



# Annual Report

2002-2003

THE BRITISH ASSOCIATION OF SPORT AND EXERCISE SCIENCES



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## BASES' AIMS

- To promote fundamental and applied research in the sport & exercise sciences
- To encourage the development of evidence-based practice in the sport & exercise sciences
- To disseminate knowledge about the sport & exercise sciences
- To establish and maintain high professional standards for all sport & exercise scientists
- To represent the interests of sport & exercise scientists nationally and internationally
- To promote the relevance of sport & exercise science to society
- To facilitate communication amongst those actively engaged in research and scientific support in the sport & exercise sciences

## WHAT DOES BASES DO?

- Represents UK sport & exercise science interests nationally and internationally
- Promotes sport & exercise science careers and consultancy
- Organises conferences, seminars and workshops
- Publishes the *Journal of Sports Sciences*
- Produces a members' newsletter four times a year
- Maintains professional standards

## BASES EXECUTIVE COMMITTEE 2002–2003

### Elected Officers of the Association

Chair	Prof Clyde Williams	c.williams@lboro.ac.uk
Treasurer	Dr Valerie Cox	v.cox@coventry.ac.uk

### Section Representatives Elected Officers

Chair of Biomechanics Section	Dr Mike Lauder	m.lauder@ucc.ac.uk
Chair of Interdisciplinary Section	Matt Jevon	matt.jevon@meridiansports.co.uk
Chair of Physiology Section	Prof Ed Winter	e.m.winter@shu.ac.uk
Chair of Psychology Section	Prof Ian Maynard	i.w.maynard@shu.ac.uk

### Bases Office

Chief Executive	Jeremy Cooper	jcooper@bases.org.uk
Senior Administration Officer	Jane Bairstow	jbairstow@bases.org.uk
Junior Administration Officer	Sobia Rafiq	srafiq@bases.org.uk



## CHAIR'S REPORT



Photos throughout: actionplus sports images

It has been another busy and successful year for the Association. Much of the year has been spent implementing the plans, and bringing to fruition the projects, initiated by the Executive Committee under the outstanding leadership of Neil Spurway. Neil's *modus operandi* was very much about collaboration as reflected in his discussions with colleagues in sports medicine. At the Commonwealth Games Conference in Manchester in July, we witnessed the signing of the Memorandum of Collaboration with the British Association of Sport and Exercise Medicine (BASEM) and the Association of Chartered Physiotherapists in Sports Medicine (ACPSM). As a strong association with a clear external identity and purpose, we are able to actively seek collaboration with other organisations and agencies in order to promote and progress, mutual aims and objectives. For example,

we have a strong working relationship with UKSI and in different areas and levels, collaborations with the Sports Councils of England, Scotland, Wales and Ireland. In the year ahead we look forward to extending these collaborations, for example, working more closely with the National Institute of Sports Medicine, particularly on promoting the adoption of training in Sports First Aid. As a mature Association there was a growing need for a chief executive officer who could take more of the responsibility for implementing the policies and plans of the Executive Committee on a day-by-day basis. Promoting Jeremy Cooper to CEO received unanimous support. This was not a surprise because Jeremy's professional and personal contributions, as Development Officer, have had an enormous impact on the rapid progress and professionalisation of the Association. Sponsored by the

Association, Jeremy successfully completed an MBA as a part-time student. Equipped with new skills Jeremy enabled us to build more confidently on the 'business culture' as a way of serving clients more effectively and as a means of attracting more 'clients' to the Association. Clearly his skills and successes had not gone unnoticed by other organisations and so after almost a year as the Association's first CEO, Jeremy has moved on to become the World Class Performance Manager for the Rugby Football League. To say 'thank-you' to Jeremy for his contributions to the Association over the last seven years is clearly an inadequate expression of our gratitude. However, suffice to say that this sentiment is echoed by all the members and supported by hundreds of friendships and so it is no hollow expression of appreciation.



Chairing the working party on 'Registration in Sport and Exercise Nutrition' it has been interesting to listen to the views expressed about us by other organisations that have no formal links with sport and exercise. The Registrar of the Nutrition Society, Dr Jackie Landman, views our accreditation process, within which supervised experience is a core element, as the exemplar for the supervised experience that will be an essential part of the route to registration as a sport and exercise nutrition professional. Progress towards the formal launch of the Register continues with the tireless support and commitment of Dr Landman and colleagues on the working party – soon to hand over to an advisory panel. The aim is to launch the Register, which will be jointly owned with the Nutrition Society, towards the end of the year.

One of the many ways in which the world learns more about the Association is through the pages of our magazine *BASES World*. It continues to go from strength to strength under the guidance of an Editorial Board that is composed of the Section Secretaries and Greg Rhodes. The Chair of the Board rotates amongst the Section Secretaries and is linked to the theme of the edition of *BASES World* in preparation. Although this is yet another demand on Section Secretaries it does give them a more public role in shaping the image of BASES. The proposal to introduce a new publication that focused almost entirely on applied sport and exercise sciences – that would have the title *The Applied Sport and Exercise Scientist (ASES)* – was explored with the membership of the Association. While there was much support for the concept of ASES, this was lacking when the full cost to members was outlined.

Nevertheless, we hope to be able to nurture the concept by introducing more applied articles in

*BASES World* while continuing to explore the most cost effective way of delivering 'ready to use' applied information to members. Of course, we will also try to assess the quality of the 'applied' information that is currently available but is not accessible to members via other routes.

On the theme of the delivery of quality information to our members, our Education and Training Committee has continued to examine what 'Graduateness' in sport and exercise sciences means. They have deliberated long and hard on this question while ensuring that the 'bread and butter' tasks of organising and delivering our high quality workshops and seminars continues as usual. They have produced a draft document that broadly outlines what an undergraduate degree should contain in order to produce what is expected of a graduate in sport and exercise sciences. This consultation document has the potential for far reaching consequences for the design and delivery of curricula of degree programmes in sport and exercise sciences. Influencing policy and practice in sport and exercise sciences is one of the responsibilities of the Association we take very seriously. A current example is the 'child protection policy' document that is being prepared by Dr Zoe Knowles and her working party colleagues. Again we envisage that this will be of as much help to those outside the Association as it will be to those of us working with young people in sport and exercise.

Over the last year the strategy working group produced the final draft of the Association's Corporate Plan for the next quinquennium. It is an ambitious plan that should lead us towards some exciting new projects. One recommendation is that three committees should take on more responsibility for guiding the Association's policy and progress in

sports science, exercise science and education. We are looking forward to interesting and robust discussions at the AGM in Sheffield in order to help us shape the final version of the Corporate Plan.

Our annual conference last year was held as part of the Commonwealth Games Conference in Manchester. It was another successful collaboration and provided members with the option of attending an international conference virtually on their doorsteps. This year our annual conference will be held at Sheffield in partnership with BASEM, and the Programme Committee have worked extremely hard to produce what looks like another interesting programme. We will continue to explore a variety of ways of holding and hosting the Association's annual conference. Collaborations in hosting conferences elsewhere, help shape our understanding of our field of study by stimulating us to re-examine much of the dogma that guides our professional practice. It is through a thorough knowledge of our subject that we become more competent at identifying what can be applied and what cannot, and maybe should not, be applied. So one of the conference themes we might revisit is 'From Principles to Practice'. Nevertheless, our plans and aspirations for the year ahead will never become reality without the continued commitment of our members. Therefore, a sincere thanks to all our members, our partnership colleagues and friends who helped make the year so successful. As for the year(s) ahead 'the best is yet to come'.

**Prof Clyde Williams**  
Chair of BASES



# SPORTS SCIENCE REPORT

## Introduction

This report covers the period from June 2002 to the start of July 2003, when this report was required for inclusion in the Annual Report. This 12-month period has seen a great deal of positive activity, predominantly associated with the partnership between BASES and the UKSI. The majority of this work has been focused on specific projects funded by the UKSI and delivered by BASES members. The projects have addressed the three priorities agreed by BASES and the BOA when the BASES/BOA Memorandum of Collaboration was signed in 2000. These were quality assurance, education and professional development and the development and dissemination of performance enhancing knowledge. From a BASES perspective, a great deal has been learned through the experience of managing these projects and excellent relationships have been established with key people in the UKSI who have reported increased confidence in BASES' ability to deliver projected outcomes on time and within budget.

## Projects

**Quality Assurance** – Following an encouraging open meeting at the 2002 AGM within the Commonwealth and International Sport Conference, the BASES Executive Committee confirmed that the Association wished to see the proposed **World Class Guarantee Accreditation System (WCGAS)** progress into a pilot project that would be formally evaluated. Andy Jones (BASES Consultant), Tom Collingridge (UKSI) and Jeremy Cooper have worked as one to progress this initiative that is designed to provide a separately funded, purpose-built accreditation system for sport scientists working with World Class athletes and coaches. After producing draft

guidelines and proposed procedures, a structured and very positive WCGAS workshop was organised for selected sport scientists, NGB and Sport Institute (SI) representatives on 27/28 February 2003. The procedures were refined after that workshop and up to 15 sport scientists working in the World Class environment agreed to make a BASES accreditation application through the WCGAS. Observation visits and interviews are ongoing and the intention is to thoroughly review the pilot project prior to proposals being made to the BASES membership at the 2003 AGM.

**Education and Professional Development** – The first phase of the **Buddy Scheme** that Matt Jevon (BASES Consultant) and David Lasini/Scott Drawer (UKSI) established is nearing completion. The final reports from the Supervisees, BASES Supervisors and NGB/SI Supervisors will provide information that will inform the next phase of the scheme. Jeremy Cooper and David Lasini have also agreed that a budget should be allocated to continue the scheme in some format for 2003/4. A small number of members from the BASES SSSC were invited to the **World Class Coaching Conference (WCCC)** in 2002 after BASES turned down a late invitation to organise a one-day symposium for sport scientists, coaches and athletes as part of the final day of the WCCC. Clive Brewer has taken over the BASES 'key person' role from Andy Borrie at WCCC meetings and he is pursuing the possibility of an 'end-on' sport science day or alternatively, a free-standing sport science symposium devoted to enhancing the quality of sport science delivery services. Neil Fowler, as the BASES key person on the UKSI Partner Group, has offered the UKSI BASES expertise relating to integration and interdisciplinary

work and he has discussed with Darlene Harrison (UKSI) the possibility of obtaining UKSI support for developing one or more e-learning projects.

**Development and Dissemination of Performance Enhancing Knowledge** – In order to 'change the culture' in which sport science is delivered to WC athletes and coaches, Sarah Rowell and Chris Shambrook were contracted by BASES to produce a **Consumers' and Practitioners' Guide to Sport Science Support Services**. The UKSI appeared to be very happy with the Guide and also BASES' lead role in managing the project. It is envisaged that the UKSI will disseminate the information contained in the Guide through workshops, *BASES World*, the BASES website and the UK Sport Media department. BASES won a UKSI Strength and Conditioning Project tender and Matt Jevon was selected as the appropriate consultant to lead the project that was designed to make recommendations about supporting the establishment of this specialist group, including reference to quality assurance and education and professional development. Matt has submitted a final report to the UKSI and BASES is preparing a response to feedback that it has received from the UKSI. UK Sport agreed to seek additional resources to support research leading to the development and dissemination of relevant knowledge that would make a performance impact. Given the current financial situation of UK Sport and the restructuring of the UKSI, this topic area is unfortunately not seen by UK Sport as a high priority relative to other areas. Greg Whyte, from the BOMC, is leading some of this work and he has indicated a willingness to act as the 'key person' in any future partnership between BASES and the UKSI.



## Summary

Reflecting back on the last year and indeed on the previous two years, the SSSC has certainly achieved a great deal. The progress on the WCGAS arguably provides a stimulus for more fundamental changes to the BASES accreditation and SE process. The experience of running the Buddy Scheme and a free-standing sport science symposium ('Winning Medals' in July 2001) and contributing to the development of two WCCCs, provides information that feeds in to best practice that is directly relevant to the work of the BASES Education and Training Committee. Managing such a range of funded projects has informed BASES policies and procedures relating to any future project work and, generally, it has reinforced the view held by the

UKSI that the Association is the lead professional body for sport science in the UK. This success would not have been gained without the contribution of a small group of committed people. Most of these individuals have been referred to by name above and, on behalf of BASES, I wish to formally thank them. In particular, I would like to acknowledge the significant contribution of those who are unlikely to be involved in extending the BASES/UKSI partnership in the future. These individuals include Deirdre Anderson, David Lasini and Tom Collingridge, who have left or are about to leave the UKSI, and Jeremy Cooper, the outgoing BASES Chief Executive Officer. Jeremy's contribution to strategic thinking and project management has been immense. I intend to step down as Chair of the SSSC at the 2003 AGM. I hope to continue

to make a contribution to the work of the SSSC and I leave the position of Chair full of confidence that the person who will indicate to the BASES Executive Committee that he is willing to take up the role will provide both continuity and insight. It is also interesting that others have indicated a strong desire to be considered for this lead role beyond 2003/4. Despite the turmoil in the World Class sport sector, BASES remains strong, stable and committed to making a full contribution to the achievement of realistic performance targets by UK athletes at future competitions.

**Prof Les Burwitz**  
**Chair of Sport Science Special Committee**

## UK SPORT GRANT

UK Sport provided BASES with exchequer funding of £20,000 for 2002–03. This was in the form of a grant used by BASES to support a work programme that had a broad focus on enhancing high performance sport in the UK through direct scientific support services and the development of underpinning knowledge. The programme had five key objectives:

- To assist in the dissemination of performance-impact research information to world-class sport.
- To strategically assist with sport science support and research questions posed by world-class sports.
- To continue to work to ensure the undergraduate provision is linked to vocational and professional competencies in sport science.
- To continue to promote, review and quality assure the services of sport science practitioners through the accreditation and supervised experience programmes.

- To continue to promote and quality assure the sport science support and research services delivered through physiology laboratories via the accreditation scheme.

The Executive Committee submitted a performance report to UK Sport earlier this year, which detailed the association's successes in achieving these five key objectives. The report also demonstrated BASES' continued commitment to aligning its common work areas in education, training and quality assuring with its partner agencies, the UKSI, BOA and UK Sport so that the benefits to performance sport are maximised.

As a result of the successes identified in this report, UK Sport has again recognised the significant value it receives for its investment in BASES and has guaranteed a further £20,000 for the association for 2003-04. This exchequer funding will be used to focus work activities in three key areas:

- To establish with our partners in world-class sport a clear long term strategic vision for

UK sport science and in doing so establish a structured and appropriately funded world-class sport science support programme.

- To access a funding mechanism to sustain the existing performance-focused projects that have originated from the BASES-UKSI partnership agreement.
- To seek enhanced infrastructure funding for the professional body for British sport science as this is essential if support structures in education, training, quality assuring, research development and dissemination are to be available to take on the tasks requested by individual governing bodies of sport.

BASES is grateful for the support it receives from UK Sport and will continue to provide services to performance sport in the UK that are fit for purpose and value for money.

**Jeremy Cooper**  
**BASES Chief Executive**



## EXERCISE SCIENCE REPORT

**B**ASES has an important political role to play in: raising public awareness about the benefits of a physically active lifestyle (for primary and secondary prevention), and producing and disseminating knowledge about evidence-based interventions. Our Exercise Science strategy articulates ([www.bases.org.uk](http://www.bases.org.uk)) the need for collaboration and this report identifies a number of ways in which this has happened this year and will continue to do so, with links to the National Heart Forum, the British Association of Cardiac Rehabilitation, and the fitness industry. With contributions from Diane Crone and John Buckley I report on a range of ways in which BASES has maintained and advanced its profile in Exercise Science and physical activity promotion.

BASES (Exercise Science) has been well represented (formally and informally) at numerous events since August 2002. These include:

- 1 A significant organisational contribution and presence at the BHF/BASES Loughborough conference on Medical Conditions and Physical Activity on 18 September 2002. Over 250 delegates attended from a range of professional and academic backgrounds. This generated £2000 for BASES, but more significantly, highlighted the links between research and practice in an evidence-based world. On behalf of BASES, I thank Len Almond (Director of the BHF National Centre for Physical Activity and Health) and his team, and Janice Meakin (Diabetes UK) for taking a lead to ensure a most successful conference, and inviting BASES to contribute.
- 2 Prof Ken Fox took the lead in ensuring that BASES was well represented at the UK Public Health Conference in Cardiff (19/3/03), by organising a symposium on physical activity. Surprisingly, this was the first time that Exercise Science had had such a presence at this annual event, and provides further support for the ESSC strategy to collaborate with a range of organisations in the health field. The event, with presentations by Biddle, Riddoch, Mutrie, Grimshaw (SUSTRAN) and Taylor, attracted over 100 delegates with standing room only.
- 3 I have represented BASES at four meetings of the National Heart Forum (NHF) over the past year, and a further event at the House of Commons to highlight the promotion of physical activity for young people. The NHF ([www.heartforum.org.uk](http://www.heartforum.org.uk)), as a registered charity, has almost 50 member organisations (including all leading medical and health groups, associations and bodies). As an independent body it has the potential to directly influence government policy which can significantly impact on careers for our future exercise professionals and scientists. It is critical that we are part of this movement, to share expertise (I was invited at one session to respond to a presentation by the Chief Exec of SUSTRAN – the largest physical activity promotion organisation in the UK).
- 4 I have also represented BASES at the biannual meeting of the National Alliance for Physical Activity and Health, which is an awareness raising event for the Dept of Health, and informal swap shop of ideas/news for attendees from various professional and academic backgrounds. Minutes from these meetings have been posted on the BASES website.
- 5 BASES played a major collaborative role in organising the British Association of Cardiac Rehabilitation (BACR)-Exercise Professionals Group (EPG) 2nd Annual Conference, at Keele University, 11/12 July, 2003. John Buckley has invested enormous effort in ensuring BASES is seen to be a key partner in the EPG in addition to leading the conference organisation with Diane Crone. Once again over 200 delegates attended, with multi-disciplinary presentations from both academics and leading practitioners. The presentations and sessions covered clinical issues, inter-professional issues, social factors, motivation and psychological well-being, case studies, and exercise programming for co-morbidities (eg, diabetes, depression).





### Developments with SPRITO and the Register of Exercise Professionals (REPS)

The National Quality Assurance Framework Document for Exercise Referral Schemes (Department of Health 2001) clearly outlines the recommendations for referral schemes within England. Following the publication of this document, Professors Adrian Taylor and Andy Smith have continued to work closely with SPRITO (who are responsible for the national occupational standards within the health and fitness industry) to pursue professional standards within specialist areas of physical activity promotion. Earlier in the year SPRITO were given a contract to develop National Occupational Standards at Level 3 and above, specific to the exercise and fitness industry. Professional and educational qualifications involved in the delivery of physical activity in either specialist settings, such as exercise referral schemes, mental health services or with specific client groups; such people with HIV are all included within this remit.

To develop these standards SPRITO has formed an Exercise and Fitness Level 3 and above Standards Development Steering Group. Dr Diane Crone represents the Exercise Science Special Committee on this group which has a remit to develop new standards that will replace the existing ones which are now five years old. The aim of the multi-professional, multi agency group is to review, revise and re-develop the National Occupational Standards for Exercise and Fitness and to consider suitable qualification structures from Level 3 upwards. This is important to ensure that the exercise and fitness industry

has coaching standards and fitness technical definitions that take into account current thinking and best practice in advanced instruction, personal training and work with special populations. The group has recently been formed and has a life span of 12 months. It is estimated that by 31 March 2004 the revised national occupational standards and qualification structures will be submitted to the Projects and Standards Approvals Group for approval. This is clearly an exciting area of work and further helps to set high standards that are requested for those specialist exercise professionals, some of whom are exercise scientists. It may also help to provide recognition and a more defined career route for exercise science graduates who pursue a career in the Fitness and Health industry, both of which have been significantly lacking in the past decade. Further information will be provided in *BASES World* throughout the next year.

### JSS Special Edition

Many people have been working hard to produce a Special Edition on Exercise Science for the *Journal of Sports Sciences*. As editor, Prof Andy Smith has used his energy to coordinate this multi-disciplinary edition. At the time of this report, almost all commissioned papers have been reviewed and revised, which means the edition may appear in 2003. This would be fitting, as it is 50 years since Jerry Morris' 1953 Lancet paper, highlighting the link between physical activity among London bus drivers and conductors, and coronary heart disease. Exercise Science has come a long way since then and the Special Edition admirably reinforces this fact.

### Final thanks

I would like to thank all those who have put themselves forward to help BASES achieve its aims with respect to Exercise Science. If you want to support your professional association, then please visit our website, consider our Exercise Science Strategy (see [www.bases.org.uk](http://www.bases.org.uk)), and put forward some ideas. This doesn't have to be done formally but I guarantee that you and your organisation/ institution will be credited with the ideas and assisted in taking them forwards, whether it be with developing new training/education, a research network, a political opportunity to increase resources into an initiative, or raising the profile of BASES nationally or internationally.

I would also like to thank Jeremy Cooper for his support throughout the past five years. His support has been highly valued and beyond the call of duty on many occasions, and no doubt others have expressed similar sentiments elsewhere in this report. I wish him well in the rugby world.

Finally, I feel that with a new post at the University of Exeter, I can not commit to Chairing the Exercise Science Special Committee, and give it the full drive that the post deserves. I remain committed to BASES, hopefully as BASES rep on the Managing Council of FEPSAC, but after five years as Chair of the ESSC new energy is required.

**Professor Adrian Taylor**  
**Chair of the Exercise Science Special Committee**





## INTER-PROFESSIONAL FORUM

The introduction of the Inter-Professional Forum was formally announced at the Commonwealth Games Conference with the public signing of a Memorandum of Collaboration by BASES, BASEM and ACPSM. Informal meetings and discussions about establishing the Forum had been conducted for at least a year before the formal announcement and were led by Professor Neil Spurway. The Forum Committee agreed to meet at least twice a year to consider activities of mutual interest and to explore ways in which the three collaborating Associations could support each other's aims and objectives. It should be quickly noted that the Forum was not

established as an exclusive group but rather the opposite, in that it wishes to be open to associations and agencies that promote similar aims and goals. Collaboration on educational projects that include seminars, workshops and conferences to promote greater knowledge about participation in sport and exercise is one of the key aims of the Forum. One of the attractions of the Forum is that member associations are able to focus on providing collective solutions to problems without concerns about roles or positions on the metaphorical 'totem pole'. Sharing knowledge about our respective areas in the pursuit of answers to commonly asked questions must be a successful

formula for advancing wider understanding about participation in sport and exercise. So it is refreshing that three respected and experienced Associations should agree to meet regularly to discuss how to solve problems that each see as a hindrance to safer and more successful participation in sport and exercise. We have high expectations and many challenges ahead. Fortunately the Forum has already attracted the professional talent that is up to the challenge but of course, it will always welcome more of the same.

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

## MEMO OF COLLABORATION

This Forum, of lead organisations providing scientific and medical support to UK Sport and health-related exercise, is an affiliation of three autonomous professional associations: The Association of Chartered Physiotherapists in Sports Medicine (ACPSM), the British Association for Sport and Exercise Medicine (BASEM) and the British Association of Sport and Exercise Sciences (BASES).

It exists in recognition of the fact that optimal promotion of exercise for health and rehabilitation, of recreational sport, and of elite competitive performance, requires a multi-disciplinary approach. Co-ordination of activity between the three founding organisations will be enhanced by a clearly recognised interface organisation, as represented by this Forum. This will facilitate their co-operation and mutual strategic planning.

The Forum will meet not less than twice a year, and maintain interim communication electronically. It will plan and facilitate joint educational and continuing professional development activities, publications, conferences

and research projects, on both regional and national bases. It will also seek to present a co-ordinated view, on behalf of the three organisations, upon public matters of mutual interest.

<b>Nicola Phillips</b> MSc, MCSP	<b>Chair,</b> ACPSM
<b>Dr Evan Lloyd</b>	<b>Chair,</b> BASEM
<b>Prof Neil Spurway</b>	<b>Chair,</b> BASES





## BASES Conference 2002

The BASES 2002 Annual Conference was held in partnership with the International Society for Advancement of Kinanthropometry's (ISAK) Conference within the 12th Commonwealth International Sport Conference in Manchester between 19 and 23 July 2002.

The programme included a multi-disciplinary theme that addressed a quality enhancement topic each day with a plenary session containing keynote presentations from internationally renowned invited speakers. In order to promote discussion and debate, each keynote was followed with a response by a UK-based internationally respected authority in the field. Other sessions throughout the day contained free communications including oral, workshop and poster presentations in parallel sessions.

The Opening Ceremony, held late on the Friday afternoon 19 July, was attended by a long list of dignitaries including Sir Roger Bannister, Councillor Roy Walters, the Lord Mayor of the City of Manchester, Richard Leese, the leader of Manchester City Council, and Professor Michael Gibbons, Secretary General of the Association of Commonwealth Universities. This was followed by the Opening Plenary keynote presentation, given by Professor Timothy Noakes (South Africa), who set a high standard of academic debate in the Conference by discussing 'Quality issues in the exercise sciences'.

Quality enhancement was featured on Saturday 20 July in the plenary keynote presentation, given by Karel J van Deventer (South Africa), who spoke about 'Quality physical education through partnerships'. The presentation was followed by a response from Professor David Kirk (Loughborough). The Conference continued to promote the need for partnerships with its theme for Sunday being 'Health and physical activity: developing partnerships between health and sport'. The Plenary keynote presentation, given by Henny Oldenhove (Australia), discussed 'The challenge of sport

and health working together: an Australian experience'. Professor Neil Armstrong (Exeter) responded to the talk with further debate on the theme entitled 'Promoting physical activity and health in youth: the active school and physical education'.

The themes of the Conference on Monday and Tuesday also focused on quality. On Monday, Alex Baumann (Australia) spoke about 'Developing sustained high performance services and systems that have quality outcomes', with a response from Wilma Shakespear (National Director, English Institute of Sport). The final day's theme promoted 'Sport as a business: sport in a global era: quality, ethics and access', with Ralph Wilcox (USA) being invited to discuss 'From microforms to multinationals – survival and ethics in the global sport marketplace'. This was followed with a response by Chris Gratton (Sheffield Hallam) who continued with the theme by speaking about 'Sport as a business: from ethics to economics'.

The conference was clearly a great success with over 550 delegates from 35 countries and a wide range of multi-disciplinary communications and presentations that were successfully brought together in a lively and entertaining programme. Princess Anne's presence and presentation on the final day also added spice to the event. Thanks go to all those on the management and programme committees that led this successful event and to all the plenary, oral and poster presenters, the exhibitors and the multinational delegates.

**Prof Les Burwitz**  
Manchester Metropolitan University



## THE RESEARCH PRIZES

Prizes for excellent research are awarded each year at the BASES annual conference and we would like to thank Sportesse, Taylor & Francis, and Sportspages for their continued generous financial support. The following members received awards at the 12th Commonwealth International Sport Conference at Manchester.

### **Sportesse Award** Sport science section Greg White, BOMC

Duration dependent presentation of exercise induced cardiac damage (oral)

### **Exercise science section** Michael O'Brien, UWIC

Individual differences, perceived control and competitive trait anxiety (oral)

### **Sportspages** **Student Awards** Louise Wood, University of Exeter

Elbow flexor torque, cross sectional area and moment arms in 9/10 year old boys and girls (oral)

### **Michael Caulfield, Brunel University**

Weight loss, mood responses, eating attitudes and behavioural regulation among professional jockeys (oral)

### **Anna Waters, University of Wales, Bangor**

The effect of kinaesthetic imagery on the sport confidence of professional flat-race horse jockeys (poster)

### **Philip Read** **Memorial Award** Jatin Burniston, Liverpool John Moores University

Is the anabolic adrenergic agonist clenbuterol safe? (oral)

### **BASES** **Student Awards** **Physiology**

#### **Oral** Maggie Allen – Luton

Investigation into the validity of adapted Conconi method for non-invasive determination of the lactate threshold in cyclists

#### **Poster** Aimee Fenn – Hertfordshire

The effect of menstrual cycle phase on leg strength and jump height in female basketball

### **Psychology**

#### **Oral** Magdalena Katomeri – De Montfort

Effects of a single session of walking on affect and desire to smoke, during smoking deprivation

#### **Poster** Stuart Carrington – Gloucestershire

Mind over matter? A study of the placebo effect of caffeine on 200m sprinters

### **Biomechanics**

#### **Oral** Alana Hart – Hertfordshire

The effects of acute stretching on running economy, and the significance of the stretch-shortening cycle

#### **Poster** Penelope Darwall – Postsmouth

The effect of fire service equipment loading on gait



## EDUCATION AND TRAINING COMMITTEE

Over the last two years the Education and Training Committee have been working to create a workshop programme based around a notional core series of workshops with additional workshops to support particular interests and needs. This has now been achieved and the workshop plan will roll out on an 18 month cycle such that each core workshop will run at least twice in a three year period. The core programme should make forward planning of future workshops easier for reps as they will know in advance which workshops are due to run each year and allow planning over 18 rather than 12 month cycles.

The Education and Training Committee were anxious to avoid the delays that occurred in producing last year's workshop programme and thanks to the good offices of the section reps, Jeremy and the BASES office, this was achieved. The 2003–4 programme includes 14 workshops across the sections with a mix of technique-based sessions, ethical and professional practice issues and research skills. As in previous years these will be centrally administered. Proposals for additional workshops to add to this list will be considered as they arise.

Another issue into which the Education and Training Committee

have invested time and effort has been that of undergraduate degree endorsement. A set of draft criteria have been produced and reviewed by the executive and a number of Heads of Department. It is hoped that a second draft of the proposal will shortly be available for circulation to the membership for broader discussion.

I would like to express my thanks to all of the section reps and workshop hosts who have contributed to these developments.

*Dr Neil Fowler*  
Chair of the Education and Training Committee

## PROGRAMME OF WORKSHOPS FOR 2002–3

### High Performance Physiology

British Olympic Medical Centre – 11 February

### The use (and abuse) of advance three-dimensional motion capture equipment in Biomechanics

Sheffield Hallam University – 29 March

### The Sport Psychologist on tour – delivering on site support

Sheffield Hallam University – 7 April

### Do your athletes follow your intervention recommendations? – Ways to improve adherence

Manchester Metropolitan University – 30 April

### Counselling Skills

University College Northampton – 10 June

### Supervised Experience

Loughborough University – 12 June

### Cardiopulmonary Testing

British Olympic Medical Centre – TBC September

### Research Skills and Statistics

University of Wolverhampton – 11 October

### Body Composition

Liverpool John Moores University – 17/18 October

### Working with Young Performers

Loughborough University – TBC October

### EMG – Surface Electromyography

Manchester Metropolitan University – 8 November

### Scaling

Sheffield Hallam University – 9 November

### Field Assessments – The Fundamentals

British Olympic Medical Centre – TBC September

### Evidence Based and Reflective Practice

Liverpool John Moores University – TBC Sept/Oct

### Counselling Skills

University College Northampton – 16 December



## JOURNAL OF SPORTS SCIENCE

Over the past 12 months, the *Journal of Sports Sciences (JSS)* has made excellent progress as one of the leading academic journals of sport science both in this country and the world. The Journal has just received (June 2003) the latest impact factor (for the calendar year, 2002) as 1.082, which is a modest improvement on its impact factor for 2001, which was 0.928. However, the relative standing of JSS has made impressive progress from being 31st out of 68 journals in 2001, to 22nd out of 69 journals in 2002, a jump of nine places.

After seven years as General Editor and 13 years as the Section Editor of Biomechanics, Professor Roger Bartlett retired from editorial duties with JSS (note the vote of thanks in the Editorial, Nevill, 2001; Vol 19, part 12). Professor Alan Nevill agreed to take over this important role, although upon his appointment the name of 'General Editor' was replaced with the more traditional name of 'Editor in Chief'. The *Journal of Sports Sciences* has made a number of changes to its editorial policy over the past year. With the introduction of new Section Editors of Sports Performance (Dr Gregory Atkinson), Kinanthropometry (Professor Roger Eston) and Psychology (Professor Nanette Mutrie), a number of Advisory Board members were retired and replaced with new Advisory Board members who were thought better able to support the new Section Editors. A more important change of Editorial Board Policy was the decision to invite all members of the Advisory Board to see the minutes of, and suggest agenda items for, future Editorial Board Meetings. This has proved to be a welcome and popular decision for the dissemination of knowledge to all Advisory Board Members.

The Journal continues to publish 12 issues per year, with one issue consisting entirely of the abstracts from the BASES annual conference, this year being the April (2003) issue held jointly with the 12th Commonwealth Games International Sports Conference held in Manchester 2002. Another special issue, likely to be published in September, will be made up of articles taken from the World Congress in Sports Sciences Conference also held in Manchester 2002. Other special issues planned for the future include an 'Exercise', 'Environmental', 'Triathlon', 'Home Advantage', 'Nutrition' and a 'Sailing' special issue.

The publishers (Taylor Francis), report a number of welcome developments. They are evaluating a manuscript tracking software system that is currently anticipated to be available to 'go live' by the end of 2003 or early in 2004. They have also introduced an electronic offprint service to authors. The authors are now given a pdf file from which they can make 50 print copies, or circulate to up to 50 colleagues by e-mail. A print copy of the issue in which the article appears will be mailed as is the case currently. Finally, the publishers report that institutional subscriptions for 2002 were at 97.5% compared with the previous year. This attrition rate of approximately 2.5% compares very favourably with the industry average attrition of 5–8%. Furthermore, the increase usage of the Journal online in 2002–3 indicates that articles are being widely used by the sports science community both nationally and internationally.

**Prof Alan Nevill**  
Editor in Chief

# ACCREDITATION AND SUPERVISED EXPERIENCE

## Facts and Figures

The BASES Accreditation and Supervised Experience Committees met twice in the year to review a total of 57 applications for support accreditation/re-accreditation and a total of 86 new applications for the BASES supervised experience (April 2002–Jan 2003).

These figures represent a 20% increase in new applications for supervised experience from the previous year and a 7% increase in the number of applications for support accreditation/re-accreditation from the previous year. Table 1 illustrates the number of members accredited or undergoing supervised experience by disciplines in 2002–03.

**Table 1: Total number of members accredited or undergoing supervised experience by disciplines in 2002–03.**

Discipline	Registered R and S Accredited 2002–3	Registered on SE 2002–3
Biomechanics	26	24
Interdisciplinary	21	8
Physiology	165	110
Psychology	143	166
<b>Total</b>	<b>355</b>	<b>308</b>

In total, eight laboratory accreditation visits also took place in 2002–03. There were two new applications for accreditation from the Universities of Luton and Southbank. The re-accreditations came from the Universities of Birmingham, De Montfort, Bedford, Loughborough, Sheffield Hallam, Surrey and the Welsh Institute of Sport, Sophia Gardens.

BASES and the UKSI worked together this year on a project designed to review the current BASES accreditation system. A proposal was made to the July 2002 BASES AGM to modify the current BASES accreditation system for those sport scientists wanting to provide scientific support services for World Class athletes and coaches. The proposal required a UKSI–BASES team to collectively interview a wide range of people (e.g. performance directors, national coaches, and scientists working with World Class athletes) and to develop a specialist scheme for accrediting World Class sport scientists. The proposed 'World Class Guaranteed Accreditation Scheme' is currently being piloted with selected scientists currently working in the World Class environment. Formal recommendations on the suitability of this scheme will be made to the BASES membership following the evaluation of the pilot scheme later this year.

**Jeremy Cooper**  
BASES Chief Executive



## SECTION REPORTS

### Biomechanics

Not wanting to depart from tradition, I would like to begin this annual report by thanking and acknowledging the section members whose contributions keep the section working efficiently. The biomechanics section continues to grow and remains ahead of the ID section with 21 accredited members and a massive 24 on supervised experience (sorry Matt!). Congratulations to all those newly accredited or re-accredited, thank you to all those supervising and thank you to Carl Payton, Adrian Burden and Simon Coleman for sitting on the Section Accreditation and Supervised Experience Committee. Thanks also to Roger Bartlett for his continued section representation on the Accreditation and Fellowships Committee. I must also thank Roger Bartlett and Carl Payton for their efforts in leading the project to publish the biomechanics guidelines with Routledge. I am sure you will all agree that this will be a valuable addition to bookshelves in the UK and overseas.

Education and Training continues to be a major part of BASES key membership services and Neil Fowler has ably led the Education and Training committee through some key initiatives. Thank you to Neil for his time and efforts in this valuable role. Thank also to Claire Milner and associates for contributing to the workshop programme and to those who attended. The student conference continues to be a major feature of the BASES calendar and this year was no exception! Congratulations again to the biomechanics section prize winners, Alana Hart and Penelope Darwall and thank you to all those who presented and attended.

The SSSC and ESSC continue to be supported by Ross Sanders and Lance Doggart, respectively. Thanks to you both for your valuable contributions.

A big thank you to Ceri Diss who has represented the section on the BASES World Editorial Committee as Secretary of the section and congratulations on her leadership

of the recent *BASES World* special feature on research in the elderly. I must also thank Ceri for her development of the section equity plan, which is posted on our section website.

This leads nicely to my final thank you. The section website has been a major development over the last year. A huge thank you to Mark Goss-Sampson for designing and maintaining the site. Please visit the site, if you have not already done so, and you will see what a great job Mark has done (<http://www.gre.ac.uk/~gm03/biomech/lmain>).

Finally, I take this opportunity to thank colleagues on the Executive for an enjoyable term as Section Chair. I have gained a great deal, personally and professionally, from my experiences and look forward to continuing my contribution to our profession through BASES in whatever role I find myself 'volunteering' for next!

**Dr Mike Lauder**  
**Chair of the Biomechanics Section**



# INTERDISCIPLINARY

## Interdisciplinary

It is with pride that I write what will be my final report in the Interdisciplinary Section. Not pride in any personal achievement over the last two years, but in the achievements that have been driven by and for the section.

At a recent supervised experience workshop I was able to present a set of core competences for all sport and exercise scientists. This was based on all sections, but included interdisciplinary skills, now broadly recognised as being fundamental to all accredited sport and exercise scientists.

The interdisciplinary skills themselves have been defined for the purposes of supervised experience in the section guidelines produced. My thanks to Andy Smith for the use of his ID skills grid. Thanks also to Diane Crone for producing the supervised experience guidance documentation. I have written a guidance document for accreditation in the ID section, and between all of these documents I feel we have achieved real clarity of purpose for ID practitioners, existing and aspirant.

The section has increased the numbers of accredited members to 15, and we have another eight on SE. Not quite the heady numbers of Psychology, but they do say good things come in small packages! We are also going through considerable change, both within the proposals to restructure BASES, through the new corporate plan and in the shape of the environments in which we work. In many cases uncertainty over structures and funding create doubts for the future directions in sport and exercise science, whether we work in health or sport. However, BASES and the ID section in support, has striven to set and maintain the highest

professional principles and standards. This approach, above all others, will carry us through.

I would like to thank all those on the ID section committees who have contributed so much, many if not all under substantial pressures of work. I'm sure that next year's ID executive will continue this work, and help move towards completion of the ID section strategy.

Finally thank you to all of you for your support. I very much hope to continue a significant ( $P < 0.05$ ) involvement in BASES over the coming years.

**Matt Jevon**  
Chair of the Interdisciplinary Section

## Physiology Section

It is hard to believe that it is more than a year since I produced my last Annual Report; the pace of progress in sport and exercise science continues seemingly unabated. Recruitment to undergraduate courses continues to rise and is matched only perhaps by the growth in postgraduate programmes. Media interest in sport and exercise has reached astonishing heights and the role of exercise in the context of health and social factors has also continued its upward trajectory. Set against these largely positive influences are challenges that BASES in general and the physiology section in particular have to face.

The UK and home countries' Sport Institutes plus national governing bodies are wrestling with reductions in funding as a result of continuing falls in income from the National Lottery. Plans for integrated services that coordinate sport science support through the institutes, universities and other providers of higher education, and

governing bodies of sport seem not to be melding. This is unsettling for athletes and deliverers of services. The United Kingdom has scientific expertise that is world-class both for research and support. Harnessing this expertise so that it is available for athletes and for that matter, recreative exercisers as well, is clearly one of the reasons for BASES' accreditation and indeed, the Association continues to forge ahead. Even so, there is still a mismatch between the number of providers and those who are accredited. This is an ongoing challenge.

On a brighter note, the year has seen the introduction of the World Class Guaranteed Accreditation scheme. This is a specialist route to accreditation and is in partnership with UK Sport. It is tailored to those who provide sport science services to World Class and other elite sport programmes. The scheme will be piloted over the coming months. Considerable progress has been made in the accreditation of sport nutritionists. The Nutrition Society, the British Dietetic Association and BASES have worked particularly hard and produced draft guidelines that go a long way to aligning the interests of each of these three bodies. Similarly, guidelines for the accreditation of strength and conditioning specialists have been drafted and are being refined by the United Kingdom Sports Institute. Moreover, the fourth edition of our Physiological Testing Guidelines is well under way and many section members are chapter authors. Doctor Val Cox and her team at Coventry organised a successful student conference that amply demonstrated the talent in our young scientists.

As my period of office draws to a close I am confident that the





section will make a marked contribution to the continued development of BASES and while there are challenges to face, there are personnel who are clearly equipped to meet these challenges. There are some excellent people in the Association but I pay particular tribute to the officers of the Physiology Section whose hard work and support they have given to me is matched only by their talents and cheerfulness: the Accreditation Sub-committee, Professors Jo Doust and Roger Eston, Doctors Andy Jones, Alison McConnell, Kevin Thompson and John Buckley; our Accreditation and Fellowship Committee representative John Brewer; Education and Training Committee representative Doctor Richard Godfrey; and stalwart Secretary Doctor Keith Tolfrey. I also extend my thanks to our outstanding administrative staff, Jane Bairstow, Jeremy Cooper and Sobia Rafiq for all their help. Finally, thank you to section members, many of whom I have met at conferences, workshops and accreditation visits or who have contacted me by telephone or e-mail, for your support. The section, like the Association in general, is in good shape to ensure that BASES goes from strength to strength.

**Prof Edward Winter**  
Chair of the Physiology Section

## Psychology Section

It is good to be able to report progress on most of the goals that I set for myself and the Section since taking up post in September 2002. As you may remember I was keen to update the Supervisory Experience (SE) guidelines and try to more obviously integrate the SE, Accreditation, Education and Training and Workshops programmes, on our 'internal' systems front and via partnerships

and collaborations step-up our national and international profile.

The BASES Executive backed my proposal to have the SE guidelines and procedures updated within an internally funded project, which Chris Harwood and Sandy Wolfson duly agreed to staff. Their remit was to make the system more transparent, incorporate a 1–5 scoring/evaluation procedure similar to the other sections within BASES, and ensure the content put us in a good position to align with the British Psychological Society (BPS) and the Association for the Advancement of Applied Sport Psychology (AAASP). Early drafts of the documentation look very encouraging and I would hope that with the support of the Section we can implement the new system from January 2004.

We have recently also had some exciting news from the BPS. After long and sometimes arduous deliberations that have been on-going for at least six years the Executives of the BPS and BASES have agreed the principle and content of a Memorandum of Collaboration (M of C) between the two organisations. As well as a closer alignment on quality assurance systems the M of C should progress joint CPD opportunities, joint pursuit of research funding and enhanced benefits for members of both associations. We were hoping to sign the M of C at this year's Annual Conference, however, the 'Sport Section' is currently moving towards 'Division' status within the BPS and we are aware that the event will be that much more significant if we wait until that status is gained. We expect that progression to have been completed in the next 12 months or so.

After initial meetings with Joan Duda and representatives of the AAASP Executive Board we were asked to submit a document that outlined the equivalence of BASES Accreditation and AAASP Certification. The paper put together at our end by Dan Weigand has been positively received on the other side of 'the pond'. Damon Burton has now worked the document into a full proposal that will go before the AAASP Executive Board in June and if supported, before the AAASP Fellows at the October Conference. I would hope that these developments would not only be an important first step towards more global quality assurance systems in Sport Psychology but also a much closer and more comprehensive working relationship between AAASP and BASES.

Once again my thanks go to all those members of the Section serving in some capacity and hope more will step forward at the AGM (or elsewhere) to ensure the continued success and vibrancy of our work. As the load gets greater from year to year we need more members to make the necessary commitment to underpin the Section's and the Association's long-term livelihood.

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



# MEMBERSHIP SERVICES

Table 2: BASES Membership during the period 1997–2003

Year ending 31 March	Membership totals	% Increase from previous year
1997	1158	17%
1998	1452	25%
1999	1831	26%
2000	2326	27%
2001	2619	13%
2002	2925	12%
2003	3300	13%

The period April 2002–March 2003 has been another period of consistent expansion for the Association in terms of its membership base. This growth is illustrated in Table 2. The increase in membership reflects the growing profile of BASES as the lead professional body for sport and exercise scientists in the UK.

The Executive Committee has continued to work hard to ensure that the services provided to the membership have real value and meet the members' needs. Consequently the membership numbers continue to grow at a healthy rate. In the coming year we intend to provide the membership with new testing guidelines in

physiology and biomechanics and a new publication entitled 'Performance' which will have a focus on news and application stories about products and services used by sport and exercise scientists in their everyday work.

**Jeremy Cooper**  
**BASES Chief Executive**





# TREASURER'S REPORT

## Draft Profit and Loss Account for the year ended 31 March 2003

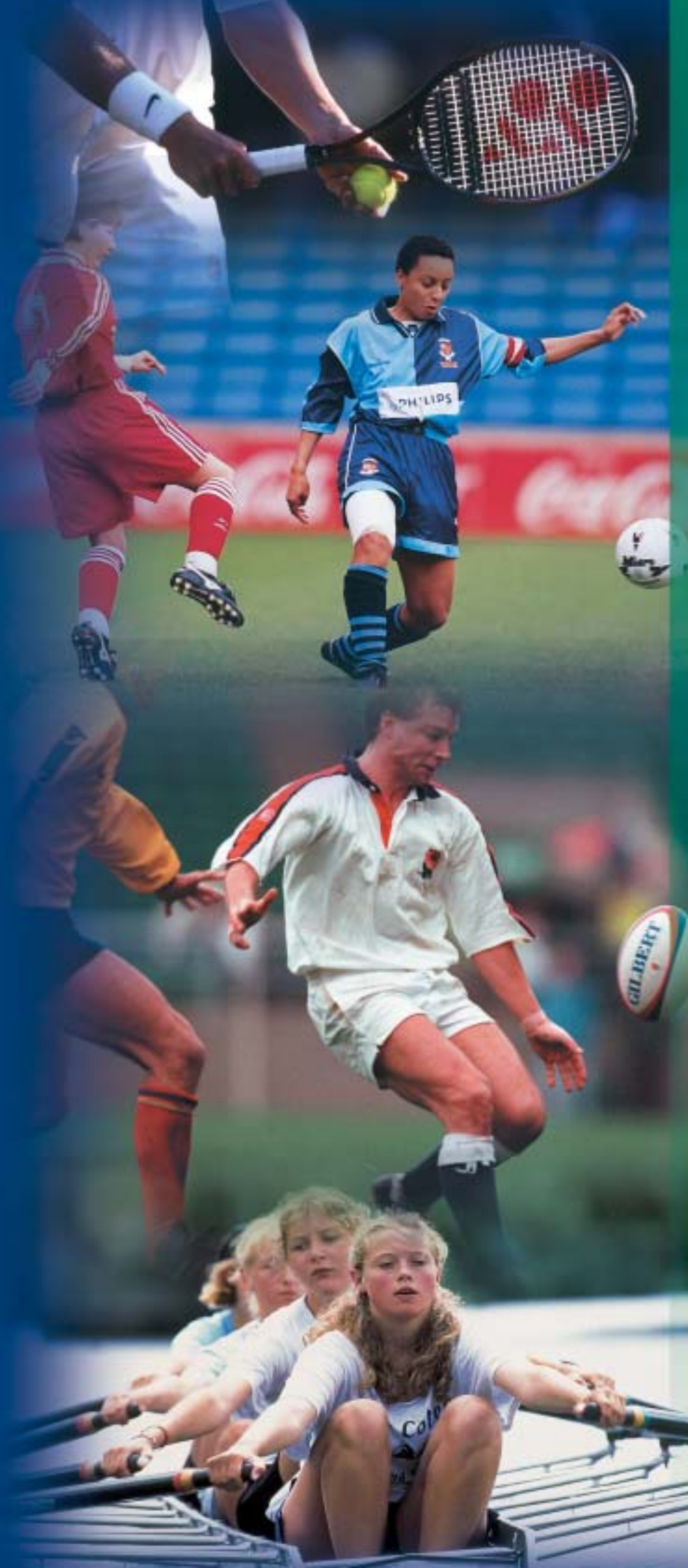
This year we have made a small profit of £208.00, which may seem disappointing. However, it must be remembered that this compares with a £17,465 loss last year so in real terms we have 'made' £17,500! Our financial planning has therefore been successful and we have maintained our reserves at around £30,000. As a 'not for profit' organisation we will aim to break even or make a modest profit next year. One major change is that we have undertaken voluntary VAT registration to facilitate contract based funding. This has led to increases in accountancy costs (and workload for the BASES office staff) but a net financial benefit to the organisation.

We have seen an increase in our income from membership fees and also from specific contracts. UK Sport continued to offer financial support of £20,000 to the organisation and confirmed they will also do so for 2003–2004. The total of £66,000 increase in income has allowed us to expand the core work of the Association in education, professional training and the provision of strategic and expert advice in the sport and exercise science areas. As always much of the hard work has been done by volunteers and BASES is indebted to all who have helped with fundraising this year. The turnover of the organisation has increased by an average of 20% each year since 1999. We hope to see a similar pattern next year with the Executive proactively seeking ways to increase funding from existing and new revenue sources.

INCOME	CHANGE	31/03/2003	31/03/2002	EXPENDITURE	CHANGE	31/03/2003	31/03/2002
Membership	£9,310	£72,350	£63,040	Contracts			
Sports Council Grant	£0	£20,000	£20,000	WCGAS	£8,328	£8,328.00	
Adverts/mailshots	£3,793	£30,246	£26,453	Consumer/provider guide	£4,000	£4,000.00	
Workshop income	£1,773	£12,915	£11,142	Buddy scheme	£27,862	£27,862.00	
JSS royalties	£193	£9,184	£8,991	S & C project	£9,981	£9,981.00	
Accreditation fees	£3,705	£8,675	£4,970	HEA aged/BOA	-£14,962	-£5,000.00	£9,962.00
Annual conference	-£7,423	£5,464	£12,887	Total contracts	£35,209	£45,171	£9,962
Other conferences	£2,463	£2,463	£0	Salaries/pension etc.	£2,393	£56,697	£54,304
Publications	-£523	£1,938	£2,461	Office expenses/IT	-£6,816	£41,409	£48,225
<b>Contracts</b>				Newsletter and brochures	£5,545	£41,920	£36,375
WCGAS	£11,960	£11,960		Meeting expenses and travel	£864	£12,971	£12,107
Consumer/provider guide	£6,000	£6,000		Workshop expenses	-£120	£9,775	£9,895
Buddy scheme	£42,975	£42,975		Conference expenses	£160	£2,631	£2,471
S & C project	£11,500	£11,500		Accreditation costs	£2,121	£3,880	£1,759
HEA aged/BOA	-£19,598	£124	£19,722	Sundry expenses	-£501	£730	£1,231
Bank interest	£22	£650	£628	Audit/legal fees etc.	£3,423	£5,750	£2,327
<b>Total contracts</b>	<b>£52,859</b>	<b>£73,209</b>	<b>£20,350</b>	Staff training and development	£2,802	£4,260	£1,458
<b>Total income</b>	<b>£66,150</b>	<b>£236,444</b>	<b>£170,294</b>	PR exercise	-£4,157		£4,157
				Bad debt	£65	£65	
				Irrecoverable VAT	£7,292	£7,292	N/A
				Bank charges	-£119	£709	£828
				Depreciation	£316	£2,976	£2,660
<i>Dr Valerie Cox</i>				<b>Total expenditure</b>	<b>£48,477</b>	<b>£236,236</b>	<b>£187,759</b>
<b>BASES Honorary Treasurer</b>				<b>NETT PROFIT/ LOSS</b>	<b>£17,673</b>	<b>£208.00</b>	<b>-£17,465.00</b>



THE BRITISH ASSOCIATION  
OF SPORT & EXERCISE  
SCIENCES



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