

The British Association of Sport and Exercise Sciences
Annual Report and Financial Statements
2020-2021





The Board Report

The Board is proud to present the British Association of Sport and Exercise Sciences (BASES) annual report (September 2020 - August 2021) and the financial statements for the year ended 31 March 2021. In April 2021, the Board launched the [2021-2025 Strategy](#). This report includes updates on the four strategic imperatives identified in the 2015-2020 Strategic Plan: 1) Membership, 2) Professional Standards, 3) Events and 4) Publications, and the five strategic [objectives included within the 2021-2025 Strategy](#): 1) Enhance BASES status as the professional standards body for sport and exercise sciences in the UK; 2) Grow BASES reputation as the leading expert body for sport and exercise sciences through strategic partnerships and advocacy; 3) Drive step-change in membership by enhancing our value proposition to sport and exercise science professionals; 4) Establish financial sustainability through new and existing secure and long-term income streams; and 5) Develop our governance model and define our organisational status to support the effective delivery of the BASES mission.

Impact of COVID-19

The last 12 months have continued to be challenging and unprecedented times as everyone has adjusted to the ongoing impact of the pandemic. Whilst there has been no face-to-face (in person) delivery, a significant number of meetings took place and CPD was delivered, all virtually. In November 2020, the BASES Board published a [Reflective Statement](#), authored by Drs Andy Smith MBE FBASES, Rita de Oliveira, Mark Faghy, Mark Ross and Neil Maxwell FBASES, as a companion piece to the BASES Position Stand on the [Reopening of Sport and Exercise Science departments in Higher Education after lockdown](#). The statement reflected on the drafting of the earlier position stand, captured the authors' and contributors' present experience of reopening and shared some new resources and references. In January 2021, BASES conducted a survey of students to understand how they perceived their learning during the Pandemic. The full set of results can be found [here](#). In March 2021, the Chair wrote to all senior institutional leaders (Vice Chancellors, Principals and CEOs) to articulate what members and the Association have been doing to keep Sport and Exercise Sciences going during the pandemic.

Strategic Objective 1 - Enhance BASES status as the professional standards body for sport and exercise sciences in the UK:

Professional Standards



The number of BASES Accredited Sport and Exercise Scientists has increased from 366 in 2020 to 397 in 2021 (+8.4%). There are currently 213 [Chartered Scientists](#) (+12.6% on last year), 56 [Certified Exercise Practitioners](#) (+1.8%), 28 members holding [High Performance Sport Accreditation](#) (+7.7%) and 15 [BASES Accredited Physiology Laboratories](#), (same number as last year). The [BASES Accredited Consultant Finder](#) assists individuals and organisations in finding sport accredited sport and exercise scientists, for which there are currently more than 300 active

Above: Professional members can achieve BASES Accreditation as a result of work in applied sport/exercise science support, research or pedagogy.

individuals. Those BASES Accredited Sport and Exercise Scientists listed in the directory who are also HCPC Registered Sport and Exercise Psychologists is denoted in their specialisms section, a recent addition to the Directory.

The [BASES Sport and Exercise Psychology Accreditation Route](#) (SEPAR) is a programme of professional development, skill acquisition and supervised practice to ensure that candidates acquire the knowledge, skills, and experience required to be eligible to apply for registration with the [Health and Care Professions Council](#) (HCPC) as a Practitioner Psychologist. This year, seven candidates were confirmed by the SEPAR Advisory Group (SEPAR-AG) as being SEPAR complete and eligible to apply to the HCPC register. This brings to 11 the number of candidates who have 'graduated' through SEPAR since its launch in January 2020. In 2021, 44 candidates enrolled on SEPAR including three on the Accreditation of Prior Experiential Competence (APEEC) route. To date there are 30 Reviewers and 28 Supervisors who are active on the [SEPAR Directory](#), a new service recently

developed for members. In June 2021, 19 out of 21 candidates successfully completed the Open University DE200 module (Investigating Psychology 2) to support the necessary entry requirements onto SEPAR regarding evidencing 'underpinning psychology knowledge'.

Over the last year, BASES' members have been part of a Steering Group led by Prof Helen Jones at Liverpool John Moores University that has been developing a newly registered Clinical Exercise Physiologist pathway. Those registered will be qualified specialists practicing in the prescription and delivery of evidence-based exercise interventions as part of the prevention, treatment and long-term management of acute, sub-acute, chronic and complex conditions; working as part of a multi-disciplinary team of healthcare and rehabilitation providers across sectors and settings. Both the BASES Board and over 80% of respondents in a recent member survey agreed that BASES should support the development of an accreditation pathway for Clinical Exercise Physiology. Further updates will be shared with members in due course.

There are currently 162 BASES members undertaking [Supervised Experience](#) (SE), with 26 new members joining the scheme in 2020-2021. There are 198 registered supervisors and 155 registered reviewers supporting the scheme. In March 2021, the Board launched the [BASES Supervised Experience Candidate Assistance Programme](#), to support members who are on the SE accreditation route who are in financial difficulty.

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 68 endorsed courses (+13.3% versus 2020) at 47 UK higher education institutions, details of which can be found below (some HEI's have multiple course accreditations):

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 Brighton, University of Chester, University of Chichester, University of Derby, 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 Stirling, University of Sunderland, University of Surrey, University of Winchester, University of Wolverhampton, University of Worcester, York St John University.

Work has been undertaken on a new Postgraduate Endorsement Scheme; the BASES Postgraduate SEPAR Endorsement Scheme (BPSES) has been designed to allow registrants to evidence expediently, the completion of an appropriate M-level qualification for entry onto to SEPAR, which covers the relevant knowledge based HCPC Standards of Proficiencies. In essence, this scheme will support future Sport and Exercise Psychologists choose an MSc. programme that is BPSES endorsed, and which will appropriately position them for application to SEPAR upon completion of the course. The process was piloted over the spring and summer and will go live in January 2022.

Partnerships and Relationships

The Board has developed and implemented a new stakeholder management framework. BASES continues to engage and develop relationships with stakeholders in the UK and abroad. Dr Keith Tolfrey FBASES has represented BASES on the board of the International Confederation of Sport



Above: BASES is a Foundational Full Member of the International Confederation of Sport and Exercise Science Practice'

and Exercise Science Practice (ICSESP) for which BASES is a Foundational Full Member. 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), ISPAH (International Society for Physical Activity and Health), TASS (the Talented Athlete Scholarship Scheme), MIND and Careers in Sport. sportscotland Institute of Sport and Newcastle United





Football Club both became an approved partner of our Accreditation Partnership Scheme, which means that their employees are now eligible to apply for the streamlined accreditation route.

In June 2021, BASES launched a [new infographic competition](#) for Level 3 students in Further Education within the UK who are studying Sports Science or Physical Education. Students are being asked to make their infographic about how one of the sports sciences – Biomechanics, Physiology or Psychology – can improve human performance. The competition will close in December 2021, with winners being announced by March 2022.

The Board is currently considering future BASES outreach projects. In July, a call to action was issued for membership of a [new BASES Outreach Project Team](#), whose initial task is to develop an Outreach Action Plan for the Board to consider.

Excellence

BASES published six new expert statements in 2020-21: [Human Performance and Health in Cold Environments](#) produced by Profs Greg Whyte OBE, FBASES and Mike Tipton MBE, FTSP; the [Importance of Fundamental Movement Skills for Children's Physical Activity and Health](#) produced by Prof Michael Duncan FBASES, Prof Gareth Stratton FBASES, Dr Lawrence Fowweather, Helen Collins and Prof David Stodden; [Graduated Return to Play Following COVID-19](#) infection produced by Dr Anita Biswas, Dr Niall Elliott, Dr Rhodri Martin, Dr Neil Heron, Dan Grimstead, Joshua Wass and Dr Adam Grainger FBASES; Eligibility for Sex Categories in Sport: Trans Athletes produced by Dr Georgina Stebbings, Dr Adam Herbert, Dr Shane Heffernan, Prof Roger Pielke Jr., Prof Ross Tucker and Dr Alun Williams FBASES; Eligibility for Sex Categories in Sport: DSD Athletes produced by Dr Georgina Stebbings, Dr Adam Herbert, Dr Shane Heffernan, Prof Roger Pielke Jr. and Dr Alun Williams FBASES; [Psychological considerations for injury risk reduction in competitive sport](#) produced by Dr Adam Gledhill FBASES, Dr Andreas Ivarsson, Professor Urban Johnson, Dr Ulrika Tranaeus, Dr Denise Hill FBASES and Claire Louise Davidson. All BASES expert statements are available to download from the [BASES website](#).

Over the year, a broad author team produced submissions that the Board was able to issue, regarding:

- House of Lord's National Plan for Sport and Recreation Committee's inquiry.
- DCMS Select Committee's inquiry into sport in our communities.
- DCMS Select Committee's inquiry into Major cultural and sporting events.

Following [open recruitment in the spring](#), a new Public and External Affairs Advisory Panel was established. In July 2021, the Board provided a response to the Office for Students following the press release in May regarding the updated methodology and results of Projected completion and employment from entrant data (Proceed).

The Board has started to consider a BASES Climate Change Action Plan, the purpose of which is to enable the Association to play its part in tackling the climate change emergency. Such an action plan will put the Association in step with the expectations of members, the goals of the UK Government and one of the UN's sustainable development goals. Following open recruitment in June, a new [BASES Climate Change Action Team](#) was established. Updates will be shared with members as the stages of the draft plan advances. In August, the Board agreed to sign up to and act on both the [United Nations Sports for Climate Change Action framework](#) and the [Pledge to Net Zero](#).



Above: To show our commitment to helping address the Climate Change Emergency, BASES has signed up to the Pledge to Net Zero.

Awards and Grants

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

Annual Awards

Prof Tom Reilly Doctoral Dissertation of the Year:
Dr Matthew Ellison, University of Exeter

BASES Masters Dissertation of the Year:
Nicola Johnston, University of Portsmouth

Prof Edward Winter Early Career Researcher Award:
Dr Oliver Runswick, Kings College London

2021 Student Conference Awards

Undergraduate Free Communication Presentation Award supported by Human Kinetics:
Emily Turnbull, University of Dundee

Undergraduate Poster Presentation Award supported by Cranlea:
Alice White, University of Surrey

Postgraduate Free Communication Presentation Award supported by BASES:
Holly Jones, Cardiff Metropolitan University

Postgraduate Poster Presentation Award supported by BASES:
Juan Badariotti, University of Portsmouth

Best Applied Impact Presentation Award supported by Supporting Champions:
Daniel Astridge, University of Edinburgh

Grants

BASES Expert Statement Grant

BASES Expert Statement Grants were awarded to those authors whose expert statements were published (see page 4). Some author teams produced the statements for free and did not access the grant. Others may consider using some of the funds to attend the annual conference.

BASES International Conference Grant

Dr Kirsty Hicks, Northumbria 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 Cropley • Dr Phil Graham-Smith • Dr Stephen Ingham Dr Dominic Micklewright
2015	Prof Susan Backhouse • Prof Bill Baltzopoulos • Dr Gary Brickley • Dr David Broom Prof Graeme Close • Dr Tracey Devonport • Dr Lance Daggart • Dr Emma Ross
2016	Dr Stuart Beattie • Prof Colin Boreham • Dr Peter Brown • Prof Ian Campbell Dr Stewart Cotterill • Dr Claire Hitchings • Prof Louis Passfield • Dr Charles Pedlar Dr Paul Smith • Prof Keith Stokes
2017	Dr Grant Abt • Dr Lisa Board • Dr Val Cox • Dr Kevin Currell Dr Caroline Sunderland • Prof Craig Twist
2018	Dr Barry Drust • Dr Jonathan Katz • Prof Derek M Peters • Dr Garry Tew Prof Dylan Thompson • Dr Matthew Weston
2019	Chris Barnes • Prof Andrew Edwards • Dr Adam Gledhill • Assoc Prof Adam Hawkey • Dr Kiara Lewis • Dr Ailsa Niven
2020	Dr Lindsay Bottoms • Dr Neil Clarke • Prof John Dickinson • Dr Sarah Gilchrist • Dr Adam Grainger • Dr John Iga • Dr Simon Nichols • Dr Alan Ruddock • Dr Christopher Spray
2021	Dr Ibrahim Akubat • Dr Neil Gibson • Dr Denise Hill • Dr Paul Jones • Dr Neil Maxwell • Dr Jonathan Sinclair • Dr Alun Williams

The total number of BASES Fellowships now awarded is 134. Any Fellow who is interested in contributing to the deliverables within the Operational Plan, please contact enquiries@bases.org.uk

Strategic Objective 2 - Grow BASES reputation as the leading expert body for sport and exercise sciences through strategic partnerships and advocacy:

Events

Due to COVID-19, the BASES Annual Conference 2020 was postponed. Instead, throughout November 2020, BASES ran a global [Multidisciplinary Webinar Series](#), hosting 13 online webinars. These webinars were presented by leading speakers from a broad range of topics relevant to all the sport and exercise science divisions. The series saw over 2,703 members and non-members sign up via the BASES website, with 1,225 delegates attending the live webinars. Feedback from delegates was strong, with those responding across the series awarding an average of 4.2 stars out of 5. 95% of delegates said they were likely / very likely to attend future BASES webinars. All webinars are available for members to view, via the [member-only](#)



Above: BASES hosted 13 online webinars in November, with 1,225 delegates attending.

webpages.

The Board made an early tough decision that the BASES Annual Conference 2021 would be held virtually over 16 to 18 November 2021. The BASES Conference Planning Group has worked hard on the topics and programme, details of which can be found [here](#). To register for the virtual conference, please [click here](#).

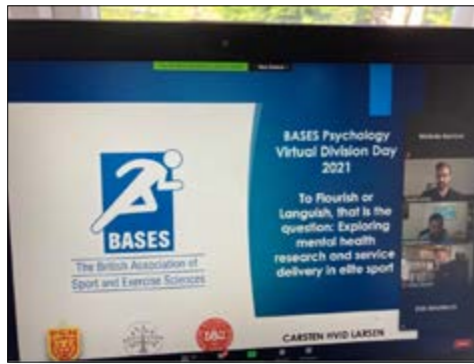
BASES Student Conference 2021 - *Equality, Diversity and Overcoming Diversity in Sport and Exercise Science* - was hosted by the Solent University and delivered virtually on 7-8 April. The conference, which included world-renowned speakers, was offered as a free-to-attend event. This allowed greater numbers of delegates to attend (including those students who may have been unable to attend due to geographical or financial constraints). The event was streamed live on YouTube and therefore facilitated the wider promotion of BASES and Solent University both nationally and internationally. During the two days, there were ~10,000 live hits on the conference YouTube feed. The digital media team at Solent University produced an excellent [brochure](#) for the event. All abstracts presented at the conference are available to download from a [dedicated abstract link](#). There is also a dedicated link to download the [poster presentations](#). The BASES Student Conference 2022 will be held at the University of Huddersfield.

The [17th annual BASES Heads of Department Forum](#) (HoDs) took place, virtually, on 17 March 2021 and was attended by 81 delegates representing 43 UK institutions. HoD Advisory Group Chair, Associate Prof Lance Daggart FBASES, said, "The Forum was another great success, which has built on previous years' practice, to enable the sharing of a wide variety of good practice and discussion around key themes."

BASES ran 20 workshops, attended by a total of 355 delegates. 19 of the workshops were linked with the Supervised Experience and SEPAR programmes. BASES hosted 25 webinars, with a combined 3526 delegates registering. Those webinars that took place this year had a total of 1,029 views. The overall clicks on the [Webinars and Podcasts](#) page were 3,984.

Two Division Days were delivered with 308 delegates registered and 270 live attendees: The BASES Psychology Division Day, delivered virtually on 19 May 2021, welcomed around 200 division members to a day packed with a star-studded line up of speakers. BASES SEPAR candidate, Nick Coley, shared his reflections on the event, [here](#). The BASES Physical Activity for Health Division Day took place, virtually, on 7 July 2021. The keynote, Developing and evaluating physical activity interventions to improve mental health & well-being, was delivered by Professor Adrian Taylor FBASES (University of Plymouth).





Above: BASES 2021 Psychology Division Day was held virtually on 19 May 2021.

The BASES CPD Endorsement Scheme, introduced in 2017, continues to gain momentum, enabling BASES to offer a wider range of CPD opportunities to members. A total of 24 courses and workshops have been endorsed since the inception of the scheme, including eight endorsements this year. 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. The Centre for Integrative Sports Nutrition, Owens Recovery Science, York St John University, Speedworks, The Altitude Centre and The Athlete Development project.

Membership



Above: BASES fellowships recognise esteemed professional achievement, skills, knowledge and service to BASES and the sport and exercise science community.

Despite the pandemic, the Association has significantly increased its membership over the last year. The average total membership for the period (September 2020 - August 2021) was 2,725 compared to 2,561 in the previous year (September 2019 - August 2020), representing year-over-year growth of 6.4%. Membership growth has been driven by an increase in both the number of professional members (+7.2%), ending the year at 1,316, and the number of student members (+7.2%), ending the year at 1,263, both of these categories seeing the highest total in over a decade.

There have been marginal changes to other membership categories over this period: overseas membership (+23.7%), graduate members (+5.9%) and affiliate members (-3.1%). BASES continues to grow its social media presence. As of August 2021, BASES has 2,265 Instagram followers (+28% versus August 2020), 7,481 LinkedIn members (+27.3%), 5,805 Facebook likes (+4.4%), and 31,786 Twitter followers (+3.5%).

Publications



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

This year saw a change in Editor of *The Sport and Exercise Scientist*. Following ten years' service as TSES Editor, Dr Claire Hitchings FBASES produced her final edition in Spring 2021. Dr Adam Gledhill FBASES took over at the helm in January 2021 and issue 68 (Summer 2021) was his first edition. Across the year, there has been a good mixture of articles covering all the disciplines from a variety of authors.

The *Journal of Sports Sciences (JSS)* received over 2,900 submissions for publication in 2020 (35% higher than 2019), with 12% of submissions accepted for publication in the journal. The journal's impact factor has risen to 3.337 (up from 2.597 in 2019), resulting in it being ranked 30 out of 88 journals in the sport sciences field.

The *BASES Career Guide: A Guide to Careers in Sport and Exercise Science* was updated and launched last autumn. 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. In

the first nine months, hits and downloads of the full guide in the member-only website is over 750, and hits and downloads of the non-member version is over 5,900.

Strategic Objective 3 - Drive step-change in membership by enhancing our value proposition to sport and exercise science professionals:

The BASES membership satisfaction survey provides the Association with views from members on the products and services that it offers as part of its membership packages. This year's survey, conducted in December 2020, showed the number one reason why respondents joined BASES (82%) is because BASES is the UK's professional body for sport and exercise sciences. 78% of members were either 'satisfied' or 'somewhat satisfied' with BASES membership – a small decrease of 4% from 2018. The Sport and Exercise Scientist (TSES) and webinars continue to be the highest rated of BASES member benefits. Members can see a summary of the survey results [here](#).

A Consultant was commissioned to undertake a thorough market research to gain insight about drivers, barriers and retainers to BASES membership, for both recruitment and retention. Research has also started regarding student membership drop-off and how BASES can better support students. Once completed, a report will be prepared for the Board with recommendations shared with the membership.





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

Finance

BASES reported a surplus of £13,756 for the year ended 31 March 2021, driven by an increase in general income and a reduction in general expenditure over the previous year. The Board has created a new Risk Management Policy, Procedures and Register and continues to consider 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 on 31 March 2021 were £352,559, which is above the 'Reserves Policy' of between £116,000 and £348,000, which was approved by the board 6 February 2017.

Income and Expenditure Account for the year ended 31 March 2021

	Notes	2021 £	2020 £
Income	3	297,538	325,039
Expenditure		84,451	116,541
Gross surplus		213,087	208,498
Office expenses		200,106	163,436
		12,981	45,062
Other operating income		350	0
Operating surplus		13,331	45,062
Interest receivable and similar income		525	358
Surplus before taxation		13,856	45,420
Tax on surplus / (deficit)		100	68
Surplus for the financial year		13,756	45,352

Please refer to the end of the Annual Report for the unaudited Financial Statements for the year ended 31 March 2021.

Strategic Objective 5 - Develop our governance model and define our organisational status to support the effective delivery of the BASES mission:

Good governance:

A full review and evaluation of the structure, roles and responsibilities of the standing committees and advisory groups was undertaken. In April 2021, members were notified of the [new governance structure](#). Following open recruitment, several vacancies were filled.

Composition: Board, Standing Committees and Advisory Groups / Panels

Board

Prof Richard Tong FBASES (Chair) • Prof Zoe Knowles FBASES (Chair-Elect)
Dr Ibrahim Akubat FBASES • Prof David Broom FBASES • Dr Adam Gledhill FBASES
Greg Koral • Satvinder Kaur Leach • Dr Andrew Mitchell • Dr Mike Price FBASES
James Tugwell • Susan Went • Ian Wilson (Executive Director).

BASES Operations Team

Jane Bairstow (0.6) • Angus Boyle (0.6) • Jane Gillott • Emma Forsyth
Sue Watson (0.8) • Ian Wilson.

Standing Committees:

Division of Biomechanics and Motor Behaviour

Dr Andrew Mitchell (Chair) • Shayma Syeda Ahmed • Dr Athanassios Bissas
Dr Theodoros Bampouras • Francesca Collings • Rachel Mason.

Division of Physical Activity for Health

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

Division of Physiology and Nutrition

Dr Mike Price FBASES (Chair) • Dr Pradeep Chahar • Annabelle Davis • Dr Mark Faghy
Dr Alan Ruddock FBASES • Greg Townson.

Division of Psychology

Dr Adam Gledhill FBASES (Chair) • Dr Denise Hill FBASES • Sam Kirk • Callum O'Malley
Assoc Prof Dr Mustafa Sarkar • Richard Simpson (co-opted).

Division of Sport and Performance

Dr Ibrahim Akubat FBASES (Chair) • Dr Ross Cloak • Dr Adam Grainger FBASES (co-opted)
Dr James Malone • Laura Needham (co-opted) • Hayley Noblett • Joshua Wass.

Finance and Risk Committee

Greg Koral (Chair) • Dr Lee Taylor • James Tugwell • Ian Wilson.

Governance Committee

Susan Went • Dr Ibrahim Akubat FBASES • Dr Kotryna Fraser.

Human Resources, Appointments and Remuneration Committee

Prof Richard Tong FBASES (Chair) • Dr Ibrahim Akubat FBASES • Greg Koral • Susan Went.

Learning and Development Committee

Dr Andrew Mitchell • Prof Zoe Knowles FBASES
Prof John Saxton FBASES • Dr Adam Gledhill FBASES.

Professional Standards Committee

Prof Zoe Knowles FBASES • Dr Lisa Board FBASES • Dr Adam Gledhill FBASES
Dr Sarah Gilchrist FBASES • Dr Emma Kavanagh • Prof Richard Thelwell FBASES

Stakeholder Committee

James Tugwell (Chair) • Dr Daniel Bailey • Prof David Broom FBASES • Francesca Collings
Assoc Prof Lance Doggart FBASES • Ian Wilson





Advisory Groups / Panels: * BASES operational staff

Accreditation Advisory Group

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

Awards Advisory Group

Dr Lee Taylor (Chair) • Jane Bairstow • Prof Alan Barker • Dr Mark Goss-Sampson
Dr Andy Galbraith • Dr Anastasiya Khomutova • Prof Andy Lane FBASES
Prof Lars McNaughton FBASES.

BASES Climate Change Action Team

Dr Andy Smith MBE FBASES (Chair) • Dr Susie Crawford • Annabelle Davis • Romain Denis
Louise Ellis • Dr Andrew Garrett • Dr Lee Graves • Sam Hurley • Dr Stephen Mears
Dr Ash Willmott.

BASES Conference Planning Group

Prof John Saxton FBASES (Chair) • Dr Stuart Beattie FBASES • Dr Lance Daggart FBASES
Prof Mike Duncan FBASES • Prof Lars McNaughton FBASES • Dr Ian Taylor
Prof Craig Twist FBASES • Ian Wilson*.

Continuing Professional Development (CPD) Advisory Group

Dr Miranda Armstrong • Angus Boyle* • Dr Ross Cloak • Rachel Mason • Dr Andy Miles FBASES
Dr Alan Ruddock FBASES • Assoc Prof Dr Mustafa Sarkar • Sue Watson*

Equity, Diversity and Inclusion Advisory Group

Dr Kotryna Fraser (Chair) • Lucinda Abell • Dr Richard Buscombe • Dr Sharon Dixon
Dr John Fernandes • Vinney Leach • Dr Izzy Moore • Dr Tori Sprung • Savannah Sturridge
Ian Wilson*.

Expert Statement Advisory Group

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

HE Endorsement Scheme Advisory Group

Dr Lisa Board FBASES • (Chair) Jane Bairstow • Dr Adam Gledhill FBASES
Dr Denise Hill FBASES (co-opted) • Dr Helen Matthews • Dr Kelly Marrin • Dr Ian Sadler
Dr Matthew Timmis

Heads of Department Advisory Group

Dr Lance Daggart FBASES (Chair) • Angus Boyle • Dr Joanne Hudson FBASES
Dr Kiara Lewis FBASES • Dr Martyn Morris • Jocelyn Tantawy.

Integrity Advisory Group

Dr Emma Kavanagh (Chair) • Dr Neil Chester • Dr Andy Miles FBASES • James Platt
Dr Emily Ryall • Jack Sharkey • Ian Wilson*.

Journal of Sports Sciences Editorial Board

Prof A Mark Williams FBASES (Editor-in-Chief) • Dr Grant Abt FBASES • Dr Sarah Aldred
Dr Paul Appleton • Prof Roger Bartlett FBASES • Prof Colin Boreham FBASES
Prof Gareth Davison • Dr Massimiliano Ditroilo • Dr Tim Excell • Prof Stuart Fairclough
Prof Silvia Fantozzi • Prof Isabel Ferreira de Sousa • Dr David Fletcher • Prof Jason Gill FBASES
Stuart Gray • Robin Jackson • Dr Simon Jobson • Jean-Benoît Morin • Prof Alan Nevill
Dr Michalis Nikolaidis • Dr Jamie North • Prof Louis Passfield FBASES • Prof Tom Reilly FBASES
Mark Robinson • Prof Jaime Sampaio • Dr Caroline Sunderland FBASES
Prof Craig Twist FBASES • Prof Natalie Vanicek • Prof Eric Wallace.

Laboratory Endorsement Advisory Group

Jane Bairstow* • Dr Sarah Gilchrist FBASES • Dr David Green • Prof Glyn Howatson FBASES
Prof Andy Jones FBASES • Dr Charles Pedlar FBASES • Dr Jamie Pringle
Dr Rhys Thatcher FBASES.

BASES Outreach Project Team

Prof John Dickinson FBASES (Chair) • Mastveer Ghatahora • Dr Sarah Gilchrist FBASES
Dr James Johnstone • Prof Zoe Knowles FBASES • George Mitchell, Dr Sarah Powell
Dr Andy Sparks.

Public and External Affairs Advisory Panel

Dr Andy Smith MBE FBASES (Chair) • Prof David Broom FBASES • Dr Rita de Oliveira
Prof John Dickinson FBASES • Dr Mark Faghy • Prof Charlie Foster OBE • Dr Matthew Green
Dr Neil Maxwell FBASES • Dr Mark Ross • Dr Lauren Struszczyk.

Sport & Exercise Psychology Accreditation Route Advisory Group

Prof Richard Thelwell FBASES (Chair) • Dr Misia Gervis • Jane Gillott*
Dr Adam Gledhill FBASES • Prof Chris Harwood FBASES • Dr Kate Hays
Prof Zoe Knowles FBASES • Rebecca Levett** • Chris Marshall • Dr Claire Rossato
Assoc Prof Dr Mustafa Sarkar • Dr Karl Steptoe • Dr Mark Uphill**
Dr Paula Watson • Sue Watson*. **External Examiners

Sport and Exercise Psychology Accreditation Route Criminal Convictions and Applications Review Panel

Dr Emma Kavanagh (Chair) • Dr Adam Gledhill FBASES • Vinney Leach
Prof Richard Thelwell FBASES • Ian Wilson*.

Student Advisory Group

Francesca Collings (Chair) • Shayma Syeda Ahmed • Jordan Bell • Annabelle Davis
Emma Forsyth* • Mastveer Ghatahora • Hayley Noblett • Callum O'Malley • Greg Townson

The Sport and Exercise Scientist Editorial Advisory Board

Dr Adam Gledhill FBASES (Editor) • Dr Theodoros M Bampouras • Dr Lynne Boddy
Dr Bryna Christmas • Dr Neil Clarke FBASES • Dr Paul Gorczynski • Dr Kiara Lewis FBASES
Dr Robert McCunn • Dr Shaun McLaren • Dr Mayur Ranchordas • Dr Claire Rossato
Prof Craig Sale • Gavin Thomas.

Members who are interested in applying for any vacancies within the respective groups, please email enquiries@bases.org.uk.



Above: A full review and evaluation of the structure, roles and responsibilities of the sub-committees and advisory groups took place this year.



An overview of the focus and achievements of the Divisions:

The Division of Biomechanics and Motor Behaviour, Dr Andrew Mitchell, Chair

There has been a lot of changes within the Division of Biomechanics and Motor Behaviour this year, both in the make-up of the team and its activities. In mid-November Dr Andrew Mitchell (Chair) and Prof Athanassios Bissas (Deputy Chair) took on their new roles, joining existing members Dr Theo Bampouras (Membership Rep) and Fran Collings (Postgrad Student Rep). More recently, we welcomed Shayma Ahmed (Undergrad Student Rep) and Rachel Mason (CPD Rep), who replaced Dr Idrees Afzal. The Division meets far more regularly than before, with seven online meetings since November. The successful BIG event led by Assoc Prof Adam Hawkey FBASES took place in April.

We recently hosted two online events. The first, an informal drop-in for non-members interested in joining BASES and engaging with the Division and the second, an Open Division Meeting for BASES members. The non-member event attracted visitors from across the world and the UK and one very influential visitor from a UK-based Professional Statutory and Regulatory Body, that we hope will lead to some exciting collaborations. The members' event attracted a number of UK-based biomechanics academics, which we also see as offering significant opportunity for the development of new Division activities for our members.

We're liaising with global organisations (International Women in Biomechanics and Black Biomechanists), looking to partner on events such as: career-progression / PhDs / research journey / CPD/networking within biomechanics and research focussed webinars. We are in talks with some schools / colleges to deliver an Autumn-21 webinar promoting biomechanics as part of STEM, inspiring students to undertake projects within this area for GCSE / BTEC / A level / EPQ. Finally, we are in discussion with the @BOOM "Biomechanics on our Minds" podcast to contribute to future episodes.

The Division of Physical Activity for Health, Prof Dave Broom FBASES, Chair

Following on from the disappointment of not being able to host a division day in 2020 due to COVID-19, a virtual day was held on 7 July 2021. Prof David Broom FBASES (Division Chair) opened the day updating members regarding the division's developments followed by student presentations. Prof Adrian Taylor FBASES then delivered a keynote lecture on physical activity interventions and behaviour change which reached 50 delegates at its peak. In the afternoon, all delegates presented as part of a networking event, with the day concluding with an open meeting giving members a voice on how the division should progress. Feedback on the day was extremely positive with some excellent ideas for future days.

Dr Lindsay Bottoms FBASES (Deputy Chair) played a leading role in organising the division day and all meetings have been recorded and are available on the [division's website](#). With support from Dr Daniel Bailey (Membership Rep) a 'You said, we did' document is also available in response to the most recent BASES member survey.

The Committee would like to thank David Osborne whose tenure as student rep has ended and we welcome Mastveer Ghatahora (University of Portsmouth) as his replacement. She will work alongside Jordan Bell (University of Sunderland) as they continue to run the division's twitter account and act as the students' voice on a newly established Student Advisory Group.

Dr Miranda Armstrong (CPD Rep) is relentlessly on the lookout for members to deliver webinars and workshops which this year has included a presentation by Dr Ian Lahart (University of Wolverhampton) entitled 'Outcome reporting bias in exercise oncology'. BASES has a newly established partnership with the International Society of Physical Activity and Health (ISPAH) and hosted a joint webinar with Dr Karen Milton (ISPAH president-elect) presenting on the eight investments that work for physical activity.

Prof David Broom steps down as Chair in November 2021 but will continue on the Public and External Affairs Advisory Group. As a Deliverable within the Strategy, he has established a task and finish group to explore opportunities within the physical activity and health field and to consider how to better engage practitioners and industry. Do reach out if you wish to volunteer for this group.

The Division of Physiology and Nutrition, Dr Mike Price FBASES, Chair

A key activity relating to the Division of Physiology and Nutrition noted last year was writing a new edition of the BASES Physiology Testing Guidelines – we are pleased to announce that both the 'Sport' and 'Clinical' volumes are now in the hands of the publishers. The editorial team (Prof. Richard Davison FBASES, Dr. Paul Smith FBASES, Prof. James Hopker, Prof. Florentina Hettinga, Dr.

Gary Tew FBASES, Dr. Lindsay Bottoms FBASES and Division Chair; Dr. Mike Price FBASES) have undertaken a mammoth task to take this volume of the guidelines forward – we would like to take this opportunity to thank all authors for their valuable contributions. The Division team has met to discuss new and engaging ways forward for the Division and a range of events post COVID based on the results of the BASES membership survey, such as smaller 'coffee morning' discussion and networking events. We have also been in contact with the Education and Teaching Special Interest Group regarding developing a specific strand at the annual conference, and although unsuccessful for the current year, we hope to develop our ideas for subsequent years. The Division also saw new members join this year and we hope to further develop our member benefits such as the newsletter and Division webpages, as well as continuing to support the student conference.

The Division of Psychology, Dr Adam Gledhill FBASES, Chair

The Division of Psychology has focused much of its efforts on the "bedding in" of the SEPAR process. SEPAR has proven to be incredibly popular, with 65 candidates having registered since February 2020 and the final submissions for the first 'completers' were received in May 2021. All bespoke training for SEPAR is now up and running and we have 37 registered supervisors and 38 reviewers. We have also started to receive international enquiries and the SEPAR team are furthering these opportunities.

As well as the SEPAR programme now being up and running, the team has completed the first stage of piloting the BASES-SEPAR Postgraduate Endorsement Scheme and has now progressed that to the second stage of piloting. Changes to the applicant-facing guidance documentation have been made based on feedback from pilot organisations and further engagement with the BASES Board throughout the process. The applications for endorsement will fall in the same cycle as the BASES Undergraduate Endorsement Scheme.

The final arm to the SEPAR updates is that the bespoke mental health training units have been finalised and are [now available for people / organisations to access](#). There has been varied uptake of these units from different sources, with the Division and BASES more widely continuing to promote these valuable workshops.

Division events continue to be well attended. The Free-to-Members event that took place in May 2021 was extremely well attended, with 225 delegates registering for the event. Further, the joint webinar series with the BPS represents a continuation of sector leading CPD for the benefit of the profession. 167 delegates registered for the joint BASES-BPS webinar in June 2021. Similarly, the reciprocal agreement with AASP has grown and we delivered a joint event in June 2021 to over 340 world-wide delegates. This will have continued to develop BASES' international reputation.

The Sport and Performance Division, Dr Ibrahim Akubat FBASES, Chair

The Sport and Performance Division has been creating its short- and longer-term plans to help move things forward for the membership. A number of online offerings from webinars to practitioner interviews have been made available for the membership along with regular newsletters. There was a strategic lull in content as we realised the amount of high-quality content available from other providers during the lockdown, but we increased content as others returned to their day jobs.

It is a busy 18 months ahead for the sporting world with major championships coming thick and fast (the Olympic and Paralympic Games took place in summer 2021, with a domestic Commonwealth Games next year). The Division aims to hold a series of events around major sporting events and a forthcoming Division Day is in the planning for September. The team continues to work with external partners to develop partnerships with organisations beneficial to the membership and has contributed to BASES' representations to government from a Sport & Performance perspective. We are also working in the longer-term interest of the membership to revisit guidance and expectations around work placements, internships, studentships and general working pay and conditions. We recognise our Division is disproportionately affected by this and we are passionate to give a voice to those in often vulnerable positions. We expect to come out to consultation to different key stakeholders in the coming year.





An overview of the focus and achievements of the BASES Special Interest Groups

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

The Biomechanics Interest Group (BIG), Assoc Prof Adam Hawkey FBASES, Convenor

Following the postponement of the BASES BIG2020 event due to concerns around the COVID-19 pandemic, the decision was made to host the rescheduled 2021 event virtually. While this was disappointing, as it reduced the social and networking aspects of the event that are synonymous with BASES events, it did allow for some significant benefits:

1. The event was offered as a free-to-attend event, streamed live on YouTube, which allowed greater numbers of delegates to attend (including those who may have been unable to attend due to geographical or financial constraints).
2. The online accessibility of the event facilitated the wider promotion of BASES, Solent University and National Biomechanics Day both nationally and internationally.
3. The event chair, Assoc Prof Adam Hawkey FBASES, was able to invite world-renowned speakers from around the world – including UK, Canada, USA, and Qatar.
4. The event chair was also able to involve influential partnering universities and organisations (national and international) in support of the event – including National Biomechanics Day, International Sports Engineering Association (ISEA), McMaster University (Canada), Vanderbilt University (USA), and the University of Southampton.

During the event there were c.700 live views on the events YouTube feed. These were predominantly from the UK, Europe, USA, and Canada. There were also c.1,000 distinct 'hits' on the event's [dedicated webpage](#). The digital media team at Solent University produced an excellent [brochure for the event](#), with information including introductions from key BASES and Solent personnel, profiles of all keynote speakers, and logos of supporting organisations. All abstracts presented on the day are available to download from a [dedicated abstract link](#) on the event website.

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

In January 2021, Dr Andy Scott stepped down as SIG Convenor, and in June 2021, Dr Ellen Dawson took over the role. Prof Helen Jones (Liverpool John Moores University) is due to speak to the BASES steering group about the iCardio project. Helen will provide an update on the development of a new title of 'Clinical Exercise Physiologist'. More specifically, the new title of 'Clinical Exercise Physiologist' will be registered on the [Registration Council for Clinical Physiologists](#) (RCCP) in the next few months. Following on from this, there will be several MSc in this area which will be RCCP- accredited within the next year.

The Clean Sport Interest Group (CSIG), Prof Sue Backhouse FBASES, Convenor

The Clean Sport Interest Group (CSIG) seeks to facilitate communication and interaction amongst the sport and exercise science community and UK Anti-Doping (UKAD). Over the last 12 months, the strategic partnership agreement between UKAD and BASES has been reviewed and will continue. Consequently, the CSIG will support the actions arising from the agreement over the next 12 months. Due to the global pandemic, we were unable to collaborate with UKAD to deliver the 2020 Clean Sport at the Front-Line forum. However, the 2021 forum is scheduled to take place online on 14 - 15 September. Findings of a collaborative research project involving members of the CSIG and UKAD will be shared and will inform further collaborative actions between the CSIG, UKAD and BASES. With a focus on the clean athlete, members of the CSIG have been instrumental in delivering the EU Funded RESPECT project (www.cleansportalliance.org). This project will be sustained through follow-on funding from the EU and will ensure the voices of athlete support personnel are amplified to foster a collective clean sport identity across the sporting landscape.

The Paediatric Exercise Science (PES) SIG, Prof Craig Williams FBASES, Convenor

The Paediatric Exercise Science SIG continues to have a series of Podcasts with various SIG members discussing their research. This has been a great success; there have been 3.5k listeners throughout last year and 5/5 rating on iTunes.

Moving forward for 2021-2022, we have initiated a journal club to discuss all matters paediatric exercise science. The first will be held on 29 September 2021 from 1830-1930, hosted by Ash Cox



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

and Helen Collins on "Youth Strength Training for Health Improvement". We will then advertise future details of more journal club dates, so that as many members can participate. Secondly, we have decided to run some virtual seminars providing a chance for both a keynote speaker to present their work, as well as an opportunity for anyone to discuss ideas/challenges/problems they have in their paediatric research. Prof Mike Duncan FBASES, Coventry University, has volunteered to lead this first session and more details will be advertised soon.

One proposal of PES SIG work is to update the Ethics Statement for Participation of Young People in Research. This work was led by Prof Craig Williams FBASES, and he will seek contributions from the SIG to revise the paper in the forthcoming year. Lastly, we will be holding another SIG meeting in the first academic term of 2021-2022, date and time TBC.

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

The past 12 months have been successful for the BASES Molecular Exercise Physiology (MEP) SIG. Members of the group's Steering Committee were awarded the BASES Expert Statement grant to write two expert statements on the Eligibility of Sex Categories in Sport – one relating to [trans athletes](#) and the other relating to athletes with [differences of sexual disorders](#) – from a molecular exercise physiology perspective. These expert statements were published in the Summer issue of TSES, which was particularly timely given the controversy and media attention surrounding the participation of Laurel Hubbard, a trans woman, for New Zealand at Tokyo 2020. Consequently, all co-author members of the MEP SIG Steering Committee received multiple invites from across the mainstream media, before and during the Games, to provide expert opinion on this topic – with many media invites citing the BASES Expert Statements as the reason for making contact.

The Sport, Exercise and Health Analytics SIG, Prof Tony Myers, Convenor

The Sport, Exercise and Health Analytics Special Interest Group has increased its membership to 205, with members actively contributing to the SIG's overall aims to provide direction, advice and resources for researchers, reviewers, editors, practitioners, students and those involved in teaching data analysis methods. 20 members attended the SIG's latest meeting on 14 May 2021 via Zoom. Discussion points included:

1. What statistical topics members would like additional training on;
2. Contributions to a special issue on biostatistics;
3. A report and discussion led by three members who presented to a JASP statistical software meeting hosted by Utrecht University. The presentation focused on how the software could help users learn fundamental statistical concepts;
4. As a follow up from a previous meeting, members discussed contributions to an academia-industry collaboration aimed at improving graduate data analysis skills and industrial performance — the project has secured funding and is now underway;
5. There was a discussion about what the group might contribute to the recently formed JSS and Research Design Advisory Group — ideas included reviewer and author checklists and topics for editorials on different aspects of statistics.

Actions from the meeting include having a dedicated area on the group's online forum to share training resources, along with a questionnaire circulated to BASES members to identify training needs in working with data. On 29 July 2021, Emily Nordmann (University of Glasgow) gave an engaging presentation to the group on Glasgow's experiences of teaching statistics to students using R with a focus on reproducible research (PsyTeachR).





The COVID-19 SIG, Dr Andy Smith MBE FBASES, Convenor

In its first full year of operation, the COVID-19 SIG has had a number of successes. Members and the Steering Group have contributed to

1. 30 new items being added to the [SIG's webpage](#),
2. nine emails giving information and access to resources,
3. the Student Conference and a number of workshops,
4. articles in TSES and the Member Newsletter.

In addition, members and the Steering Group have provided 'thought leadership' in response to the Pandemic. This has included informing and shaping

1. the Association's evidence to three Parliamentary Select Committees,
2. a letter to all Vice Chancellors on reopening Sport and Exercise Science Departments after lockdown and
3. the publication of a [Reflective Statement on reopening](#).

Going forward, a debate on the lessons Sport and Exercise Sciences can learn from COVID-19 will take place at the Annual Conference. It is hoped that as many members as possible will take part in this conversation as possible.

An important impact of the COVID-19 SIG and the dialogue that developed around it has been the platform it has provided for the development of the new Public and External Affairs Advisory Panel and The Climate Change Action Team. Both will help us 'build back better' after the Pandemic.

None of this could have been achieved without the Steering Group, the SIG membership and Ian Wilson whose collective contribution is recognised here and to whom sincere thanks are given.

The Education and Teaching (E&T) SIG, Dr Joanne Hudson FBASES, Convenor

The Education and Teaching Special Interest Group has been very active over its inaugural year of operation, focusing primarily on responding to the challenges presented by the COVID-19 pandemic and offering support for BASES members via Webinars and contributing to BASES publications on this topic. Steering Group (SG) members fed into a publication produced by the COVID-19 SIG: [Reflecting on Re-opening: You are not alone](#) (Authors: Andy Smith FBASES, Rita de Oliveira, Mark Faghy, Mark Ross and Neil Maxwell FBASES). We hosted the following webinars: Dissertations during a pandemic (Convenors: Lucy Hale and Oliver Runswick); Supporting student placements during COVID-19 (Convenors: Thomas Craig and Katie Dray); Still winning in COVID-19: Getting ahead in study and work (Convenors: Kath Burgess and Ian Sadler), and Tools for Success: Blended learning in Sport & Exercise Sciences (Convenors: Eddie Bradley, Laura Mason and Michelle Swainson). The recordings are available on the [member-only webpages](#). Led by authors Sam Hurley and Mat Timmis, the Group conducted a [survey of student experiences of learning during the pandemic](#): Understanding how students enrolled on sport degrees perceive their learning to be impacted whilst teaching restrictions are present due to COVID-19. The report on survey findings was disseminated to Heads of Department in Sport and Exercise Sciences and an [infographic to support students](#) was developed by Michelle Swainson, Sam and Mat based on the findings. We also established a collaborative link with the Heads of Department Forum. In July 2021, the SG identified future strategic priorities for achieving the SIG aims which will be shared with members following BASES' ratification.



The British Association of Sport and Exercise Sciences

Equity, Diversity and Inclusion

Above: BASES took part in several campaigns throughout the year, including supporting Pride Month in June

Since being formed in May 2020, the Equity, Diversity and Inclusion Advisory Group has achieved a number of successes within a relatively short space of time:

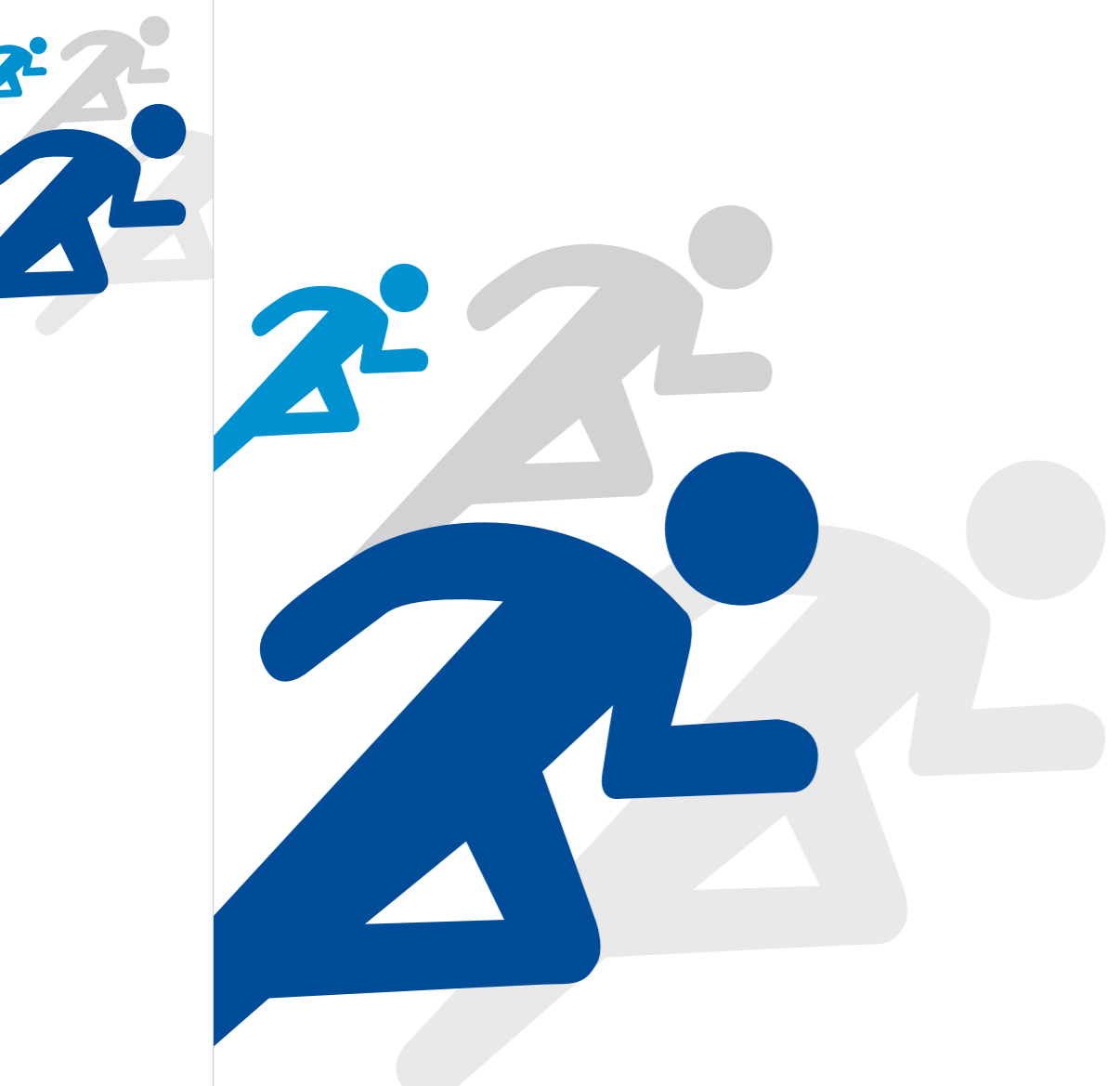
- Creating a new EDI page in the member-only website to share key documents and updates.
- Creating an EDI definitions document as a support tool for current BASES members.
- Submission of the Diversity and Inclusion Progression Framework 2.0 to the Science Council; this enables the assessment of BASES' progress on becoming a more diverse and inclusive organisation.
- Undertaking the first BASES Diversity monitoring survey in Autumn 2020, a summary of which can be seen in the infographic via Members' Area.
- Introducing a short, anonymised diversity survey for new and renewing members to better capture and understand the diverse membership of BASES.
- Taking part in National Inclusion Week 2020 by sharing individual stories of the members of the EDI AG.
- Promoting some of our inspiring female members for International Women's Day 2021.
- The approval by the BASES Board of a new bursary for students in hardship, which went live in April 2021.
- Student members of the EDI AG sharing their experiences of student-staff working relationships and advice on how teaching staff can create inclusive learning environments.
- Using the new OpenDyslexic font to prepare infographics on diversity data to increase its readability for readers with dyslexia. This has resulted in wider consideration of some larger documents and their readability/accessibility for members with dyslexia.
- The addition of a gender-neutral title (Mx) on BASES membership application form.

To read about the opening achievements and the key projects identified by the Group, please click [here](#).

Entity status

The Board has started to consider the entity status of the Association, including any tangible benefits of applying for Chartered Status. A member briefing with Frequently Asked Questions was issued in April 2021 and a short survey was shared with members in July 2021, to gather the initial views of members about the principle of a Royal Charter for BASES. Members will be updated and engaged as and when the early discussions continue.





Acknowledgements

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

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The British Association of Sport and Exercise Sciences

Report of the Directors and Unaudited Financial Statements of the Year Ended 31 March 2021

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Report of the Directors for the year ended 31 March 2021

The directors present their report with the financial statements of the company for the year ended 31 March 2021.

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 M Price FBASES • Prof R Tong FBASES (Chair) • Prof D Broom FBASES • Prof Z Knowles FBASES (Chair-Elect) • Ms S Went • Mr I Wilson (Executive Director) • Mrs S K Leach • Mr G D Koral • Mr J O Tugwell

Other changes in directors holding office are as follows:

Dr A T Grainger FBASESresigned 17 November 2020
Assoc Prof A Hawkey FBASES resigned 17 November 2020
Dr A Gledhill FBASES appointed 16 November 2020
Dr I Akubat FBASES appointed 16 November 2020
Dr A C S Mitchell appointed 16 November 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 2021

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

19 August 2021





Income and Expenditure Account for the year ended 31 March 2021

		2021	2020
	Notes	£	£
Income	3	297,538	325,039
Expenditure		<u>84,451</u>	<u>116,541</u>
Gross surplus		213,087	208,498
Office expenses		<u>200,106</u>	<u>163,436</u>
		12,981	45,062
Other operating income		<u>350</u>	-
Operating surplus		13,331	45,062
Interest receivable and similar income		<u>525</u>	<u>358</u>
Surplus before taxation		13,856	45,420
Tax on surplus / (deficit)		<u>100</u>	<u>68</u>
Surplus/(Deficit) for the financial year		<u><u>13,756</u></u>	<u><u>45,352</u></u>

Balance Sheet at 31 March 2021 and 31 March 2020

		2021		2020	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	5		1,116		571
Current assets					
Debtors	6	79,674		92,556	
Cash at bank and in hand		<u>451,040</u>		<u>397,748</u>	
		530,714		490,304	
Creditors					
Amounts falling due within one year	7	<u>179,271</u>		<u>152,072</u>	
Net current assets			351,443		338,232
Total assets less current liabilities			352,559		338,803
Reserves					
Income and expenditure account			<u>352,559</u>		<u>338,803</u>
			<u>352,559</u>		<u>338,803</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2021 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 19 August 2021 and were signed on its behalf by:



Prof R Tong FBASES - Director





Statement of Changes in Equity for the year ended 31 March 2021

	Retained earnings £	Total equity £
Balance at 1 April 2019	293,451	293,451
Changes in equity		
Total comprehensive income	<u>45,352</u>	<u>45,352</u>
Balance at 31 March 2020	<u>338,803</u>	<u>338,803</u>
Changes in equity		
Total comprehensive income	<u>13,756</u>	<u>13,756</u>
Balance at 31 March 2021	<u>352,559</u>	<u>352,559</u>

Notes to the Financial Statements for the year ended 31 March 2021

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 2021

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 2021

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	2021	2020	2019
	£	£	£
Deferred income b/fwd	74,877	65,726	65,535
Receipts in the year	183,219	171,910	153,811
Deferred income c/fwd	(88,145)	(74,877)	(65,726)
Income per accounts	169,951	162,759	153,620

4. Employees and Directors

The average number of employees during the year was 6 (2020 - 6).

5. Tangible fixed assets

	Fixtures, fittings and computer equipment
	£
Cost	
At 1 April 2020	27,975
Additions	935
Disposals	(712)
At 31 March 2021	28,198
Depreciation	
At 1 April 2020	27,404
charge for year	390
Eliminated on disposal	(712)
At 31 March 2020	27,082
Net book value	
At 31 March 2021	1,116
At 31 March 2020	571

6. Debtors: amounts falling due within one year

	2021	2020
	£	£
Trade debtors	25,480	38,729
Other debtors	-	6,547
Prepayments and accrued income	54,194	47,280
	79,674	92,556





Notes to the Financial Statements continued for the year ended 31 March 2021

7. Creditors: amounts falling due within one year

	2021	2020
	£	£
Trade creditors	3,274	4,501
Tax	100	68
Social security and other taxes	9,375	5,122
Other creditors	5,878	5,411
Accruals and deferred income	160,644	136,970
Total	<u>179,271</u>	<u>152,072</u>

8. Capital

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

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

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the financial statements of The British Association of Sport and Exercise Sciences for the year ended 31 March 2021 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.

19 August 2021



This page does not form part of the statutory financial statements



Detailed Income and Expenditure Account for the year ended 31 March 2021

	2021		2020	
	£	£	£	£
Income				
Membership	169,951		162,759	
Job advertising	9,159		17,779	
The Sport and Exercise Scientist	6,382		13,451	
Workshops	2,118		19,050	
Conferences	-		24,097	
Course finder	746		2,818	
BASES Undergraduate Endorsement Scheme	11,532		10,674	
Accreditation	12,900		13,770	
Supervised experience	22,810		15,760	
<i>Journal of Sports Sciences</i>	12,000		25,707	
Publications and other	543		464	
Chartered Scientist - administration fee	2,730		3,210	
Other Advertising	5,740		-	
Annual Awards	-		750	
SEPAR	39,757		14,750	
HoD Forum - Sponsorship Certified Exercise Practitioner	1,000		-	
	170		-	
		297,538		325,039
Expenditure				
The Sport and Exercise Scientist	23,007		23,231	
Workshops	100		12,013	
Conferences	-		24,418	
BASES Undergraduate Endorsement Scheme	1,000		900	
Accreditation	6,120		6,275	
Supervised experience	7,590		8,972	
Consultancy	2,000		13,611	
Conference grants	-		1,000	
Expert statement grants	(700)		1,006	
Awards	425		1,570	
Heads of Department Forum	-		1,033	
Public relations and marketing	3,827		4,316	
Division expenditure	100		800	
SEPAR	38,006		12,949	
Other Advertising	2,976		-	
Meetings and travel	-		4,447	
		84,451		116,541
Gross surplus		213,087		208,498
Other income				
Sundry Receipts	350		-	
Deposit Account Interest	525		358	
		875		358

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Detailed Income and Expenditure Account for the year ended 31 March 2021

	2021		2020	
	£	£	£	£
Office expenses				
Brought forward		213,962		208,856
Rent and Utilities	3,650		3,650	
Directors' Salaries	42,383		42,204	
Directors' social security	4,636		4,060	
Directors' pensions	2,543		2,532	
Salaries and National Insurance	99,142		76,371	
Pensions	6,520		5,381	
Telephone and internet	1,934		1,461	
Printing, postage and stationery	869		926	
Computer support and maintenance	7,550		6,453	
Insurance	423		417	
Sundry expenses	558		1,812	
Subscriptions	4,146		3,458	
Training and development	-		350	
Legal, professional and accountancy	12,085		8,895	
Website development	60		1,738	
Bad Debts	4,746		254	
Irrecoverable VAT	2,925		(1,411)	
		194,170		158,551
		19,792		50,305
Finance costs				
Bank Charges and Interest		5,546		4,587
		14,246		45,718
Depreciation				
Fixtures and fittings	34		34	
Computer software and equipment	356		264	
		390		298
Net Surplus		13,856		45,420

This page does not form part of the statutory financial statements

