

Overview of Board of Directors' Meeting

Held on Tuesday 14 July 2026, 9:30 am to 11:30 am., via Teams.

Directors in attendance: Prof Zoe Knowles FCASES (ZK) (Chair), Dr Mitch Finlay MCASES (MF) (Sport and Performance Division Chair and CASES Deputy Chair), Dr Trish Jackman FCASES (TJ) (Psychology Division Chair), Dr Mel Leggate (ML) (Teaching and Learning Enhancement Division Chair); Dr Andrew Mitchell HonFCASES (AM) (Biomechanics and Motor Behaviour Division Chair), Dr Helen Rippon (HR) (Non-Executive Director), Dr Alan Ruddock FCASES (AR) (Physiology and Nutrition Division Chair), Susan Went (SW) (Senior Non-Executive Director).

Attending: Ian Wilson (IW), Chief Executive Officer (all); Dr Adam Gledhill FCASES, Editor, *The Sport and Exercise Scientist* (AG) (item 5).

Minutes: Jane Bairstow (JB), Senior Admin Officer.

Apologies: Dr Daniel Bailey HonFCASES (DB) (Physical Activity for Health Division Chair) *, Chris Davison (CD) (Non-Executive Director), James Tugwell (JT) (Non-Executive Director).

* prior to the meeting provided input into the agenda discussion items.

1 **Welcome and opening remarks:**

ZK welcomed all to the meeting. The priority focus areas for discussion were outlined by the Chair.

2 **Declarations of Interest:**

Directors were reminded of the need to declare their interest in any items and to remove themselves from such decision making when required. ZK declared an interest in item 6, CASES Distinguished Contribution Award.

3 **Minutes of the previous Board meeting (13 May 2026):**

These were accepted as a true record of the meetings.

4 **Matters arising:**

- CPD project - the Board considered a proposal regarding a three-stage programme of work to develop clear principles for CPD delivery across all organisational levels; a market/audience segmentation framework to inform CPD design and monitoring, and a management and administrative process to implement these principles and evaluate CPD offerings.
- Board was updated on a transgender training plan. For members on CASES training routes (SEPAR and Supervised Experience), scenarios will be built into the Professional Ethics, Reflective Practice and Safeguarding core workshops. For wider membership awareness / education, an EDI-inclusive webinar / workshop will be developed to educate / inform / support the membership around EDI matters affecting Sport and Exercise Sciences.
- The Technical SIG has sought information on criteria and requirements to be considered by the Board to become a Division.

- Board noted the very positive inaugural CASES Conference 2026. Board considered a report and summary by the MarComms Manager of the reach and impact of the Conference social media plan. A tender brief for HEIs to apply to host the 2028 Conference will be issued soon. Open recruitment for membership of the 2028 Conference Scientific Planning Group will be issued soon.
- Noted that the Board had approved the preferred consultant to undertake CASES Board Effectiveness Review, for which work has started to take place. A report will be presented to the September Board meeting.
- Noted that discussions continue with the Sport and Performance Division and Performance Analysis SIG regarding alignment.

5 ***The Sport and Exercise Scientist:***

AG attended this item and provided an update on statistics and recent editions, thoughts to increase download rates (from awareness to action), suggestions to enhance the member value of TSES, consideration of a possible additional edition of TSES in the year, and other strategic considerations. The Board thanked AG for the informative update. AG was asked to thank the members of the TSES Editorial Group for their ongoing work and support.

6 **CASES Distinguished Contribution Award:**

Board considered a paper about significant contribution to CASES, an elevation of that from which we award Volunteer of the Year and other contribution awards such as Climate Action and Sustainability, etc. This Award is to be determined by the CASES Board, awarded each year and to coincide with announcement at the Annual General Meeting. In the meeting, Directors discussed possible recipients and will agree on those to be awarded in 2026. Recipients will be notified in September, embargoed until the AGM in November.

7 **Establishing new books to go into the Routledge CASES series:**

The Board discussed a recent engagement with the Routledge Senior Commissioning Editor, Sport Science and Coaching, considering the exploration of a book from a wider Sport and Exercise Science perspective, rather than from a discipline perspective.

8 **CEO Report: 2026 - 2027 Operational Plan: Q1 update**

IW provided an overview on the status of the Q1 operational plan, noting some good work has taken place on a number of deliverables this quarter. The report included highlights, challenges, observations and plaudits.

9 **KPI dashboard**

The Board reviewed this reporting tool, which visually shows actual performance versus trajectory. Discussion took place over a number of the KPI graphs.

10 **Updates were provided for the following Standing Committees:**

- Division Committee - Biomechanics & Motor Behaviour
- Division Committee - Physical Activity for Health
- Division Committee - Physiology & Nutrition
- Division Committee – Psychology
- Division Committee – Sport and Performance
- Division Committee – Teaching and Learning Enhancement
- Human Resources, Remuneration and Appointments Committee
- Finance and Risk Committee, noting the 2025-26 year-end Management Accounts.
- Governance Committee
- Learning and Development Committee
- Professional Standards Committee
- Stakeholder Committee

11 **Any other business**

None

Dates of next meetings (no meeting/call in August):

Board Meeting:

Friday 4 September 2026, 9:45 am to 3:45 pm – Birmingham New Street

Board Call:

Thursday 15 October 2026, 9:15 am to 10:15 am - Teams

Prof Z Knowles FCASES

14 July 2026

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