

The British Association of Sport and Exercise Sciences  
Annual Report and Financial Statements  
2019-2020





## The Board Report

The Board has pleasure in presenting the British Association of Sport and Exercise Sciences (BASES) annual report (September 2019 - August 2020) and the financial statements for the year ended 31 March 2020. The report is focused on the four strategic imperatives identified in the 2015-2020 Strategic Plan: Membership, Professional Standards, Events and Publications.

### Impact of COVID-19

The last six months have truly been challenging and unprecedented times as everyone has adjusted to the impact of the pandemic. Whilst many of our events were postponed, a number of global webinars, free to watch live, provided CPD opportunities for our members and for non-members. In April 2020, BASES produced an Expert Statement on *Physical Activity and Exercise during COVID-19 'Lockdowns' and 'Restrictions'*. A new COVID-19 Special Interest Group was established in May 2020 and BASES published a Position Stand on *'Reopening' of Higher Education Institutions' Sport and Exercise Science Departments after Lockdown in August 2020*.

### Membership

Despite the pandemic, the Association has slightly increased its membership over the last year. The average total membership for the period (September 2019 - August 2020) was 2,561 compared to 2,538 in the previous year (September 2018 - August 2019), representing year-over-year growth of 0.9%. Membership growth has been driven by an increase in the number of professional members (+8.3%), ending the year at 1227, the highest total in over a decade. There have been marginal changes to most membership categories over this period: overseas membership (+9.2%), student members (+0.2%), affiliate members (-8.6%); graduate members (-12.5%).

BASES continues to grow its social media presence. As of August 2020, BASES has 30,702 Twitter followers (+5.9% versus August 2019), 5,560 Facebook likes (+12.7%), 5,874 LinkedIn members (+91.3%) and 1,769 Instagram followers (+44.9%).

BASES Fellowship recognises esteemed professional achievement, skills, knowledge and service to BASES and the sport and exercise science community made by BASES professional members. Nine BASES members were awarded Fellowship in 2020: Dr Lindsay Bottoms, Dr Neil Clarke, Prof John Dickinson, Dr Sarah Gilchrist, Dr Adam Grainger, Dr John Iga, Dr Simon Nichols, Dr Alan Ruddock and Dr Christopher Spray bringing the total number of BASES Fellowships awarded to 117.

BASES continues to engage and develop relationships with stakeholders in the UK and abroad. Dr Keith Tolfrey FBASES represented BASES on the International Alliance Steering Committee (IASC). Whilst the launch of the new International Confederation of Sport and Exercise Science Practice (ICSESP) was postponed due to COVID-19, BASES signed up as Foundational Full Membership of the ICSESP, with Dr Tolfrey representing BASES on its Board. Relationships and developments continued with the English Premier League, the English Institute of Sport, Sport Northern Ireland, the BPS (British Psychological Society), AASP (the Association for Applied Sport Psychology), TASS (the Talented Athlete Scholarship Scheme) and Careers in Sport. Leicester City Football Club became an approved partner of our Accreditation Partnership Scheme, which means that their employees are now eligible to apply for the streamlined accreditation route.

### Professional Standards

The BASES Sport and Exercise Psychology Accreditation Route (SEPAR) is a programme of professional development, skill acquisition and supervised practice to ensure that candidates acquire



Above: The BASES Sport and Exercise Psychology Accreditation Route was formally launched in January 2020

the knowledge, skills, and experience required to be eligible to apply for registration with the Health and Care Professions Council (HCPC) as a Practitioner Psychologist. In May 2020, four candidates – David Jones, Dr Lisa O'Halloran, Dr David Priestley and Amy Spencer, having been part of the initial trial process, were confirmed by the SEPAR Committee (SEPARC) as being SEPAR complete and eligible to apply to the HCPC register. 48 candidates enrolled on SEPAR in 2020, 20 on the Accreditation of Prior Experiential

Competence (APEC) route, 17 on two-year route, 10 on three-year route and 1 on the four-year route. To date there are 40 Reviewers and 34 Supervisors supporting SEPAR. In June 2020, 23 out of 25 candidates successfully completed the Open University DE200 module (Investigating Psychology 2) to support the necessary entry requirements onto SEPAR regarding evidencing "underpinning psychology knowledge"

There are currently 155 BASES members undertaking Supervised Experience, with 36 new members joining the scheme in 2019-2020. There are 160 registered supervisors and 138 registered reviewers supporting the scheme. The number of BASES accredited sport and exercise scientists has increased from 338 in 2019 to 366 in 2020 (+8.3%). There are currently 189 Chartered Scientists (-4%), 55 Certified Exercise Practitioners (+14.6%), 26 members holding High Performance Sport Accreditation (-10.3%) and 15 BASES Accredited Physiology Laboratories (-28.6%). The Welsh Institute of Sport and the University of Central Lancashire both had physiology laboratories re-accredited.

The BASES Undergraduate Endorsement Scheme (BUES) awards endorsement to sport and exercise science degree courses that provide undergraduates with the opportunity to develop the knowledge and skills essential to enter into the profession. There are currently 60 endorsed courses (-3.2% versus 2019) at 43 UK higher education institutions, details of which can be found on page 9.

### Events

The Association continues to provide a regular and varied calendar of CPD opportunities, including conferences and webinars. BASES Annual Conference 2019 was held on 19-20 November at the King Power Stadium in Leicester. The Scientific Programme Committee, chaired by Prof John Saxton FBASES, developed a high-quality programme, including keynote lectures from Prof Carl Foster, University of Wisconsin-La Crosse, USA and Prof Mike Weed, Canterbury Christ Church University. Unfortunately, Sarah Ruane (Sport England) had to withdraw due to purdah. There were 354 conference attendees, 181 abstracts submitted and 17 exhibitors. The programme and abstracts of all presentations were published in Volume 37 of the Journal of Sports Sciences. BASES is thankful to our gold conference supporters: Routledge, Wattbike, The Physiological Society and Cambridge Nutritional Sciences.

BASES Annual Conference 2020 was due to be held on 17-18 November 2020 at King Power Stadium in Leicester. The Scientific Programme Committee had organised another world-leading programme of experts in the field of sport and exercise science. However, due to COVID-19, the Conference was postponed until 16-17 November 2021. A global multi-disciplinary webinar series will take place across November 2020 whereby the Invited Speakers from the 2020 Conference will remotely deliver their planned sessions, via the webinar platform. These webinars will be free to all to listen live. Details can be found [here](#).

BASES Student Conference 2020 - *Equality, Diversity and Overcoming Diversity in Sport and Exercise Science* - was to have been hosted by the Solent University on 15-16 April. However, the event was postponed due to COVID-19 and is rescheduled for 7-8 April 2021. The BASES Student Conference 2022 will be held at the University of Huddersfield.

The 17th annual BASES Heads of Department Forum (HoDs) was to have been hosted at Coventry University's TechnoCentre in March 2020. However, due to COVID-19, the event was postponed until 17 March 2021.

Three workshops and all five division events that were planned for this year had to be cancelled

due to COVID-19. However, BASES ran 16 workshops, attended by a total of 85 delegates. 13 of the workshops were linked with the Supervised Experience programme. BASES hosted 11 webinars, with a combined 1720 delegates registering and 981 delegates attending live. BASES supported the international "Physical Education, Sport and Exercise Sciences in Context to Covid-19" which had 1600 registrants. For the first time, we jointly ran three webinars with the BPS over the summer. The BASES CPD Endorsement Scheme enables BASES to offer a wider range of CPD opportunities to members. A total of 16 courses, workshops and conferences have been endorsed



Above: BASES 2019 Annual Conference took place at the King Power Stadium, Leicester'





since the inception of the scheme; training providers successfully obtaining endorsement include Catapult Sports Ltd, the Football Exchange/Liverpool John Moores University, HIIT Science Inc, the Integrative Sports Nutrition, Owens Recovery Science, the Physiological Society, and the University of Stirling.

## Publications



Above: The Sport and Exercise Scientist is the official quarterly publication of BASES, available free to BASES members

This year has been a period of developing and refining some of the changes made to The Sport and Exercise Scientist the previous year. A specific focal point has been to take advantage of the uniqueness of the publication in terms of addressing issues and areas that are often common in the real world but are seldom covered by other publications and learning mediums. Across the year, there has been a good mixture of articles covering all the disciplines from a variety of authors. Additionally, to encourage more membership engagement through contributions to the *Letters to the Editor* section, all published letters now receive a £25 discount off BASES membership renewal.

The *Journal of Sports Sciences* received almost 1,800 submissions for publication in 2019 (comparable to 2018), with 11% of submissions accepted for publication in the journal. The journal's impact factor has fallen slightly to 2.597 (from 2.81 in 2018), resulting in it being ranked 27 out of 83 journals in the sport sciences field. The changes to the Editorial Board structure implemented in 2016, involving a move from 12 sections to five sections, each led by an Executive Editor and supported by Associate Editors, have been generally successful in spreading the editorial

workloads more evenly, although sports performance and sports medicine and biomechanics have higher submission rates than other section.

In February 2020, The Association for Applied Sport Psychology (AASP) and BASES agreed to provide reciprocal access to each organisation's publications. BASES members are now able to access *Journal of Applied Sport Psychology* and AASP members can now access The Sport and Exercise Scientist plus the full archive of the BASES expert statements.

The BASES Career Guide: *A Guide to Careers in Sport and Exercise Science* was updated and launched on 10 August 2020. The Guide includes a wealth of guidance and information about choosing courses at school and college, choosing undergraduate and postgraduate courses, career opportunities and how to get ahead, and how to pursue popular career paths and occupations.

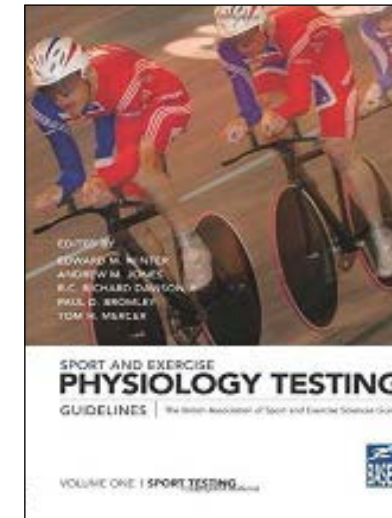
BASES published five new expert statements in 2019-20: *Extracellular Buffering Agents*, produced by Prof Lars McNaughton FBASES, Dr Sanjoy Deb, Dr Lewis Gough, Dr Matt Higgins, Dr Mike Price FBASES, Prof Craig Sale and Dr Andy Sparks; *Use of Music for Movement among People with Parkinson's*, produced by Prof Costas I. Karageorghis FBASES, Dr Dawn Rose, Dr Lucy E. Annett, Dr Judith Bek, Dr Lindsay Bottoms, Dr Peter J. Lovatt, Dr Ellen Poliakoff, Dr Benjamin G. Schultz, Dr Caroline P. Whyatt, Dr William R. Young and Prof Yvonne N. Delevoeye-Turrell; *Role of High-intensity Interval Exercise for Health and Fitness Promotion in Young People*, produced by Dr Kathryn Weston, Prof Alan Barker, Dr Bert Bond, Sarah Costigan, Dr Charlotte Ingul and Prof Craig Williams FBASES; *Conducting and Implementing Female Athlete-Based Research*, produced by Drs Kirsty Elliott-Sale, Emma Ross FBASES, Richard Burden and Kirsty Hicks; and *Physical Activity and Exercise During Covid-19 "Lockdowns" and "Restrictions"*, produced by Dr Andy Smith FBASES, Professor Stuart Biddle FBASES and Professor Stephen Bird FBASES. BASES expert statements are available to download from the [BASES website](https://bases.org.uk).

In August 2020, the BASES Board published a position stand on the 'Reopening' of *Sport and Exercise Science departments in Higher Education after lockdown*. This position stand was authored by Drs Andy Smith MBE FBASES, Rita de Oliveira, Mark Faghy, Mark Ross and Neil Maxwell.

## Divisions

The Division of Biomechanics and Motor Behaviour wrote an article for Autumn'20 issue of TSES on *Postural variability: an answer to healthier home working*.

The Division of Physical Activity for Health enjoyed a busy year. Due to the extremely high calibre of applications, the division appointed two student reps (Jordan Bell and David Osborne). Both were proactive in leading the development of the division's Twitter page in which the number of followers has grown. Prof David Broom, Dr Andrew Scott, Prof Helen Jones and numerous other division members have worked on a BASES accreditation pathway for Clinical Exercise Physiology. This is being developed concurrently with the I-Cardio European funded project which is reviewing standards and proficiencies and working towards getting 'Clinical Exercise Physiologist' as a registered title. Dr Lindsay Bottoms was organising the divisional day, planned to be hosted in Sheffield at the newly opened Advanced Wellbeing Research centre, but this was cancelled due to COVID-19. The division will re-organise the day once restrictions have been lifted. Dr Daniel Bailey has led activities in relation to the division's newsletters, with the last one being published in March 2020. Led by Dr Miranda Armstrong, division members have enjoyed a strong programme of webinars over the last year, delivered by a series of experts in their field including Dr Hayley Mills and Assoc Prof Anne Tiedemann.



Above: The Division of Physiology and Nutrition is supporting the development of a new edition of the BASES Physiology Testing Guidelines

A key activity relating to the Division of Physiology and Nutrition this year has been around updating and developing a new edition of the BASES Physiology Testing Guidelines. This was led by the new edition's editorial board rather than the Division per se, however, the Division Chair is a member of the team. Importantly, there have been a number of call outs to members for involvement in both sport and clinical exercise testing volumes which were enthusiastically met by members. The Division Committee saw new (and international) members join this year. As a result of this we developed an international webinar in conjunction with the Department of Physical Education at the Banaras Hindu University, Varanasi-India pertaining to 'Sports for Sustainable Development: Overcoming COVID-19 Crisis'. Following the pandemic, we hope, as a team, to develop the member benefits such as the newsletter and Division webpages as well as continuing to support the student conference.

The Division of Psychology has focused much of its efforts on the completion of a cohort of four triallists for SEPAR who were formally accepted onto HCPC Register in summer'20 and registering / progressing its inaugural and second SEPAR cohorts in February and August 2020. This is a significant milestone for the scheme which has proven to be incredibly popular with 48 registrants to date. Division events have continued to be well attended with joint webinars with the BPS representing a 'step change' in offering sector leading CPD for the benefit of the profession as a whole. Our free-to members Division Day was to be held at Bath University but was postponed due to COVID-19. The reciprocal agreement with AASP is an additional achievement and we look forward to operationalising this agreement in the next twelve months. Looking ahead, we are planning MSc endorsement schemes relevant for SEPAR entry and consideration regarding feasibility of SEPAR for International applicants.

On 18 March 2020, the Sport and Performance Division was meant to host a sold-out Division Day at Newman University, focused on the topic of 'Recovery and monitoring'. Unfortunately, this Division Day had to be cancelled due to the coronavirus outbreak. As a result of this, the Division Committee delivered a number of engaging and well-received webinars between March and July 2020. James Malone and Hayley Noblett both recently joined the Sport and Performance Division Committee. Meanwhile, Laura Needham from the English Institute of Sport has been co-opted onto the Division to help lead on future collaborations and the Division's link to applied sport settings. The Division endorsed and promoted the 'return to play for performance athletes', which was created by the Home Countries Sports Institute Doctors who also submitted an Expert Statement. The Expert Statement Review Panel provided positive feedback, with a second iteration currently in creation. The Sport and Performance Division Chair and Deputy Chair both viewed this submission and were consulted upon its design.







## Equity, Diversity and Inclusion

Following a Call to Action in May 2020 for members of the new Equity, Diversity and Inclusion (EDI) committee, eleven members, including two student representatives, were appointed to the committee, which is responsible for the development and implementation of Equity, Diversity and Inclusion strategy. In July 2020, the Board appointed Non-Executive Director Vinny Leach as the first Board Diversity Champion.

## Special Interest Groups

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

The Biomechanics Interest Group (BIG) supported the National Biomechanics Day on 8 April 2020.

The Clinical Exercise Science and Practice Interest Group has made significant progress this year. We successfully proposed the BASES Accredited Clinical Exercise Physiologist based on working with colleagues in the UK, Exercise and Sports Science Australia (ESSA) and the American College of Sports Medicine (ACSM) to develop education and professional standards for clinical exercise physiology. We have a highly active Twitter account for disseminating clinical exercise-related research and practice to followers, indicating BASES thrust in clinical exercise. We have also attracted a number of related groups to affiliate with BASES, such as specialist exercise instructors, the Cystic Fibrosis exercise network, Later Life Training and AGILE (Physiotherapists for older people) and the exercise professionals in mental health group.

The Clean Sport Interest Group (CSIG) seeks to facilitate communication and interaction amongst the sport and exercise science community and UK Anti-Doping (UKAD). In doing so, we facilitate the exchange of knowledge and activate a shared identity for our collective responsibility to protect the rights of athletes to participate in doping free sport. For the fourth consecutive year, we collaborated with UKAD to deliver the 2020 Clean Sport at the Front-Line forum. This year's event took place in March, attracting over 80 delegates, and covered the forthcoming World Anti-Doping Agency International Standard for Education, key changes within the 2021 World Anti-Doping Code and showcased the latest research findings from academics and PhD students.

The major activity this year for the Paediatric Exercise Science SIG was the promotion/ dissemination of the work of the group through several social platforms. Part of this initiative was led by Ashley Cox, who should be congratulated for leading a series of podcasts with various SIG members discussing their research. This has been well-received and the podcasts have had 3.5k listeners throughout last year and 5/5 rating on iTunes. Discussions were on-going prior to COVID-19 for a workshop hosted by Prof Mike Duncan FBASES prior to the BASES conference in November'20. Further discussions will take place to determine if a virtual workshop or presentation can be held. Finally, a number of the SIG members contributed to the expert statement on the *Role of High-intensity Interval Exercise for Health and Fitness Promotion in Young People*.

Over the past year, a new steering group has been established to lead the BASES Molecular Exercise Physiology (MEP) SIG. During this time, the MEP steering group has facilitated collaborations between BASES members and wider research groups in the UK, Europe, and South America. As many of these research groups were not previously involved in developing or disseminating MEP-related knowledge, these collaborations have successfully enhanced research and applied practice in MEP. Whilst much of the work conducted by the MEP SIG over the past year has focussed on the genetic associations with various performance-related phenotypes in elite individual and team sport athletes, the SIG did have representation in the form of an expert witness on molecular exercise physiology in the recent legal challenge by Caster Semenya against the IAAF.

The overall aims of the Sport, Exercise and Health Analytics SIG are to provide direction, advice and resources for researchers, reviewers, editors, practitioners, and students as well as those involved in teaching data analysis methods. The first biannual meeting was held on 27 August 2020 via Zoom and was attended by 21 members. Discussion points at the meeting included: i) advice for sport science researchers given the recent calls by the American Statistical Association to ban the use of statistical significance; ii) advice on the use of magnitude-based inference given issues identified with the method; iii) advice for researchers given calls for increased statistical

collaboration in sports science, sport and exercise medicine and sports physiotherapy; iv) processes available to check errors in data given some journal article retractions; v) reviewing what is currently taught in undergraduate and postgraduate sport science degree programmes and deciding what should be included; and vi) advice for reviewers when reviewing for articles that include use non-traditional data analysis methods. Actions include putting together a reporting guideline checklist for researchers and reviewers for both traditional and non-traditional analysis with the aim of publishing these in *Journal of Sport Sciences* and *The Sport and Exercise Scientist*.

Envisaged following publication of the BASES expert statement on 'lockdowns', the COVID-19 SIG was established at the end of May 2020. The SIG aims to i) Create a community of practice and knowledge exchange, ii) foster open science, data sharing, co-authorship & partnership working, iii) propose research priorities and iv) develop CPD & teaching materials. In only four months members have i) uploaded projects and papers onto the webpage, ii) drafted the BASES position stand on 'reopening' sport and exercise sciences Departments, iii) taken part in an international webinar with the University of Varanasi-India and iv) are currently working together on a paper for *The Sport and Exercise Scientist*. Thanks go to Team BASES, the founding members and the SIG's Steering Group who have made this happen.

## Prof Edward Winter FBASES

BASES was sad to learn of the sudden and unexpected passing of Prof Edward Winter FBASES in July 2020. He made a sustained and substantial contribution to BASES for more than 35 years; a former Secretary and Director of BASES, he was made a BASES Fellow in 1998. He will be dearly missed by all in the sport and exercise science community.

## 2021-2025

The Board revisited the five-year strategy ending 2020, starting to develop the next stage of evolution and the 2021-2025 strategy. Initial thoughts on the new mission and strategic objectives were shared with the membership at the 2019 Annual General Meeting in Leicester. In March and April 2020, the Executive Director sought feedback from all BASES Committees and Groups and from BASES Fellows.

Our new mission, with effect from April 2021, will be 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. To achieve our mission, BASES will:

- Enhance our status as the professional standards body for sport and exercise sciences in the UK
- Grow our reputation as the leading expert body for sport and exercise sciences through strategic partnerships and advocacy
- Drive step-change in membership by enhancing our value proposition to sport and exercise science professionals
- Establish financial sustainability through new and existing secure and long-term income streams
- Develop our governance model and define our organisational status to support the effective delivery of the mission

The draft 2021-2025 Strategy and Year One Operational Plan will be tabled at the 2020 AGM / Member Briefing on 16 November 2020.

In July 2020, Prof Zoe Knowles FBASES was elected as BASES Chair-Elect. Zoe will become the first ever female Chair of the Association, a great achievement. She will take up post in November 2020 and will hold office for a four-year period (one year as Chair-Elect under the outgoing Chair, Prof Richard Tong FBASES, then three years as Chair).





## Finance

BASES reported a surplus of £45,352 for the year ended 31 March 2020, driven by an increase in general income and a reduction in general expenditure over the previous year. The Board has considered contingencies and mitigating action in the event that income streams are impacted by COVID-19.

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 2020 were £338,803.

## Income and Expenditure Account for the year ended 31 March 2020

		2020	2019
	Notes	£	£
Income	3	325,039	282,409
Expenditure		<u>116,541</u>	<u>100,624</u>
<b>Gross surplus</b>		208,498	181,785
Office expenses		<u>163,436</u>	<u>206,065</u>
<b>Operating surplus/(deficit)</b>		45,062	(24,280)
Interest receivable and similar income		— 358	— 220
		(45,420)	(24,060)
Interest payable and similar expenses		-	8
Surplus (Deficit) before taxation		(45,420)	(24,068)
Tax on surplus / (deficit)		68	41
<b>Surplus/(Deficit) for the financial year</b>		(45,352)	(24,109)

Please refer to the end of the Annual Report for the unaudited Financial Statements for the year ended 31 March 2020.

## Acknowledgements

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

## Awards and Grants

The Association awarded a number of awards and grants to its members.

### Annual Awards

**BASES Applied Practitioner Award:**

Dr Adam Gledhill FBASES, Leeds Beckett University

**Prof Tom Reilly Doctoral Dissertation of the Year:**

Dr Paul Thomas Morgan, University of Exeter

**BASES Undergraduate Dissertation of the Year:**

Sammuel Wallbanks, Portsmouth University

### Annual Conference Awards

**Cranlea Poster Presentation Award:**

Anthony Turner, University of Edinburgh

**BASES 5 Slides in 5 Minutes Free Communication Award:**

Matthew Haines, University of Huddersfield

**Routledge Recently Qualified Researcher Free Communication Award:**

Anna Myers, Sheffield Hallam University

**Sportesse Sport and Exercise Science Free Communication Award:**

Andrew Kirkland, University of Stirling

**Routledge/Taylor & Francis Sport and Exercise Science Impact Award:**

James Yates, University of Bedfordshire

### 2019 Student Conference Awards

**Human Kinetics Student Poster Presentation Award:**

Clare Strongman, Anglia Ruskin University

**Human Kinetics Student Free Communication Presentation Award:**

Emmet McDermott, Loughborough University

### Grants

**BASES Expert Statement Grant**

Dr Andy Smith FBASES (donation to NHS)

Dr Kirsty Elliott-Sale

Prof Mike Duncan FBASES

**BASES Early Career Grant**

Dr Tom Clifford, Newcastle University

**BASES International Conference Grants**

Dr Kirsty Hicks, Northumbria University

## BASES Undergraduate Endorsed Courses

The following universities all had courses endorsed or re-endorsed this year:

Aberystwyth University • AECC University College • Anglia Ruskin University  
 Birmingham City University • Brunel University • Buckinghamshire New University  
 Cardiff Metropolitan University • Coventry University • Edge Hill University • Kingston University  
 Leeds Beckett University • Leeds Trinity University • Liverpool John Moores University  
 Loughborough University • Manchester Metropolitan University • Northumbria University  
 Oxford Brookes University • Plymouth Marjon University • Sheffield Hallam University  
 Solent University • St Mary's University Twickenham • Staffordshire University  
 Swansea University • Ulster University • University of Abertay • University of Bath  
 University of Bedfordshire • University of Bolton • University of Brighton • University of Chester  
 University of Chichester • University of Edinburgh • University of Gloucestershire  
 University of Hertfordshire • University of Huddersfield • University of Kent  
 University of Portsmouth • University of Salford • University of South Wales  
 University of Sunderland • University of Surrey • University of Winchester  
 University of Wolverhampton • University of Worcester • York St John University





## Fellows of the Association

BASES fellowships recognise esteemed professional achievement, skills, knowledge and service to BASES and the sport and exercise science community. The following individuals have been awarded BASES fellowships:

1993	Prof Craig Sharp
1994	Prof Les Burwitz • Prof Lew Hardy • Prof Tom Reilly • Prof Clyde Williams OBE
1997	Prof John Annett • Prof Neil Armstrong • Prof Tudor Hale
1998	Prof Roger Bartlett • Prof Steve Bird • Dr Steve Bull • Prof Ken Fox Prof Don MacLaren • Dr Sarah Rowell • Prof Neil Spurway • Dr Jean Whitehead Prof Edward Winter • Prof Fred Yeadon
1999	Prof Stuart Biddle • Prof Dave Kerwin • Prof Adrian Lees
2000	Prof Jo Doust • Prof Roger Eston • Prof Jim Watkins
2001	Dr Jan Graydon • Prof Adrienne Hardman • Prof Nanette Mutrie MBE Associate Prof Gaynor Parfitt • Prof Peter Terry
2002	Prof Andy Jones • Prof Andy Smith MBE • Prof Adrian Taylor • Dr Sandy Wolfson
2004	Prof Ian Maynard
2008	Prof Tom Mercer • Prof Craig A Williams
2009	Prof Richard Davison • Prof John Saxton • Prof Kevin Thompson
2010	Prof Celia Brackenridge • Prof John Buckley • Prof Dave Collins • Prof Carlton Cooke Dr Jason Gill • Prof Michael Gleeson • Dr Richard Godfrey • Dr Brian Hemmings Dr Costas Karageorghis • Prof Andy Lane • Prof Craig Mahoney • Prof Alison McConnell Prof Marie Murphy • Prof Richard Tong • Dr Ken van Someren • Prof Greg Whyte OBE
2011	Prof Keith George • Dr Nigel Gleeson • Dr Chris Harwood • Dr Tim Holder Dr Zoe Knowles • Dr Kevin Lamb • Prof Lars McNaughton • Prof Joanna Scurr Prof Martin Sellens • Prof Gareth Stratton • Dr Richard Thelwell • Dr Keith Tolfrey Prof Vicky Tolfrey
2012	Prof Michael Duncan • Prof Glyn Howatson • Dr Joanne Hudson • Dr Andrew Miles Dr Michael Price • Dr Roger Ramsbottom • Dr Lee Romer • Dr Aki Salo • Dr Rhys Thatcher
2013	Prof A Mark Williams
2014	Dr Brendan Copley • Dr Phil Graham-Smith • Dr Stephen Ingham Dr Dominic Micklewright
2015	Prof Susan Backhouse • Prof Bill Baltzopoulos • Dr Gary Brickley • Dr David Broom Prof Graeme Close • Dr Tracey Devonport • Dr Lance Daggart • Dr Emma Ross
2016	Dr Stuart Beattie • Prof Colin Boreham • Dr Peter Brown • Prof Ian Campbell Dr Stewart Cotterill • Dr Claire Hitchings • Prof Louis Passfield • Dr Charles Pedlar Dr Paul Smith • Prof Keith Stokes
2017	Dr Grant Abt • Dr Lisa Board • Dr Val Cox • Dr Kevin Currell Dr Caroline Sunderland • Prof Craig Twist
2018	Dr Barry Drust • Dr Jonathan Katz • Prof Derek M Peters • Dr Garry Tew Prof Dylan Thompson • Dr Matthew Weston
2019	Chris Barnes • Prof Andrew Edwards • Dr Adam Gledhill • Assoc Prof Adam Hawkey • Dr Kiara Lewis • Dr Ailsa Niven
2020	Dr Lindsay Bottoms • Dr Neil Clarke • Prof John Dickinson • Dr Sarah Gilchrist • Dr Adam Grainger • Dr John Iga • Dr Simon Nichols • Dr Alan Ruddock • Dr Christopher Spray

## Governance: Board, Committees and Advisory Groups / Panels

### Board

Prof Richard Tong FBASES (Chair) • Prof David Broom FBASES • Dr Adam Grainger FBASES  
Assoc Prof Adam Hawkey FBASES (Deputy Chair) • Prof Zoe Knowles FBASES • Greg Koral  
Vinny Leach • Dr Mike Price FBASES • James Tugwell • Susan Went  
Ian Wilson (Executive Director)

### BASES Operations Team

Jane Bairstow • Jane Gillott • Emma Forsyth (Amy Taylor and Angus Boyle covered maternity leave) • Sue Watson • Ian Wilson

### Appointments and Remuneration Committee

Prof Richard Tong FBASES (Chair) • Dr Lance Daggart FBASES  
Prof Dominic Micklewright FBASES • Prof Louis Passfield FBASES • Susan Went

### Division of Biomechanics and Motor Behaviour

Assoc Prof Adam Hawkey FBASES (Chair) • Idrees Afzal • Dr Theodoros Bampouras  
Francesca Collings • Dr Andrew Mitchell

### Division of Physical Activity for Health

Prof David Broom FBASES (Chair) • Dr Miranda Armstrong • Dr Daniel Bailey • Jordan Bell  
Dr Lindsay Bottoms FBASES • David Osborne

### Division of Physiology and Nutrition

Dr Mike Price FBASES (Chair) • Dr Pradeep Chahar • Dr Mark Faghy  
Emily Pratt • Dr Alan Ruddock FBASES • Greg Townson

### Division of Psychology

Prof Zoe Knowles FBASES (Chair) • Dr Adam Gledhill FBASES • Dr Denise Hill  
Sam Kirk • Callum O'Malley

### Division of Sport and Performance

Dr Adam Grainger FBASES (Chair) • Dr Ibrahim Akubat • Dr James Malone  
Hayley Noblett • Joshua Wass

### Accreditation Committee

Dr Sarah Gilchrist FBASES (Chair) • Chris Barnes • Dr Gary Brickley FBASES • Dr Tom Clifford  
Jane Gillott • Dr Denise Hill • Dr Paul Jones • Dr Mary-Margaret Meade • Dr Ian Sadler  
Prof John Saxton FBASES • Sue Watson • Ian Wilson

### Awards Committee

Dr Lee Taylor (Chair) • Prof Alan Barker • Dr Mark Goss-Sampson • Prof Andy Lane FBASES  
Prof Lars McNaughton FBASES • Prof Ian Swaine • Prof Edward Winter FBASES.

### BASES Undergraduate Endorsement Scheme Committee (BUES)

Dr Kevin Robertson (Chair) • Dr Lisa Board FBASES • Dr Adam Gledhill FBASES  
Dr Helen Matthews • Dr Elizabeth Pummell • Dr Ian Sadler

### Continuing Professional Development (CPD) Committee

Ian Wilson (Chair) • Idrees Afzal • Dr Ibrahim Akubat • Dr Miranda Armstrong • Dr Denise Hill  
Dr Andy Miles FBASES • Dr Alan Ruddock FBASES • Sue Watson

### Equity, Diversity and Inclusion Committee

Lucinda Abell • Dr Richard Buscombe • Dr Sharon Dixon • Dr John Fernandes  
Dr Kotryna Fraser • Helen Matthews • Dr Izzy Moore • Dr Emma Ross FBASES  
Dr Tori Sprung • Savannah Sturridge • Ian Wilson • Shameema Yousuf





**Expert Statement Panel**

Prof Bill Baltzopoulos FBASES • Dr Lindsay Bottoms FBASES • Dr Tracey Devonport FBASES  
Dr Valerie Gladwell • Prof Craig Twist FBASES

**Heads of Department Advisory Group**

Dr Lance Daggart FBASES (Chair) • Dr Joanne Hudson FBASES • Dr Kiara Lewis FBASES  
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The British Association of Sport and Exercise Sciences

# Report of the Directors and Unaudited Financial Statements of the Year Ended 31 March 2020

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## Report of the Directors for the year ended 31 March 2020

The directors present their report with the financial statements of the company for the year ended 31 March 2020.

### Principal activity

The principal activity of the company in the year under review was that of promoting evidence-based practice and research in sport and exercise sciences through conferences, workshops and publications.

### Directors

The directors shown below have held office during the whole of the period from 1 April 2019 to the date of this report.

Dr A T Grainger • Dr M Price FBASES • Assoc Prof A Hawkey (Deputy Chair)  
Prof R Tong FBASES (Chair) • Prof D Broom FBASES • Prof Z Knowles FBASES  
Mrs S Went

Other changes in directors holding office are as follows:

Mr P A Scott .....resigned 19 September 2019  
Mr T Holden ..... resigned 20 November 2019  
Mr I Wilson (Executive Director) ..... appointed 17 October 2019  
Mrs S K Leach ..... appointed 1 February 2020  
Mr G D Koral..... appointed 1 February 2020  
Mr J O Tugwell..... appointed 1 February 2020

### Company objectives

The objects of the company are the promotion of research in sport and exercise sciences, the encouragement of evidence-based practice in sport and exercise sciences, the distribution of knowledge in sport and exercise sciences, the development and maintenance of high professional standards for those involved in sport and exercise sciences and the representation of the interests of sport and exercise sciences both nationally and internationally and the company is a 'not for profit' organisation.

### Statement of directors' responsibilities

The directors are responsible for preparing the financial statements in accordance with applicable law and regulations.

Company law requires the directors to prepare financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The financial statements are required by law to give a true and fair view of the state of affairs of the company and of the income and expenditure of the company for that period. In preparing these financial statements, the directors are required to :

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

### The British Association of Sport and Exercise Sciences

### Report of the Directors for the Year Ended 31 March 2020

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

### On behalf of the Board:

Prof R Tong FBASES - Director  
Chair  
27 July 2020







## Income and Expenditure Account for the year ended 31 March 2020

		2020	2019
	Notes	£	£
<b>Income</b>	3	325,039	282,409
Expenditure		<u>116,541</u>	<u>100,624</u>
<b>Gross surplus</b>		208,498	181,785
Office expenses		<u>163,436</u>	<u>206,065</u>
<b>Operating surplus/(deficit)</b>		45,062	(24,280)
Interest receivable and similar income		<u>358</u>	<u>220</u>
		(45,420)	(24,060)
Interest payable and similar expenses		<u>-</u>	<u>8</u>
Surplus (Deficit) before taxation		(45,420)	(24,068)
Tax on surplus / (deficit)		<u>68</u>	<u>41</u>
<b>Surplus/(Deficit) for the financial year</b>		<u>(45,352)</u>	<u>(24,109)</u>

## Balance Sheet at 31 March 2020 and 31 March 2019

		2020		2019	
	Notes	£	£	£	£
<b>Fixed assets</b>					
Tangible assets	5		571		869
<b>Current assets</b>					
Debtors	6	92,556		81,540	
Cash at bank and in hand		<u>397,748</u>		<u>361,236</u>	
		490,304		442,776	
<b>Creditors</b>					
Amounts falling due within one year	7	<u>152,072</u>		<u>150,194</u>	
<b>Net current assets</b>			<b>338,232</b>		<b>292,582</b>
<b>Total assets less current liabilities</b>			<b>338,803</b>		<b>293,451</b>
<b>Reserves</b>					
Income and expenditure account			<u>338,803</u>		<u>293,451</u>
			<u>338,803</u>		<u>293,451</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2020.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2020 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- (a) (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Board of Directors and authorised for issue on 27 July 2020 and were signed on its behalf by:

*Richard Tong*

Prof R Tong FBASES - Director  
Chair





## Statement of Changes in Equity for the year ended 31 March 2020

	Retained earnings	Total equity
	£	£
<b>Balance at 1 April 2018</b>	317,560	317,560
<b>Changes in equity</b>		
Total comprehensive income	<u>(24,109)</u>	<u>(24,109)</u>
<b>Balance at 31 March 2019</b>	<u>293,451</u>	<u>293,451</u>
<b>Changes in equity</b>		
Total comprehensive income	<u>45,352</u>	<u>45,352</u>
<b>Balance at 31 March 2020</b>	<u>338,803</u>	<u>338,803</u>

## Notes to the Financial Statements for the year ended 31 March 2020

### 1. Statutory information

The British Association of Sport and Exercise Sciences is a private company, limited by guarantee, registered in England and Wales. The company's registered number and registered office address are as below:

Registered Number: 05385834

Registered Office: Rooms G07 & G08 Fairfax Hall, Leeds Beckett University  
Headingley Campus, Headingley, Leeds, West Yorkshire LS6 3QS

### 2. Accounting policies

#### Basis of preparing the financial statements

These financial statements have been prepared in accordance with Financial Reporting Standard 102 "The Financial Reporting Standard applicable in UK and Republic of Ireland" and the Companies Act 2006 as applicable to companies subject to the small companies regime. The disclosure requirements of section 1A of FRS 102 have been applied other than where additional disclosure is required to show a true and fair view.

The financial statements have been prepared under the historical cost convention.

#### Turnover

Membership fees are recognised in the income and expenditure account over the period of membership.

All other income is recognised as it is earned and the company has obtained the right to the consideration.

#### Tangible Fixed Assets

Tangible fixed assets are stated at purchase cost together with any incidental expenses of acquisition, net of depreciation and any provision for impairment.

Depreciation is provided on all tangible assets at rates calculated to write off the cost less estimated residual value of each asset on a straight line basis over its expected useful life.

Fixtures and fittings - 10% on cost  
Computer equipment - 10% and 50% on cost

Residual value represents the estimated amount which would currently be obtained from disposal of an asset after deducting estimated costs of disposal, if the asset were already at an age and in the condition expected at the end of its estimated useful life.

The need for any fixed asset impairment write down is assessed by comparison of the carrying value of the assets against the higher of realisable value and value in use.

The gain or loss arising on the disposal of an asset is determined on the difference between the sale proceeds and the carrying value of the asset, and is recognised in the profit and loss account.





## Notes to the Financial Statements - continued for the year ended 31 March 2020

### 2. Accounting policies (continued)

#### Financial Instruments

Financial assets and financial liabilities are recognised when the company becomes a party to the contractual provisions of the instrument.

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the company after deducting all of its liabilities.

All financial assets and liabilities are initially measured at transaction price (including transaction costs), unless the arrangement constitutes a financing transaction. If an arrangement constitutes a financing transaction, the financial asset or financial liability is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

The following assets and liabilities are classified as basic financial instruments - trade debtors, other debtors, cash and bank balances, trade creditors and other creditors.

Trade debtors, other debtors, cash and bank balances, trade creditors and other creditors are measured at the amortised cost equivalent to the undiscounted amount of cash or other consideration expected to be paid or received.

#### Taxation

As the company's activities are undertaken not with a view to realising a profit but to advance the promotion of research into sports sciences and the other objectives set out in the Directors' Report, HMRC have agreed that only the company's other income is subject to corporation tax.

#### Pension costs and other post-retirement benefits

The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to profit or loss in the period to which they relate.

#### Impairment of assets

Assets are assessed for indicators of impairment at each balance sheet date. If there is objective evidence of impairment, an impairment loss is recognised in profit and loss as described below.

#### Non financial assets

An asset is impaired when there is objective evidence that, as a result of one or more events that occurred after initial recognition, the estimated recoverable value of the asset has been reduced. The recoverable amount of an asset is the higher of its fair value less costs to sell and its value in use.

#### Financial assets

For financial assets carried at cost less impairment, the impairment loss is the difference between the asset's carrying amount and the best estimate of the amount that would be received for the asset if it were sold at the reporting date.

Where indicators exist for a decrease in impairment loss, and the decrease can be related objectively to an event occurring after the impairment was recognised, the prior impairment loss is tested to determine reversal. An impairment loss is reversed on an individual impaired financial asset to the extent that the revised recoverable value does not lead to a revised carrying amount higher than the carrying value had the impairment loss not been recognised.

## Notes to the Financial Statements for the year ended 31 March 2020

### 3. Income

The company's income is mainly derived from membership fees. This income is recognised in the income and expenditure account so as to match the costs as and when they are incurred.

Membership fees	2020	2019	2018
	£	£	£
Deferred income b/fwd	65,726	65,535	62,003
Receipts in the year	171,910	153,811	163,091
Deferred income c/fwd	(74,877)	(65,726)	65,535
<b>Income per accounts</b>	<b>162,759</b>	<b>153,620</b>	<b>159,559</b>

### 4. Employees and Directors

The average number of employees during the year was 6 (2019 - 7).

### 5. Tangible fixed assets

	Fixtures, fittings and computer equipment
	£
<b>Cost</b>	
At 1 April 2019	
Additions	
Disposals	
At 31 March 2020	27,975
<b>Depreciation</b>	
At 1 April 2019	27,106
charge for year	298
At 31 March 2020	27,404
<b>Net book value</b>	
At 31 March 2020	571
At 31 March 2019	869

### 6. Debtors: amounts falling due within one year

	2020	2019
	£	£
Trade debtors	38,729	15,527
Other debtors	6,547	-
Prepayments and accrued income	47,280	66,013
	92,556	81,540







## Notes to the Financial Statements for the year ended 31 March 2020

### 7. Creditors: amounts falling due within one year

	2020	2019
	£	£
Trade creditors	4,501	4,765
Tax	68	42
Social security and other taxes	5,122	8,255
Other creditors	5,411	4,978
Accruals and deferred income	136,970	132,154
<b>Total</b>	<b>152,072</b>	<b>150,194</b>

### 8. Post balance sheet events

The Coronavirus (Covid-19) pandemic, which began as an outbreak in China in January 2020, very quickly spread across to Europe and the rest of the world and is affecting all businesses for an indeterminate period.

At the date of approval of the financial statements it has not been possible to quantify or ascertain with any certainty the financial impact of Covid-19. As it is a non-adjusting event occurring after the year end, no adjustments have been made to any figures in the financial statements as a result of the pandemic.

### 9. Capital

The Company is limited by guarantee and has no share capital. The liability of the members in the event of a winding up is limited to £1 per member.

## Chartered Accountants' Report to the Board of Directors on the Unaudited Financial Statements of The British Association of Sport and Exercise Sciences

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the financial statements of The British Association of Sport and Exercise Sciences for the year ended 31 March 2020 which comprise the Income and Expenditure Account, Balance Sheet, Statement of Changes in Equity and the related notes from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Institute of Chartered Accountants in England and Wales (ICAEW), we are subject to its ethical and other professional requirements which are detailed within the ICAEW's regulations and guidance at <http://www.icaew.com/en/membership/regulations-standards-and-guidance>.

This report is made solely to the Board of Directors of The British Association of Sport and Exercise Sciences, as a body, in accordance with our terms of engagement. Our work has been undertaken solely to prepare for your approval the financial statements of The British Association of Sport and Exercise Sciences and state those matters that we have agreed to state to the Board of Directors of The British Association of Sport and Exercise Sciences, as a body, in this report in accordance with ICAEW Technical Release 07/16AAF. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than The British Association of Sport and Exercise Sciences and its Board of Directors, as a body, for our work or for this report.

It is your duty to ensure that The British Association of Sport and Exercise Sciences has kept adequate accounting records and to prepare statutory financial statements that give a true and fair view of the assets, liabilities, financial position and profit of The British Association of Sport and Exercise Sciences. You consider that The British Association of Sport and Exercise Sciences is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the financial statements of The British Association of Sport and Exercise Sciences. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory financial statement

Kirk Newsholme,  
Chartered Accountants,  
4315 Park Approach,  
Thorpe Park,  
Leeds,  
West Yorkshire,  
LS15 8GB.

Date: 3 August 2020





## Detailed Income and Expenditure Account for the years ended 31 March 2020 and 31 March 2019

	2020		2019	
	£	£	£	£
<b>Income</b>				
Membership	162,759		153,620	
Job advertising	17,779		18,865	
The Sport and Exercise Scientist	13,451		14,954	
Workshops	19,050		14,235	
Conferences	24,097		20,911	
Sponsorship	-		950	
Course finder	2,818		3,067	
BASES Undergraduate Endorsement Scheme	10,674		8,373	
Accreditation	13,770		14,765	
Supervised experience	15,760		7,340	
<i>Journal of Sports Sciences</i>	25,707		21,056	
Publications and other	464		648	
Chartered Scientist - administration fee	3,210		2,800	
Division income	-		(40)	
Other advertising	-		865	
Annual Awards	750		-	
	14,750		-	
		325,039		282,409
<b>Expenditure</b>				
The Sport and Exercise Scientist	23,231		29,108	
Workshops	12,013		8,791	
Conferences	24,418		26,298	
BASES Undergraduate Endorsement Scheme	900		696	
Accreditation	6,275		6,957	
Supervised experience	8,972		2,431	
Consultancy	13,611		349	
Conference grants	1,000		1,399	
Early career grants	-		3,896	
Expert statement grants	1,006		2,746	
Awards	1,570		949	
Heads of Department Forum	1,033		1,623	
Public relations and marketing	4,316		5,812	
Division expenditure	800		2,679	
SEPAR	12,949		-	
Meetings and travel	4,447		6,890	
		116,541		100,624
<b>Gross surplus</b>		208,498		181,785
<b>Other income</b>				
Deposit account interest		358		220
		208,856		182,005

## Detailed Income and Expenditure Account for the years ended 31 March 2020 and 31 March 2019

	2020		2019	
	£	£	£	£
<b>Office expenses</b>				
Brought forward		208,856		182,005
Rent and Utilities	3,650		3,620	
Directors' Salaries	42,204		35,202	
Directors' social security	4,060		3,737	
Directors' pensions	2,532		2,130	
Salaries and National Insurance	76,371		105,231	
Pensions	5,381		7,086	
Telephone and internet	1,461		2,051	
Printing, postage and stationery	926		2,117	
Computer support and maintenance	6,453		6,522	
Insurance	417		485	
Sundry expenses	1,812		1,517	
Subscriptions	3,458		4,404	
Training and development	350		450	
Legal, professional and accountancy	8,895		9,540	
Website development	1,738		12,409	
Bad Debts	254		1,000	
Irrecoverable VAT	1,411		3,612	
		158,551		201,113
		50,305		(19,108)
<b>Finance costs</b>				
Bank charges	4,587		4,496	
PAYE interest paid	-		8	
		4,587		4,504
		45,718		(23,612)
<b>Depreciation</b>				
Fixtures and fittings	34		34	
Computer software and equipment	264		422	
		298		456
<b>Net Surplus/(deficit)</b>		45,420		(24,068)

