercise Scientist*, the official publication of BASES. The publication is a resource for all those with an interest in sport and exercise sciences and continues to bring members up to date with the latest developments within BASES. Additionally, it reflects the strong commitment of BASES to the continuing professional development within the sport and exercise science profession. The venture has focused on three goals: meeting members' continuing professional development needs, building the Association's brand, and enhancing cost-effectiveness of production. Pages are now dedicated to the areas of Exercise and Health, Sport, Education, Research and Professional Practice.

A focus on issues within the four sections remains, as well as other previously popular features such as letters and book reviews.

The importance of sustaining growth in members led to the decision to form a Membership Working Party. This group was tasked to advise the Executive Committee on membership services and the recruitment and retention of members. Membership growth will only occur if an attractive membership package is developed, matching the product and price to the needs of sport and exercise scientists. In an attempt to recruit more student members, BASES now has a network representative contact in most networks related to sport and exercise sciences. The representatives promote the benefits of BASES' membership and aim to increase total membership. The other main initiative was to develop a group of university student representatives to support the network representatives. Strategic alliances with publishers Human Kinetics and Routledge have also been established enabling members to obtain discounts on books and products. Additionally, throughout the year, student members have been able to gain work experience and develop some administrative skills by work placement opportunities at the BASES office.

BASES has also focused on prospective sport and exercise scientists by several initiatives. Firstly, the Association recently launched plans for a BASES course-finder for sport and exercise science undergraduate and postgraduate courses. The course-finder will be similar to the existing consultant and laboratory finders on the BASES website and aims to provide a useful one-stop service to students, schools and colleges, institutions and higher and further education staff. Users will be able to search for undergraduate and postgraduate courses by a range of fields, including institution, region and course topic areas.

The second initiative was the production of *A Guide to Careers in Sport and Exercise Sciences*. BASES was keen to provide additional services to prospective students, undergraduate and postgraduate students as well as recent graduates. Designed and written by BASES members, the guide covers topics such as choosing courses, funding for postgraduate courses, career opportunities in sport and exercise science, profiles for the most popular careers, advice on how to move up in your career, information on BASES

supervised experience and accreditation and guidance on how to find a job in sport and exercise science. The guide was developed in association with Human Kinetics.

Finally, BASES has worked with *The Independent* to develop a specialist *Sport and Exercise Sciences* supplement for school-leavers and undergraduates. *The Independent* supplement – *Sport and Exercise Sciences* – went to press in July and targeted all those involved in the field of sport and exercise science, from A Level through to careers in sport and exercise sciences. The supplement aimed to be a comprehensive guide to studying sport and exercise science and the career paths that can be followed.

More long-term plans involve coordinating the streamlining of the supervised experience and accreditation processes, ensuring parity across sections and ensuring that end-users' needs are fully met. Also on the priority list is reviewing the BASES Annual Conference. BASES needs to examine how well the conference serves the needs of the membership and sport and exercise scientists and the broader objectives of the Association. In today's climate of limited conference funding and a full calendar of other conferences, BASES needs to be innovative and continually enhance the attendance proposition and the value provided to members. The aim is for the conference to provide a forum where sport and exercise scientists can network, exchange best practice, explore collaboration opportunities and socialise.

BASES has a clear vision of the opportunities and challenges it faces and a strategy for its development. In terms of short-term priorities, it is timely to review BASES in terms of its infrastructure, systems and strategies to ensure that BASES is able to deliver core areas of business and its mission in the most effective manner.

**Dr Claire Palmer**  
**Executive Officer of BASES**

## Exercise Science Report

Over the past year the two key elements that have emerged from the continued professional and academic integration of BASES in the areas of exercise for health have been to establish the role of BASES in:

1. being central to partner organisations who draft policies and strategies that rely on the evidence in both primary and secondary prevention health care
2. embarking on a route that will ensure that individuals with sport and exercise science degrees will be professionally recognised and qualified to be 'fit to practice' in the vast array of health care arenas.

### ***Involvement with Partner Organisations***

The first steps have been for BASES to join and directly contribute to many newly established organisations that utilise and promote the evidence in exercise for health. The task of integrating with so many different agencies that are involved in the promotion of health through physical activity and exercise (both in primary and secondary care) are numerous and growing.

Thus far, this involvement with partner organisations has included the Exercise Science Special Committee representing BASES as a stakeholder, partner or scientific voice in:

- The UK Public Health Association
- The National Obesity Forum
- The National Heart Forum
- The All Party Parliamentary Forum on Obesity
- The National Institute of Clinical Excellence/Health Development Agency Clinical Guidelines Task Force on Obesity
- The Skills for Health CHD National Workforce Competence Framework – Project Board.

### ***Developments in Exercise for Health Professional Standards***

In the shorter term, frameworks have been developed, in conjunction with the British Association for Cardiac Rehabilitation (BACR) and the Association of Chartered Physiotherapists Interested in Cardiac Rehabilitation (ACPICR), for developing a generic multi-professional certification for Advanced Practitioners in Cardiac Rehabilitation. This development was linked with the continued work of BASES with the BACR-Exercise Professionals Group. The success of a



third annual conference, held at Keele University in June, has helped advance BASES' collaboration with the ACPICR and the BACR-Exercise Instructor Network. The longer-term aim will be to use this certification as a prototype for the development of other exercise science-related practitioner qualifications with other special populations. This is an opportunity for the established BASES accreditation process to potentially emerge as a valuable resource for those mainly involved in exercise science for health.

A future longer-term aim, which would have broader appeal and needed employment opportunities, is the concept of a State Registered Physical Activity for Health Practitioners. The integration of BASES with the six health organisations listed above is aimed to help to develop frameworks for such an ambition. These are aspects that were discussed in an open forum at this year's BASES Student Conference and are aspects planned to be part of a forum at the 2004 BASES Annual Conference.

The aforementioned initiatives are aimed at increasing the relevance of BASES in arenas where experts in exercise for health are greatly needed for the benefit of the individual client/patient and the general public. Hence, the future for ensuring a wider spectrum of BASES membership is considered to reside in this important area of exercise for health science, where theory truly becomes practice.

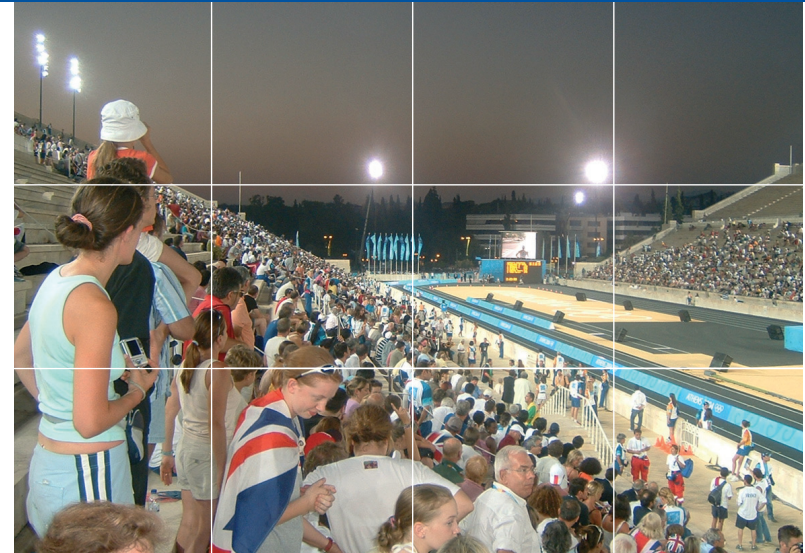
***Dr John Buckley***  
**Chair of the Exercise Science Special Committee**



## Sport Science Report

2004 is likely to be remembered as the year when a 'sea change' in the organisation of sport in the UK began. For example, there has recently been a restructuring and streamlining of the performance arm of UK Sport in order to better facilitate the development of our elite athletes and the support services they require. UK Sport is presently in the process of developing, in consultation with its partners (including BASES and the British Olympic Association (BOA)), a strategy and structure for improved integration of sport science, sport medicine and coaching services to the elite sport community. The outcome of this restructuring should be a more efficient and effective delivery of essential services to elite athletes and coaches, leading to improved performance. The launch of this new structure and strategy coincides with the further development of the English Institute of Sport, which can now be considered to be fully 'open for business'. The English Institute of Sport, along with the other Home Country Sports Institutes, will certainly improve the accessibility of sport science services to the UK's elite athletes.

These many developments mean that over the next few years there are likely to be significant shifts in the 'power base' with regard to the management and delivery of sport science services to the elite sport community. For sport scientists specialising in the support of athletes and coaches, and for BASES itself as an Association, these are, therefore, exciting and perhaps also challenging times. However, the proposed new structure provides BASES with the opportunity to ensure that its well-developed accreditation and continuous professional development programmes are incorporated into any new model and remain an essential component of the training and professional recognition of sport scientists in the UK. Much of the work of the Sport Science Special Committee in the last year has, therefore, involved responding to, and positioning BASES within, the rapidly changing political landscape and engaging in discussions with key partners (eg UK Sport, the BOA and Home Country Sports Institutes) with regard to BASES playing a key role in future developments in the elite sport sector.



Colleagues may remember that I was the BASES representative in a BASES/UK Sports Institute (UKSI) project designed to review the relevance of the BASES scientific support accreditation for individuals working with elite sportsmen and sportswomen. Following our review, Tom Collingridge, the UKSI representative, and I recommended that a more specialised accreditation pathway should be developed to better reflect the competencies and skills required by sport scientists working in this sector. Notable suggestions for change included the development of two levels of accreditation (Practitioner and Sport Scientist) and the requirement for applicants to undergo an 'observation of practice' and an interview in addition to submitting a paper-based application and appropriate references. This pathway, which was provisionally termed the World Class Guarantee Accreditation Scheme (WCGAS), has been extensively piloted over the last year. This pilot phase is now drawing to a close and following a review phase, involving all those who have acted as either applicants or reviewers, I hope to be able to recommend that the WCGAS (or a slightly modified version of it) be endorsed by the BASES Executive Committee and launched as an official BASES accreditation pathway in the near future.

**Prof Andrew Jones**  
**Chair of the Sport Science Special Committee**



## UK Sport Grant

BASES received a £20,000 grant from UK Sport for 2003–2004. UK Sport recognises BASES as the principle body for delivery of international achievement in sport and exercise sciences in the UK. The grant was used by BASES to support a work programme that has a broad focus on supporting UK Sport's strategy for developing high performance sport. Specifically, BASES continued:

- with its modernisation programme and focused on achieving its objectives within its five-year Corporate Plan (2002–2007). These objectives include an organisational review on infrastructure, systems and strategies in order to create sustainable benefits for sports science in the UK.
- to provide a central resource of informed strategic and technical expertise, advice and support for UK Sport and its partners and continued to work with UK Sport to integrate this resource within their work with sports governing bodies.
- to provide a range of continuing professional development services for sport scientists working with or aspiring to work with high performance sports. These services included: a supervised experience and accreditation programme, educational workshops, an annual conference and a quarterly official publication.
- to provide an accreditation scheme for facilities and for individual sport scientists.

UK Sport has agreed an investment of a further £20,000 for the 2004–2005 period. BASES is extremely grateful for the support it receives from UK Sport.

**Dr Claire Palmer**  
Executive Officer of BASES



## The Inter-Professional Forum

The Inter-Professional Forum was inaugurated in July 2002 to promote liaison between the exercise support professions. Initial signatories were the Association of Chartered Physiotherapists in Sports Medicine (ACPSM), the British Association for Sport and Exercise Medicine (BASEM and BASES, but the intention was that, after a shake-down period, other organisations would be invited to join.

The benefits of having the chairs and additional representatives of the three associations meet regularly are substantial in terms of increasing understanding and the flow of relevant information. The most tangible outcome to date was a proposal for a joint Annual Conference that ACPSM and BASEM are planning for 2005. This initiative is one which, sadly but rightly, the BASES Executive Committee considered would not best serve its members' needs and therefore declined the invitation to join in. However, there will be other opportunities of this nature.

Another development, and in the long run almost certainly the more important, is just increasing in momentum. The Forum is building up a significant collaboration with UK Sport following substantial changes in UK Sport's personnel and structure. The aim of this collaboration is to facilitate the formation of athlete support programmes in which the services of the three founding professions will be better integrated than ever before. These three founding professions will almost certainly be joined by more professional bodies soon.

It is less likely that a comparable central initiative will be possible for the exercise and health side of BASES' work, since the other two founding professions are intimately involved in both the Health Service and private medicine already. However, for that very reason, I hope and believe that the benefits of contacts, trust and understanding that participation in the Forum brings will prove increasingly beneficial in that field too.

**Prof Neil Spurway**  
**Chair of the Inter-Professional Forum**



## BASES Annual Conference 2003

“Keynote and invited speakers succeeded in providing state-of-the-art reviews of medicine and science in sport and exercise.”

The Cutting Edge, the first joint conference of BASES and the British Association of Sport and Exercise Medicine (BASEM), took place in Sheffield, in September 2003. The conference programme, based around the theme Science and Medicine Serving Sport and Exercise, was organised jointly by Sheffield Hallam University and the University of Sheffield and took place in the city campus of Sheffield Hallam University.

The conference, by and large, achieved its academic and professional objectives. Keynote and invited speakers succeeded in providing state-of-the-art reviews of medicine and science in sport and exercise. The conference also provided the intended forum for the integration of knowledge from the various science and medical disciplines. Many presenters managed both to identify aspects of our scientific and medical knowledge that are currently incomplete and establish principles for further research.

The keynote and invited speakers were world class: Prof Bob Weinberg of Miami University, Prof Vikki Krane of Bowling Green State University, Prof Don MacLaren of Liverpool John Moores University, Prof Kai Ming Chan of the Chinese University of Hong Kong – the President of International Federation of Sports Medicine (FIMS), Prof Björn Engström of the Karolinska Institutet, Dr Nick Webborn of the National Sports Medicine Institute, Prof Angela Smith of the Children’s Hospital of Philadelphia – the President of Association of Chartered Physiotherapists (ACPSM) in Sports Medicine and former BASES Chair, Prof Neil Spurway.

There was a wide selection of workshops on scientific themes: applied sport psychology, sports engineering, comparing movement patterns within and between individuals, exercise and health and sexuality and sport performance. There were also several workshops on combined science and medicine themes – ‘Integrated Sport Science and Sport Medicine Delivery: the English Institute of Sport and other models’, a British Paralympic Association workshop and, on the day before the three main conference days, a British Olympic Association workshop for members of its Steering and Advisory Groups. This programme was supplemented by a symposium debate on the use of radiological and surgical interventions and symposia on overtraining, optimising soccer performance, rehabilitation of soccer injuries, publishing research successfully in sport and exercise psychology and sports medicine publishing, accreditation and training.

The conference was splendidly opened by the Minister of Sport, Richard Caborn MP and featured an Opening Civic Reception at Ponds Forge, addressed from the five-metre diving board by the Lady Mayoress. This ceremony also featured an amazing diving display that will remain in the mind long after most other impressions have faded. The exhibition was opened by Olympic divers, Jane Smith and Leon Taylor. An excellent conference banquet took place at the illustrious Cutlers’ Hall, with various entertainers, all excellent.

**Prof Roger Bartlett**  
**Chair of the Conference Organising Committee**

## BASES Annual Student Conference 2004

The 2004 Annual Student Conference was held at Lilleshall National Sports Centre. The opening address was given by one of Great Britain's true 'unsung' sporting heroes, Olympic Biathlete, Mike Dixon. Mike has represented Great Britain at a record six Olympiads, carrying the flag for Great Britain at opening ceremonies on three occasions. He has also amassed a total of 28 national titles in a sport where endurance and skill are combined in one of the toughest of all Olympic competitions. These achievements are even more remarkable when, as Mike revealed in his talk, he was told at the outset of his career that his maximum oxygen uptake was too low and that he was not a good enough shot. He was forced to shoot right handed instead of his natural left-handed style, yet still managed to become the acknowledged 'best shot' of all the world's leading biathletes. Mike's triumphs against the odds set the scene for the conference and demonstrated to delegates the levels of passion, commitment and dedication that are needed to reach the top in any chosen field.

Mike's presentation was followed by a keynote address from Peter Keen. Peter has become respected as one of the country's leading exercise physiologists, and painted an inspirational picture of his career path from researcher to coach, lecturer, performance director, corporate sport scientist and, currently, Performance Advisor to UK Sport. On the way, Peter went to two Olympic Games, was awarded an OBE and coached an Olympic champion. His message to the delegates was similar to that from Mike Dixon, ie the need to be focused, determined and prepared to make sacrifices to achieve goals. Dr Claire Palmer, BASES Executive Officer, followed this keynote address by presenting an overview of BASES and outlining ways in which students can become more involved in the Association. The afternoon session was taken up with oral presentations of delegates' original research.

The second day's session opened with a presentation from BASES Chair Elect, Prof Craig Mahoney, discussing the ever-increasing opportunities in applied sport and exercise psychology. John Brewer then gave a presentation exploring various opportunities for sport and exercise physiologists, stressing the need to think 'outside the box' when assessing the posts where the skills and competencies of a sport and exercise scientist could be used.



The final event of the morning was an 'open forum', allowing delegates the opportunity to ask questions to an invited panel on potential career pathways. In the afternoon, students had the chance to present their research as posters. The conference was closed by the BASES Honorary Secretary, Prof Edward Winter, who paid tribute to the quality of the student's work, and awarded prizes for the best oral and poster presentations. This presentation concluded a successful and enjoyable two days, which will hopefully inspire many of the delegates to worthwhile and long-term careers in sport and exercise science.

**John Brewer**  
Chair of the Conference Organising Committee



## **BASES Awards 2003–2004**

### **BASES Annual Conference Awards, 2003, Sheffield Hallam University**

**Phillip Reid Memorial Award** (Sponsored by Taylor and Francis)

**Susan Backhouse**, Loughborough University

*Caffeine – More than an ergogenic aid?*

**Sportspages Student Awards** (Sponsored by Sportspages)

**Kelly Ashford**, Brunel University

*Modelling the relationship between self-consciousness and competition anxiety.*

**Sportspages Student Awards** (Sponsored by Sportspages)

**Cassie Wilson**, Loughborough University

*Optimisation of running jumps.*

**Sportspages Student Awards** (Sponsored by Sportspages)

**Adrian Campbell**, Leeds Metropolitan University

*Prediction of maximum lactate steady state using lactate indices from a progressive incremental exercise test.*

**Sportesse Award for Sport Science** (Sponsored by Sportesse)

**Prof Andrew Jones**, Manchester Metropolitan University

*Inhibition of nitric oxide synthesis by L-Name speeds oxygen uptake kinetics during heavy intensity exercise in humans.*

**Sportesse Award for Exercise Science** (Sponsored by Sportesse)

**Dr Kate Woolf-May**, Canterbury Christ Church University College

*The effects of physical activity during stage iv cardiac rehabilitation on blood lipids and coagulation factor XIIIa.*

### **Undergraduate Student Dissertation Award**

**BASES Honorary Fellows Undergraduate Dissertation Award** (Sponsored by BASES Honorary Fellows)

**Beverley Ball**, University College Chichester

*Bandwidth knowledge of results and the relative frequency effect on the performance and learning of a golf putt.*

### **BASES Annual Student Conference Awards, 2004, Lilleshall National Sports Centre**

- Gill Perkins, University of Brighton
- Daniel Howells, University of Hertfordshire
- Pui Wah Kong, Loughborough University
- Liz Stuart, Canterbury Christ Church University College
- Beverley Ball, University College Chichester
- Luke Gander, University of Brighton.

### **Applied Practice Award**

BASES introduced Applied Practice Awards this year and have made one well-deserved award. BASES hopes to encourage many more applicants next year from all aspects of the work of the Association.

**Annual Award for Applied Practice in Exercise Science** (Sponsored by Cranlea)

**Dr John Buckley**, Keele University and Lifestyle Exercise and Physiotherapy, Shrewsbury.

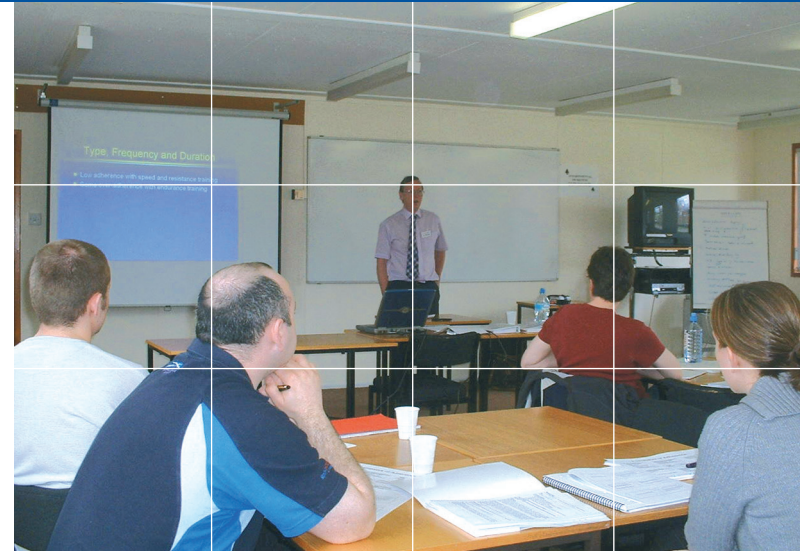
## Education and Training Committee

“The Education and Training Committee has also focused on quality assurance issues...”

The Education and Training Committee continues to see its major roles as dealing with the workshop programme and the BASES Undergraduate Endorsement Scheme. The workshop programme is based around a series of core workshops with additional workshops to support particular interests and needs. This has been achieved with a workshop plan across an 18-month period so that each core workshop will run at least twice in a three-year period.

The 2004 workshop programme includes 15 workshops across the sections with a mix of technique-based sessions, professional practice issues and research skills. Eleven of the workshops scheduled for 2004 are new. There is also a balance between ‘intermediate’ and ‘advanced’ workshops, allowing the membership to more easily identify workshops that may benefit them. Intermediate workshops are targeted at those with limited knowledge and experience of the workshop area, whereas advanced workshops are targeted at those wishing to enhance their knowledge and experience of the workshop area. Advanced workshops in some cases may reflect new ‘cutting edge’ areas. A good example of this is the workshop on “Molecular Exercise Physiology” organised by Dr Henning Wackerhage at Dundee University.

The Education and Training Committee has also focused on quality assurance issues, reviewing the evaluation process of workshops, as well as revising *A Guide to Hosting a BASES Workshop*. All those attending workshops are now asked to complete a revised evaluation form and organisers of workshops scoring four or above out of five of most items are invited to run the workshop again. All of these process changes have been undertaken to ensure greater consistency in the quality of workshops provided. The Committee will



continue to monitor the workshop programme and make any changes considered to improve standards further.

The BASES workshop programme is now advertised for free via the UK Sport weekly e-mail newsletter and the sportEX website. Reciprocal website links have also been established with sports coach UK.

The development of the proposed BASES Undergraduate Endorsement Scheme continues and Dr Neil Fowler presented the proposal to the Head of Departments Forum recently hosted by BASES at Loughborough University.

The proposal was generally well received by attendees and several individuals have made suggestions that will help to improve the scheme and ensure that all institutions view it as a worthwhile enterprise.

**Dr Richard Godfrey**  
**Chair of the Education and Training Committee**

## Programme of BASES Workshops for 2004

### Field Based Support for the Elite Performer

Dr Steve Ingham, Andrew Allford, Dr Gary Brickley, Peter Cunningham,  
Dr Scott Drawer, Sarah Hardman, Kate Owen  
Olympic Medical Centre, Middlesex

### Gait Analysis

David Akroyd-Jones, Tony Nevin  
Physability, Stroud, Glouc

### Molecular Exercise Physiology

Dr Henning Wackerhage, Phil Atherton, Sujatha Manthri  
University of Dundee

### Do Your Athletes Follow Your Intervention Recommendations?

#### Ways To Improve Adherence

Dr Claire Palmer, Prof Les Burwitz  
Alsager Campus Manchester Metropolitan University, Cheshire

### Pulmonary Function Testing

Dr Alison McConnell, John Dickinson, Michelle Lomax, Lisa Miller  
Brunel University

### Introduction to Counselling Skills

Dr Brian Hemmings, Dr Jonathan Katz  
University College Northampton

### The Sport Psychologist on Tour

Prof Ian Maynard, Dr Mark Bawden, Mr Ben Chell  
Sheffield Hallam University

### Advanced Counselling Sport Specific Course

Dr Brian Hemmings, Dr Jonathan Katz  
University College Northampton

### Measurement and Analysis of Force

Prof Adrian Lees, Gareth Gilbert, Dr Gabor Barton, Dr Mark Lake  
Liverpool John Moores University

### Multivariate Statistics for the Terrified

Prof Andy Lane, Prof Edward Winter, Prof Alan Nevill, Dr Nikos Ntoumanis  
University of Wolverhampton, Walsall Campus

### Kinanthropometry (Body Composition)

Prof Tom Reilly, Prof Roger Eston  
Liverpool John Moores University

### Measurement of Joint Torque and Power (Dynamic Strength) Using Dynamometers

Dr Bill Baltzopoulos, Dr Nigel Gleeson  
Alsager Campus – Manchester Metropolitan University, Cheshire

### Lessons from the Athens Olympiad (in association with the BOA)

Sheelagh Rodgers, Dr Simon Timson  
Bisham Abbey NSC

### Counselling Skills for Promoting Physical Activity in the General and Clinical Populations

Prof Nanette Mutrie, Dr Alison Kirk, Dr Adrienne Hughes  
Institute of Sports & Exercise, University of Dundee

### Managing Cultural Change in Sports Teams and Organisations

Matt Jevon, Paul Russell  
Bolton Institute

### Computer Modelling of the Structure and Function of the Musculoskeletal System and Applications in Sport and Exercise

Dr Bill Baltzopoulos, Dr Adrian Burden  
Alsager Campus – Manchester Metropolitan University, Cheshire



## The Journal of Sports Sciences

The *Journal of Sports Sciences (JSS)* continues to make excellent progress as one of the leading academic journals of sport sciences both in this country and the world. However, evidence of this progress was not entirely obvious when it received the latest impact factor (for the calendar year 2002) as 0.741 in June 2004. This apparent decline in its impact factor would place *JSS* at about 38th in the subject category of sport sciences journals. Given that the *JSS* had received an impact factor of 1.082 in 2002, ranking *JSS* 22nd out of 69 journals, all those associated with *JSS*, especially the members of the Editorial Board, were clearly disappointed.

However, when our 'mathematical detective', Prof Bill Baltzopoulos (Section Editor for Biomechanics), investigated further, he discovered a likely cause of this apparent decline. The 2003 impact factor is the ratio of citations in 2003 to papers published in 2001 and 2002. As the number of papers published (ie that used in the ISI 2003 calculation) appeared to show a big increase in published papers without any change in the *JSS* publication frequency, Bill decided to investigate the calculation of the impact factor in detail. As he suspected, the 2003 impact factor calculations included 109 abstracts from the 2001 BASES Annual Conference published in Vol. 20, Issue 1, January 2002. Although the *JSS* publishes abstracts from selected meetings of affiliated societies after full peer review, these abstracts from meetings should *not* be included in the impact factor calculations. In fact, this is precisely what the ISI Web of Knowledge team had done. They had indeed included the 109 abstracts as full papers in their calculations. The correct 2003 impact factor has now been recalculated as 1.255, based on the actual number of original full papers published in 2001–2002 and their citations in 2003.

ISI have agreed to rerun the Journal Citation Report (JCR) later this summer, at which time the recalculated data will appear in the product. The staff at the Thomson Scientific were very apologetic and wished to thank us for bringing this error to their attention. The recalculated impact factor will now place *JSS* in a very healthy 16th position out of 71 journals in the Sport Sciences Subject category of ISI, leaving the *JSS* in its highest position since its inclusion in the JCR.

Further evidence of the *JSS*'s success comes for the unprecedented increase in the number of papers being both submitted and published each year. Although the *JSS* will continue to publish only 12 issues per year, this increase in published papers has forced the publishers to consider increasing the number of pages included in each issue for 2005. Special issues also increase pressure on space in the *JSS* with five special issues likely to be published in the near future, including an 'Exercise', 'Environmental', 'Preparation and Training for Soccer', 'Home Advantage' and a 'Sailing' special issue.

The publishers, Taylor and Francis, report a number of 'mostly welcome' developments. The promised manuscript-tracking software system, which was due to be available by the end of 2003 or early in 2004, appears to be delayed. However, the Editorial Board has decided to invite authors to submit manuscripts electronically (as attachments) from the beginning of 2004 (see new guidelines to authors) to accelerate the review process. The publishers report that institutional subscriptions for 2003 were at 94% compared with the previous year. This attrition rate of approximately 6% compares favourably with the industry average attrition of 5–8%. Furthermore, the online edition continues to be a successful additional resource, with around 100,000 full-text downloads between April 2002 and April 2004 and with the total contents page hits for this period being 160,000. Clearly, this usage of the *JSS* online service indicates that articles are being widely used by the sports science community both nationally and internationally.

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



## BASES Website



[www.bases.org.uk](http://www.bases.org.uk) is a window into the world of BASES and is considered crucial to the profile of BASES. A complete redesign and major facelift of the BASES website, to better serve members and other interested parties, was achieved in February 2004. The new website has new advanced features, an improved 'look and feel' as well as a more structured approach.

The web redesign group decided that the key aim of the website was to ensure that it reflects BASES as *the* professional body that promotes excellence in sport and exercise sciences in the UK. The new website is clearly targeted to specific users – members, prospective members and clients/end-users.

Given the important role that the BASES accreditation schemes play in setting and maintaining the professional standards within sport and exercise science, BASES consultant and laboratory finders have been added. Now organisations, national governing bodies, teams and coaches etc can easily locate BASES accredited sport and exercise scientists and laboratories. On the consultant-finder visitors can search by accreditation category, specialisation, specialist population, sport and/or region. For the laboratory-finder, searches can be performed by institution, region, sport and/or services provided. These facilities should be of real benefit to members and clients.

The website contains latest news stories and major events, ensuring that visitors have easy access to information regarding the BASES workshop programme as well as the annual and student conferences. Other features include a message board, job vacancies, education and links. There are also accreditation and supervised experience webpages. The Association's strong support of students is also reflected, with dedicated content areas for students, focusing on undergraduate, postgraduate and career information. Based on initial feedback from visitors to the new website, the goals of improved navigation, content structure and design have been achieved.

The website currently gets an average of 1,000 page views per day. The job vacancies page is by far the most popular website page, reflecting the fastest growing method of advertising jobs. The website statistics also highlight the popularity of the consultant-finder, which was developed to assist end-users in locating BASES accredited sport and exercise scientists, helping to ensure that the level of service received by a particular client is based on the best available knowledge and practice. Our website sponsors, Human Kinetics, are also extremely pleased with the website redesign. Plans to further develop the website are underway, including: webpages for *The Sport and Exercise Scientist* – the official publication of BASES – a course-finder for sport and exercise science undergraduate and postgraduate courses, a member area, online abstract submission for the Annual Conference and online voting for Association Officers and Section Representatives.

**Dr Claire Palmer**  
Chair of Website Redesign Group

## Supervised Experience and Accreditation

### Supervised Experience

The Section Supervised Experience Review Committees reviewed a total of 89 supervised experience applications (April 2003 and October 2003). Section-specific figures are reported in Table 1 below. There are now 288 BASES individuals registered on supervised experience.

**Table 1: Supervised Experience Figures for 2003–2004.**

Section	New Supervised Experience Applicants <sup>a</sup>	No. Individuals Registered on Supervised Experience <sup>b</sup>
Biomechanics	4	28
Interdisciplinary	2	6
Physiology	26	93
Psychology	57	161
<b>Total</b>	<b>89</b>	<b>288</b>

Notes. <sup>a</sup>Across April 2003 and October 2003. <sup>b</sup>As of April 2004.



### Individual Accreditation

The BASES Accreditation and Fellowship Committee met twice in the year and reviewed a total of 63 applications for scientific support and research re-/accreditation (July 2003 and January 2004). Section-specific figures are reported in Table 2 overleaf. There are now 308 BASES accredited sport and exercise scientists.

## Supervised Experience and Accreditation

**Table 2: Accreditation and Re-accreditation Figures for 2003–2004<sup>a</sup>**

Section	Scientific Support Re- /accreditation	Research Re- /accreditation	Scientific Support and Research Re- /accreditation	No. BASES Accredited Sport and Exercise Scientists <sup>b</sup>
Biomechanics	3	-	-	22
Interdisciplinary	3	-	-	22
Physiology	17	7	1	124
Psychology	26	3	3	140
<b>Total</b>	<b>49</b>	<b>10</b>	<b>4</b>	<b>308</b>

Notes. <sup>a</sup>July 2003 and January 2004. <sup>b</sup>As of January 2004.

### **Laboratory Accreditation**

In total, nine laboratory accreditation visits took place in 2003–2004. Five new laboratories were accredited:

- Loughborough University
- University College Worcester
- University of Portsmouth
- University of Luton
- London South Bank University.

The four re-accredited laboratories were:

- Manchester Metropolitan University, Cheshire
- Canterbury Christ Church University College
- Brunel University
- Roehampton University.

**Dr Claire Palmer**  
Executive Officer of BASES

## Biomechanics Section

This has been an interesting year and one in which the Association has been addressing a number of fundamental issues. Indeed, the very future of the sectional structure of BASES is under review and may well change in the near future. It is within the context of organisational review that I have attempted to represent the views of the Section. The workshop programme has continued to be a success and the Section is growing both in number and in activity, with a total of 194 members.

There have been a pleasing number of new applications for members to either start supervised experience or to gain accreditation in the Section. While this is a sign of healthy activity, the Biomechanics Section is still a minnow when compared to the numbers in the Physiology and Psychology Sections. The challenge going forward is to continue to raise the profile of the Section and the value of biomechanics in the wider sport and exercise community. The increase in number of applicants for supervised experience also raises a challenge to ensure that the Section has sufficient experienced and accredited members in the Section to support this new blood. We will be unable to move forward without the critical mass to service the needs.

During the coming year the review of the supervised experience and accreditation processes is likely to have an impact and it is probable that changes will be proposed. As a Section, I will be seeking input from a range of sources to help shape this and to ensure that the specific interests of the Biomechanics Section are represented.

Through various channels it has become clear that part of the solution to the membership issue in biomechanics is to ensure that a greater number of students are trained in the area. This issue is addressed to some extent in the BASES Undergraduate Endorsement Scheme proposal, where a minimal level of disciplinary content is required. Further to this, as a Section we should take on board to support our local Further Education providers to ensure that students entering degree courses have already gained some basic training in the area.



The final challenge moving forward is to continue to promote the attributes of the Section in the wider sport and exercise community. We need to be reaching out into areas where we are under-represented. The clinical exercise field, rehabilitation, equipment design and engineering are examples.

**Dr Neil Fowler**  
**Chair of the Biomechanics Section**



## Interdisciplinary Section

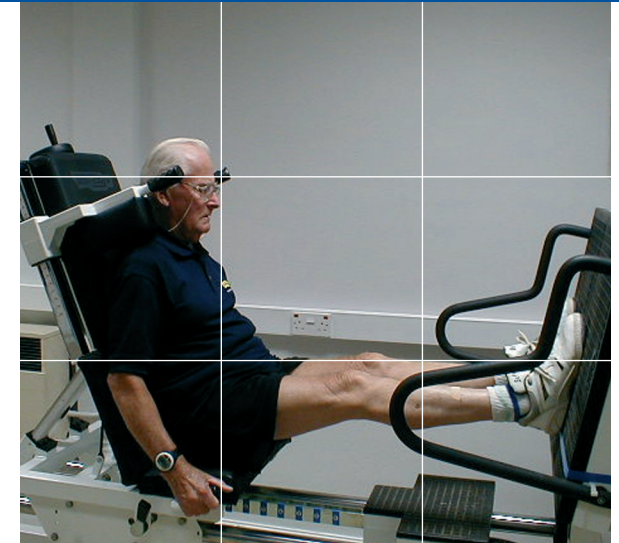
It has been a tremendously exciting year for the Association as a whole as we have moved forward with organisational developments and the positioning of BASES as the central organisation for sport and exercise science within the ever increasing market place in the UK.

In chairing the Interdisciplinary Section, I have been guided by the mission that “the Interdisciplinary Section is to provide quality-assured, evidence-based scientific support to sport and exercise populations and to encourage, support and promote interdisciplinary research”. The Section panel and members have worked hard towards this end over the past year.

There are several key performance indicators that can be used to look at the ongoing success of the Interdisciplinary Section within BASES. In terms of increasing membership, the Section now has 437 members, which is an increasing position of strength. The challenge that faces the next year is to turn the increasing membership numbers into increased membership action, so as to increase the impact that BASES and its initiatives have upon the development of the members and the market. With this in mind, the number of accredited interdisciplinary practitioners continues to rise and currently stands at 22. It is also pleasing to note that several long-standing practitioners are now seeking re-accreditation within the Interdisciplinary Section. The number of people on supervised experience is now six.

The Interdisciplinary Section contributed to the UK Sport World Class Coaching Conference and the development of the British Strength and Conditioning Association. But it is not only through sport that interdisciplinary practice has achieved prominence this year. As one colleague reminded me in a recent e-mail discussion, “much of the work that we do in a health setting is, by its nature and definition, interdisciplinary”. The health sector is an area that will expand as population demographics change to reflect an increasing aged and sedentary population (and children become more inactive, unless initiatives reverse the trend). The work that BASES’ interdisciplinary members and accredited practitioners undertake in the field of rehabilitation, cardiac rehabilitation, cardio-respiratory disease prevention and other chronic illnesses (and working to prevent the spread or impact of such) is vital to the nation, and must be recognised, promoted and applauded.

**Clive Brewer**  
Chair of the Interdisciplinary Section



## Physiology Section

On taking office as Chair of the Physiology Section in September last year, I stated that there were likely to be interesting and challenging times ahead for our Association. The proposal for the restructuring of BASES is one indication that the last year has proven to be both interesting and challenging.

In terms of Physiology Section business, during the year 2003–2004, the Physiology Accreditation and Fellowship Committee reviewed 17 applications for accreditation/re-accreditation in scientific support and seven for accreditation/re-accreditation in research, as well as 86 supervised experience reports, including 26 new supervised experience applications. Nine laboratory visits were carried out with five new laboratories becoming accredited and four being re-accredited. During this period, 10 physiology-related workshops were held and feedback from these has generally been excellent. The Section now has 867 members.

This last year has also seen the formation of a new Special Interest Group in Molecular Exercise Physiology, chaired by Dr Henning Wackerhage. In addition, the Clinical Exercise Physiology Special Interest Group, which is chaired by me and has some 25 members, has been relaunched. The new edition of the *Sport and Exercise Physiology Testing Standards: The British Association of Sport and Exercise Science Guide* is about to enter the writing phase with publication planned for late 2005. BASES has also recently produced an information leaflet, *Guidelines for Resistance Exercise for Young People*.

In an attempt to engage Physiology Section members with BASES business and to involve as many people as possible in the governance of the Section, all Section members receive a monthly e-mail update. Perhaps the most important piece of policy work undertaken is the introduction of a proposal to be presented at the 2004 AGM, to align BASES with the Science Council. A move that could see all BASES accredited physiologists and others achieve Chartered status by the middle of 2005.

Throughout the last year I have been consistently impressed by the hard work, diligence and professionalism of those who are either elected or who volunteer to serve you, the members, whether as a Section representative on central committees or as a member of the Section Accreditation Committee.



I have been struck, however, by the fact that it is the same people who consistently step up to answer the call to service and I have been disappointed by the apparent apathy of members, for example when responses and feedback on major issues have been requested either by the BASES office or by me. BASES is a professional membership organisation and its role in sport and exercise science, even its survival, relies on the active involvement and participation, no matter how small, of all of its members. I would implore all of you, therefore, over the next 12 months to seek out an opportunity to further the business of your Association.

**Dr Paul D. Bromley**  
**Chair of the Physiology Section**

## Psychology Section

The BASES Psychology Section, with 642 members, has made significant moves in the right direction in terms of placing itself strategically, both nationally and internationally. For example, our supervised experience (SE) and accreditation system continues to underpin the British Olympic Association's registration system. Likewise, our SE and accreditation system is recognised by the British Psychological Society (BPS) and the Association for the Advancement of Applied Sport Psychology (AAASP), who both acknowledge the system's standards and rigour and as such, allow it to play a significant role or give it equivalence to their own quality assurance procedures.

We have thoroughly overhauled the psychology SE competencies and expect that applicants will pursue the new process from October 2004. Supervisees currently registered on the SE system will continue on the former procedure unless they wish to swap to the new process. It is widely considered that the new SE competencies are more transparent and comprehensive, better meet the end-users' needs and are more closely aligned with the BPS, AAASP and the International Society for Sport Psychology. Additionally, the competencies now adopt evaluation systems that reflect those used by the other sections of BASES.

This year has also seen the birth of the Sport and Exercise Division within the BPS. BASES wishes the new Division every success and is committed to work closely with the BPS to take sport and exercise psychology in the UK from strength to strength. To this end, the intention is to get the Memorandum of Collaboration between the two associations, which has been approved, signed and implemented at the earliest opportunity. Our relationship with AAASP is also continuing to grow. During the year a 'reciprocity' agreement has been signed that enables AAASP Certified members to practise in the UK and BASES-accredited individuals to practise in the USA, on the condition that the individuals belong to both associations. A Memorandum of Collaboration with AAASP has also been drafted, which will extend our relationship and potentially grow mutually beneficial projects. It is anticipated that the Memorandum of Collaboration will be considered by the AAASP Executive Board at their annual conference this year.

**Prof Ian Maynard**  
**Chair of the Psychology Section**

**BASES Annual Report 2003–2004**



# The Association's Financial Accounts 2003–2004

## Profit and Loss Account for the Year Ended 31 March 2004

	Diff between			
	2003 & 04	31/03/2004	31/03/2003	31/03/2002
	£	£	£	£
<b>INCOME</b>				
Membership	4,092	68,258	72,350	63,040
Sport UK	0	20,000	20,000	20,000
Adverts	-6,860	23,386	30,246	26,453
Workshop income	3,375	16,290	12,915	11,142
JSS royalties	-685	8,499	9,184	8,991
Accreditation fees	-2,585	6,090	8,675	4,970
Annual conference	-5,464	0	5,464	12,887
Other conferences	-1,663	800	2,463	0
Publications	-209	1,729	1,938	2,461
Contracts	-69,309	3,250	72,559	19,722
Bank interest	-389	261	650	628
BASEM	5,256	5,256	-	-
<b>Total income</b>	<b>-82,625</b>	<b>153,819</b>	<b>236,444</b>	<b>170,294</b>

	Diff between			
	2003 & 04	31/03/2004	31/03/2003	31/03/2002
	£	£	£	£
<b>EXPENDITURE</b>				
Contracts	-46,301	3,870	50,171	-
BASEM	90	90	-	-
Salaries/pension etc	3,602	60,299	56,697	54,304
Office expenses/IT	-5,558	35,851	41,409	48,225
Newsletter	-7,405	34,515	41,920	36,375
Meeting expenses	-2,773	10,198	12,971	12,107
Workshop expenses	5,158	14,933	9,775	9,895
Conference expenses	-484	2,147	2,631	2,471
Accreditation costs	-880	3,000	3,880	1,759
Sundry expenses	321	1,051	730	1,231
Audit/legal fees etc	-1,773	3,977	5,750	2,327
Staff training	-£4,090	£170	£4,260	1,458
Bad debt	-139	-74	65	-
Irrecoverable VAT	99	7,391	7,292	N/A
Bank charges	110	819	709	828
Depreciation	-426	2,550	2,976	2,660
Subscriptions/sundry	2,285	2,285	-	-
Website/computers	947	947	-	-
<b>Total expenditure</b>	<b>-57,217</b>	<b>184,019</b>	<b>241,236</b>	<b>173,640</b>
<b>PROFIT/LOSS</b>	<b>-30,200</b>	<b>-4,792</b>	<b>-3,346</b>	
<b>RESERVES</b>	<b>28,167</b>			
<b>NET LOSS</b>	<b>4,063</b>			



## Overview of Financial Accounts

This year BASES reduced its expenditure by £57,000. However, income decreased by more than this amount so BASES has made a net loss. The most obvious change in income and expenditure between 2002–2003 and 2003–2004 is in a reduced profit of £20,000 generated from contracts. Other areas of income that showed a decrease include membership (-£4,000) and advertising revenue (-£7,000). Both membership and advertising have shown steady increases each year since 1997, so a decrease was not projected. There was also a marked decline in income from conferences (-£7,000), including the 2003 BASES Annual Conference.

BASES staff and audit and accountancy team identified that BASES were likely to make a loss at the mid-point of the financial year. A series of measures were introduced to reduce the loss and the final position represents a substantial improvement over the initial forecasts. The measures taken included:

### Decreasing Expenditure

- Termination of BASES World and introduction on *The Sport and Exercise Scientist* (projected saving of £31,141 per annum).
- Implementation of efficient non-membership renewal procedure to ensure 'non-paying members' do not receive membership services.
- Reduction of office expenses including photocopying (photocopying charges changed from £4,500 per quarter to £500 per quarter).
- Introduction of e-mail-based communication to members rather than paper-based (saving of ~£1,000 per correspondence).
- Termination of junior administration contract (saving of £6,177 per annum).
- Producing the BASES Annual Report as a PDF (saving of £3,500 per annum).
- Introduction of online voting for Association Officers and Section Representatives (initial outlay matches cost of one year's paper-based system. For subsequent years there will be no charge, saving £1,000 per annum).

### Increasing Income

- Increasing advertising rates (projected additional income of £7,500 per annum).
- Development of web-based course-finder for undergraduate and postgraduate courses (institutions will pay to place courses on the finder).
- Implementation of procedures to recoup ~£2,500 deficit per annum in membership fee income due to members still paying old fees.
- Redesign of BASES job vacancies webpage to attract additional advertisers.

### Introducing 'Real-costs' to Loss-making Activities

- Introduction of an annual registration payment of £40 for each supervised experience application/report to cover payment of the two reviewers for each application/report and BASES administrative costs.
- Introduction of £200 BASES Office cost for each workshop to cover administration costs, certificates, postage and packaging, photocopying etc.

The implementation of these measures has resulted in a Net Profit of £5,468 in the first quarter of the 2004–2005 financial year (April–June).

Obviously BASES needs to be sure that the Association can at least break even in the forthcoming financial year and BASES staff have worked with the audit and accountancy team to ensure that our projections are realistic. BASES also needs to continue to ensure that any new or expanding activities are fully financed. Increasing the membership costs to ensure they cover the expenses associated with our key activities is an important part of this process.

**Dr Val Cox**  
**BASES Honorary Treasurer**

# Acknowledgements

## Biomechanics

**Chair** | Dr Neil Fowler

**Secretary** | Ceri Diss

**Accreditation and Supervised Experience Review Committee** |  
Dr Adrian Burden, Dr Neil Fowler, Dr Mike Lauder and Dr Carl Payton.

## Interdisciplinary

**Chair** | Clive Brewer

**Secretary** | Dr Rosemary Dyson

**Accreditation and Supervised Experience Review Committee** | Clive Brewer, Prof Les Burwitz, Dr Diane Crone, Matt Jevon and Prof Andy Smith.

## Physiology

**Chair** | Dr Paul Bromley

**Secretary** | Dr Mike Price

**Accreditation and Supervised Experience Review Committee** |  
Dr Paul Bromley, Dr John Buckley, Prof Jo Doust, Audrey Duncan, Prof Roger  
Eston, Prof Andy Jones, Dr Alison McConnell, Dr Kevin Thompson and  
Prof Edward Winter.

## Psychology

**Chair** | Prof Ian Maynard

**Secretary** | Dr Chris Harwood

**Accreditation and Supervised Experience Review Committee** | Abbe  
Brady, Dr Joy Bringer, Paul Dent, Allison Dyer, Dr Tara Edwards, Dr Chris  
Harwood, Dr David Houlston, Dr Wil James, Dr Lynne Johnston, Zoe  
Knowles, Prof Ian Maynard, Dr Mark Nesti, Dr Chris Shambrook, Dr Richard  
Thelwell, Tony Westbury and Dr Sandy Wolfson.

## Accreditation and Fellowship Committee

Prof Craig Mahoney (Chair), Prof Roger Bartlett, John Brewer, Prof Nanette  
Mutrie and Dr Garry Palmer.

## Education and Training Committee

Dr Richard Godfrey (Chair), David Akroyd-Jones, Dr Adrian Burden, Allison  
Dyer, Dr Neil Fowler and Dr Richard Tong.

## Student Advisory Group

Emma Stevenson (Chair), Maggie Allen, Kevin Currell, David Lovejoy, Andrew  
Murray, Jon Oliver, Garry Tew and Claire Thomas.

## Abstract Review Board

Prof Alan Nevill (Chair), Dr Greg Atkinson, Prof Vasilios Baltzopoulos, Prof  
Roger Eston, Prof Ron Maughan, Dr Mary Nevill, Prof Nanette Mutrie, Prof  
Tom Reilly and Prof Edward Winter.

## BASES World Editorial Board

Greg Rhodes (Editor), Ceri Diss, Dr Rosemary Dyson, Dr Mike Price, Rob  
Robson, Claire Thomas and Dr Keith Tolfrey.

## The Sport and Exercise Scientist Editorial Board

Dr Chris Sellars (Editor), Dr Claire Palmer, Lisa Board, Tracey Devonport, Prof  
Andy Lane, Dr Sarah Rowell, Dr John Saxton, Dr Keith Tolfrey and Prof  
Edward Winter.

## Website Redesign Group

Claire Palmer (Chair), Andy O'Neill, Jane Bairstow, Clive Brewer, Dr Joy  
Bringer, Phil Carter, Sara Cooper, Dr Val Cox, Matt Jevon, Dr Garry Palmer,  
Greg Rhodes and Rob Robson.

## Membership Working Party

Dr Neil Fowler (Chair), Charlotte Hilton, Matt Jevon, Jon Oliver, Dr Clare  
Pheasey and Dr Chris Shambrook.

## A Guide to Careers in Sport and Exercise Sciences Production Team

Emma Stevenson, Dr Claire Palmer, Dr Val Cox and Dr Nick Smith.

## Contributors to Guidelines for Resistance Exercise in Young People

Dr Gareth Stratton, Dr Michelle Jones, Prof Ken Fox, Prof Simon Frostick,  
Dr Jo Harris, Dr Martin Lee, Prof Nicola Maffulli, Mr Craig Simmons and  
Dr Keith Tolfrey.

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- The 2003 BASES Annual Conference Organising Committee: Prof Roger Bartlett (Chair), Paul Beresford, Reg Goodchild, Dr Patrick Milroy, Grace Roberts, Prof Christer Rolf, Prof Andy Smith, Dr Simon Till and Helen Tunstall
- John Brewer and the 2004 BASES Annual Student Conference Organising Committee
- Special Interest Group Chairs (Dr Paul Bromley, Prof Don MacLaren, Dr Chris Sellars and Dr Henning Wackerhage)
- Workshop organisers and presenters
- All those BASES members who acted as judges for awards throughout the year
- Individuals who have contributed to the Association this year by responding to various requests for input and assistance
- Andy O'Neill, the website designer from Lazy Gecko
- Human Kinetics (Sara Cooper and Phil Carter)
- Routledge
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