

# BASES Annual General Meeting 2022

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The British Association of  
Sport and Exercise Sciences

**Tuesday 15 November 2022, 5:15 pm**  
**Rowley Suite, King Power Stadium, Leicester and**  
**virtually, via WebinarJam**

Prof Zoe Knowles *FBASES*, Chair

# BASES AGM 2022: Agenda



The British Association of  
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- Apologies
- Minutes of previous meeting - 15 November 2021 (poll)
- 2021-2022 Annual Review (Achievements and Performance)
- Special Resolution – adopt the new BASES' values, commitments and behaviours
- Financial Statements for the year ending 31 March 2022
- Any other business



# **Board Members (2021-22):**

**Chair:** Prof Zoe Knowles FBASES

**Division Chairs:** Dr Ibrahim Akubat FBASES, Dr Lindsay Bottoms FBASES, Dr Adam Gledhill FBASES, Dr Kiara Lewis FBASES, Dr Andrew Mitchell

**Non-Executive Directors:** Greg Koral, Vinny Leach, James Tugwell, Susan Went

**Executive Director:** Ian Wilson



# Our Vision, Mission and Strategic Objectives



The British Association of  
Sport and Exercise Sciences

## **Our Vision:**

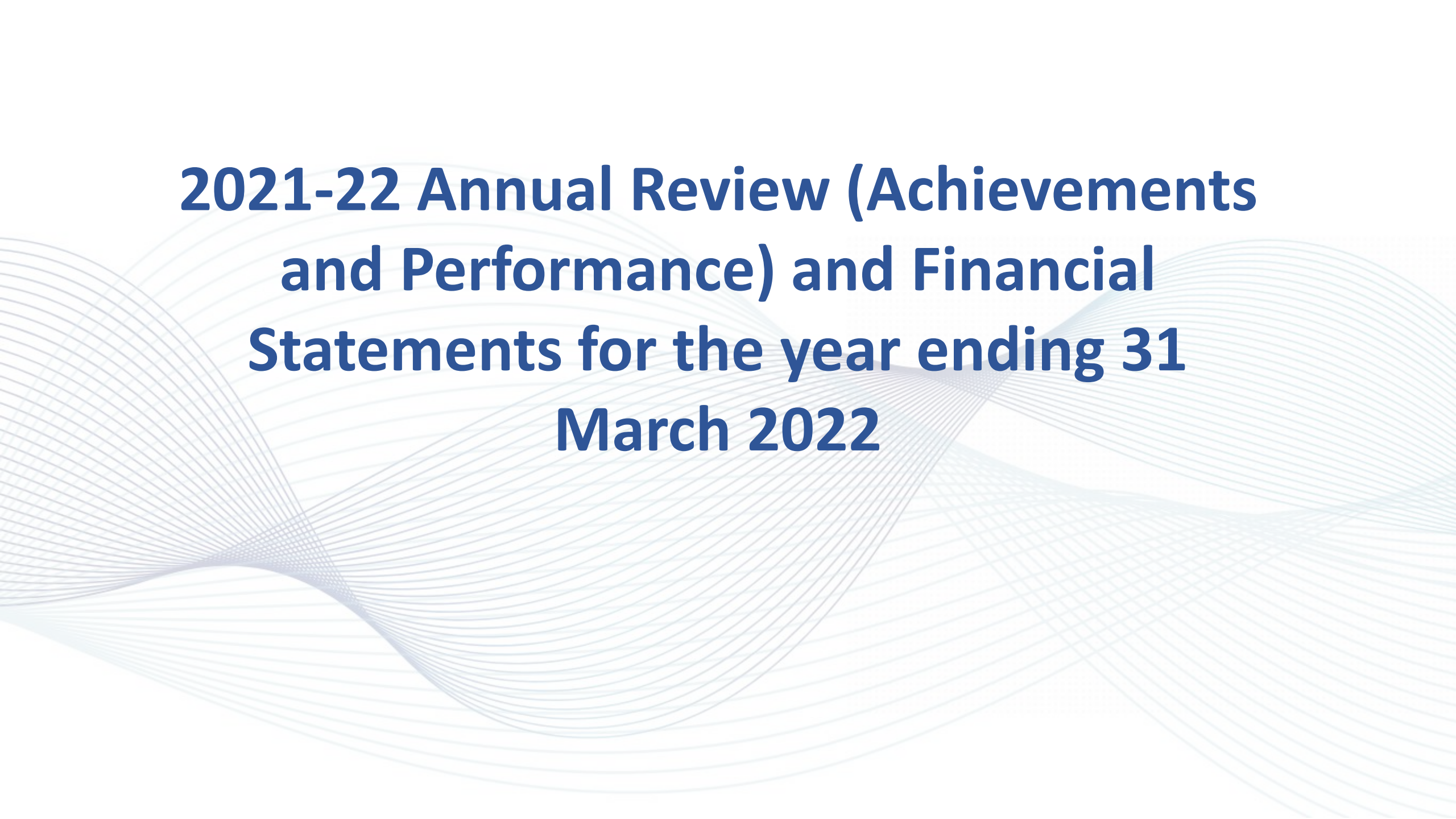
To deliver excellence in sport and exercise sciences

## **Our Mission:**

To lead the advancement of knowledge and evidence-based practice within the sport and exercise sciences for the benefit of human performance, health and education

## **Strategic Objectives:**

1. To enhance BASES status as *the* professional standards body for sport and exercise sciences in the UK
2. To grow BASES reputation as the leading expert body for sport and exercise sciences through strategic partnerships and advocacy
3. To drive step-change in membership by enhancing our value proposition to sport and exercise science professionals
4. To establish financial sustainability through new and existing secure and long-term income streams
5. To develop our governance model and define our organisational status to support the effective delivery of the BASES mission



**2021-22 Annual Review (Achievements  
and Performance) and Financial  
Statements for the year ending 31  
March 2022**



# Ongoing impact of COVID-19



- No face-to-face (in person) delivery
- Significant number of remote meetings took place
- Significant CPD was delivered, virtually.

# BASES: 2021-2022 in numbers



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**Average members** (Sept'21 - Aug'22) = 2,371 (+0.2% vs previous year)

- Professional members: 1,341 (+0.45% vs last year)
- Graduate members: 239 (+36% vs last year)
- Student members: 929 (-26% vs last year)
- Overseas, Affiliate & VIP members: 93 (-36% vs last year)

## **Social Media**

- Instagram followers = 2,605 (+15% vs August 2021)
- LinkedIn followers = 8,524 (+14%)
- Twitter followers = 32,601 (+2.5%)
- Facebook likes = 5,847 (+0.7%)



# Partnerships



The British Association of  
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- Foundational Full Membership of the International Confederation of Sport and Exercise Science Practice (ICSESP)
- Relationships and developments continued with:
  - American College of Sports Medicine (ACSM), British Association for Sustainable Sport (BASIS), British Dietetics Association (BDA), British Psychological Society (BPS), Clinical Exercise Physiology Association (CEPA), English Institute of Sport (EIS), the English Premier League (EPL), Expertise and Skill Acquisition Network (ESAN), Human Kinetics, International Society for Performance Analysis (ISPAS), MIND, Newcastle United Football Club, the Nutrition Society, Open University, the Physiological Society, the Professional Footballers' Association (PFA), Sport Northern Ireland, **sportscotland** Institute of Sport, Sporting Edge, Supporting Champions, UK Anti-Doping (UKAD) and Yakult.



# BASES Annual Conference



The British Association of  
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## 2021

- Virtual, 16-18 November 2021

## 2022

- King Power Stadium, Leicester, 15-16 November 2022

## 2023

- CBS Arena, Coventry, 16-17 November 2023





# BASES Student Conference



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## 2022

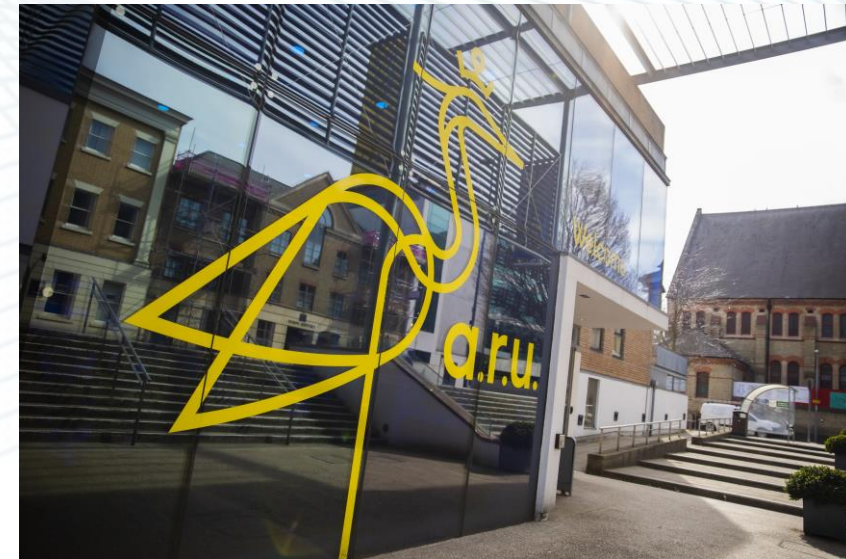
- University of Huddersfield
- Tuesday 26 - Wednesday 27 April 2022
- *“Supporting the Next Generation of Sport and Exercise Scientists”*



University of  
**HUDDERSFIELD**

## 2023

- Anglia Ruskin University, Cambridge
- Monday 24 - Tuesday 25 April 2023
- *“Reflections from the past driving the future in Sport & Exercise Science”*
- Abstract submission and registration now open





# BASES activities: 2021-2022 in numbers

(annual report includes all recipient details)



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## Awards & Grants

- 8 x BASES Fellowships awarded
- 1 x International Conference Grant awarded
- 1 x Applied Practitioner Award
- 1 x Early Career Grant awarded
- 4 x BASES Expert Statements funded and published

# BASES activities: 2021-2022 in numbers



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## Events

- 18th Heads of Department Forum (15 March'22) virtually
- Next year's HoD forum will be held 15 March 2023
- Five Division days took place, virtually
- 15 other workshops, all linked with the Supervised Experience and SEPAR programmes, attended by 215 delegates
- 9 webinars, with a combined 500 delegates registering
- 6 courses and workshops endorsed through the BASES CPD Endorsement Scheme



# BASES activities: 2021-2022 in numbers



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## Professional Standards

- 401 members hold BASES Sport & Exercise Scientist Accreditation; 208 Chartered Scientists; 55 Certified Exercise Practitioners and 25 High Performance Sport Accredited
- 66 candidates enrolled on Sport & Exercise Psychology Accreditation Route (SEPAR) this last year, supported by 47 Reviewers and 56 Supervisors
- 174 members are undertaking Supervised Experience, supported by 204 registered supervisors and 179 registered reviewers
- 15 accredited physiology laboratories
- 75 BUES endorsed courses at 48 UK Higher Education Institutions and nine PSES (M-level Psychology courses endorsed).



# BASES activities: 2021-2022 updates



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## Professional Standards

- Our Chartered Scientist license review by the Science Council
- Health and Care Professions Council (HCPC) quality assurance review
- Clinical Exercise Physiologists



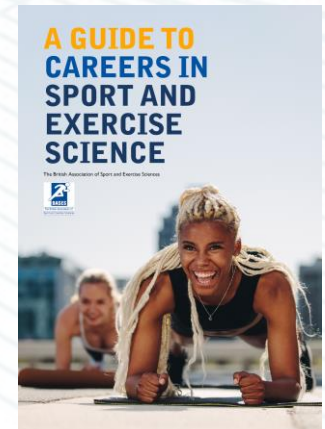
# BASES Publications

(annual report includes all author details)



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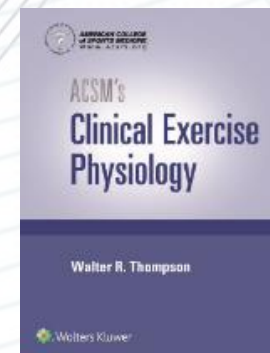
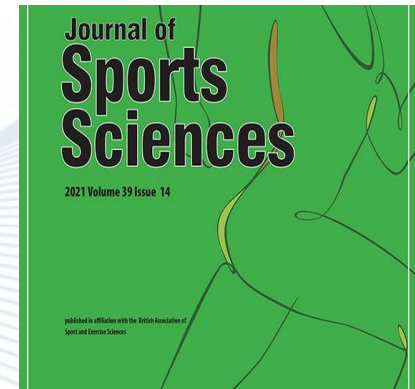
- 4 new BASES Expert Statements have been published in the last 12 months:
- *The use of cooling therapies for post exercise recovery; Protein recommendation for athletes: amount, type and timing; Optimizing protein intake recommendations for skeletal muscle mass in older adults to support healthy ageing; and Disability and Creating an Empowering Environment for Disabled People to Flourish.*
- Four editions of *The Sport and Exercise Scientist* were published.
- BASES Career Guide: *A Guide to Careers in Sport and Exercise Science* was updated and launched in August.





# Resources

- Journal of Sports Sciences
  - 260 articles published
  - 1.2m downloads
  - Latest impact factor (IF) is 3.943
  - Ranked 27 out of 87 sports-related journals
- Endorsement of other textbooks





# Significant work and technical developments by: (annual report includes a summary of details)



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- **BASES Divisions:**

- Biomechanics and Motor Behaviour
- Physical Activity for Health
- Physiology and Nutrition
- Psychology
- Sport and Performance

- **BASES Special Interest Groups:**

- Biomechanics Interest Group (BIG)
- Clean Sport
- Clinical Exercise Science and Practice
- BASES COVID-19
- Education and Teaching
- Molecular Exercise Physiology
- Occupational Performance
- Performance Analysis
- Paediatric Exercise Science
- Sport, Exercise and Health Analytics

# Pause and any questions from members

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- Any questions so far?



# Key developments (1 of 2)



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- Ongoing review of the Governance Structure
- Key policy review undertaken
- Charter Status engagement with the Privy Council Office
- Pledge to Net Zero submission
- Development of a newly registered Clinical Exercise Physiologist pathway.
- Launch of the new BASES PG SEPAR Endorsement Scheme
- Two new core workshops were developed and delivered to SEPAR candidates: 'Practice philosophy' workshop, and 'Equity, Diversity, and Inclusivity in Sport and Exercise Psychology'



# Key developments (2 of 2)

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- Initial work for the new BASES Outreach Project Team
- Continuing the work of the Public and External Affairs Advisory Panel
- Work of the Equity, Diversity and Inclusion Advisory Group continues
- Market research undertaken to gain insight about drivers, barriers and retainers to BASES membership, for both recruitment and retention.
- Initial research undertaken regarding student membership drop-off and how BASES can better support students.



# Special Resolution – BASES Values, Commitments, and Behaviours



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- Proposed new BASES' Values:
  - **Fairness**
  - **Professionalism**
  - **Honesty**
  - **Responsibility**
  - **Excellence**
- **Recommendation:** To adopt the new set of values, commitments and behaviours (poll)

**FAIRNESS**



**PROFESSIONALISM**



**HONESTY**



**RESPONSIBILITY**



**EXCELLENCE**







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# EXCELLENCE



We will strive for the highest standards of excellence in everything we do.



We will foster a culture of questioning, exploration, and innovation, thinking creatively about new ways to work and share practice.



We encourage the application of evidence-based projects and ideas.



We commit to sharing knowledge, opinions, ideas, and experiences.



We believe that by working together in partnership and collaboration, we can achieve strong and lasting results.



When we strive for excellence, our members, volunteers, and staff will always be looking at where we are and how to get better. We appreciate that mistakes may happen, but we recognise the value of learning from them, integrating necessary changes as a result.



# BASES Operations Team:



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- Executive Director (full-time)
- MarComms Manager (full-time)
- Professional Development Manager (part-time, Mon-Weds)
- Partnerships Manager (part-time, Mon-Tues-Thrs)
- Professional Standards Administrator (full-time)
- Senior Admin Officer (part-time, Tues, Weds, Fri))
- Admin Officer and MarComms Assistant (full-time)



## **Notes to Financial Statements**

- BASES reported a surplus of £33,337 for the year ended 31 March 2022, driven by an increase in general income and a reduction in general expenditure over the previous year.
- The Board regularly monitors its Risk Management Policy, Procedures and 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 at 31 March 2021 were £385,896



# Pause and any questions from members

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- Any questions so far?
- Members to receive and consider the Annual Report and Financial Statements 2021-2022 (poll)



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**Any other business**



# Requests to our Members

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- Membership Satisfaction Survey
- Invitations to key / major events, panels, expert groups
- Fellows' expertise
- Commercial opportunities
- Standing Committee and Advisory Group vacancies



# Final questions from members

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Any final questions?

Thank you for attending and for your  
support of BASES