



The Chartered Association of
Sport and Exercise Sciences

Annual Report and Financial Statements 2025-2026

FAIRNESS PROFESSIONALISM HONESTY RESPONSIBILITY EXCELLENCE



CONTENTS

Bridging Knowledge, Building Futures	3		
Introduction	4		
Supporting Our Members	5		
Strategic Objective 1	6		
Professional Standards	6		
CASES Accreditation	6		
Sport and Exercise Psychology Accreditation Route (SEPAR)	7		
Clinical Exercise Physiology UK (CEP-UK)	8		
Higher Education Endorsement Scheme Advisory Group	8		
CASES Postgraduate SEPAR Endorsement Scheme	10		
Degree Accreditation Working Group	10		
Laboratory Accreditation Advisory Group	11		
Continuous Professional Development (CPD)	11		
Excellence – Awards and Grants	12		
CASES 2026 Conference Awards	13-14		
Grants	15		
Fellow of the Association	16-17		
Expert Statements	18-19		
Championing Our Profession	20		
Strategic Objective 2	21		
The Division of Biomechanics and Motor Behaviour	21		
The Division of Physical Activity for Health	22		
The Division of Physiology and Nutrition	23		
The Division of Psychology	24		
The Division of Sport and Performance	25		
The Division of Teaching and Learning Enhancement	26		
Artificial Intelligence (AI) Advisory Group	27		
Climate Action and Sustainability Advisory Group (CASAG)	27		
Equity, Diversity and Inclusion (EDI) Advisory Group	28		
Heads of Department Forum	28		
Integrity Advisory Group	28		
Membership Reps Advisory Group	29		
Outreach Panel	29-30		
Policy and Advocacy Advisory Group	31		
Student Advisory Group	31		
The Biomechanics Interest Group (BIG)	32		
Disability and Inclusion in Sport Science SIG	33		
Environmental Extremes SIG	33		
The Molecular Exercise Physiology (MEP) SIG	34		
Neurodiversity in Sport and Exercise SIG	34		
The Occupational Performance SIG (OPSIG)	34		
Skill Acquisition Interest Group	35		
Sport, Exercise and Health Analytics SIG	35		
Technical Special Interest Group	36		
Partnerships	37		
Representation	38		
Representing Our People	39		
Strategic Objective 3	40		
Membership	40		
Values, Commitment and Behaviours	41		
Member Recruitment	41		
Member Retention	42		
Fellows' Engagement	42		
The Sport and Exercise Scientist	43		
Resources	44		
Social Media	44		
Finance	45		
Annual Donation	45		
Corporate Sponsorship	45		
Governance Structure, Policy Review and Composition:			
Board, Standing Committees and Advisory Groups	46-48		
Acknowledgements	49		
Unaudited Financial Statements	50-63		



***BRIDGING KNOWLEDGE,
BUILDING FUTURES***

BRIDGING KNOWLEDGE, BUILDING FUTURES

Introduction

The Board is proud to present the Chartered Association of Sport and Exercise Sciences (CASES) annual report (September 2025 – August 2026) and the financial statements for the year ended 31 March 2026. This year, for the first time, CASES brought together the student and professional conferences into one flagship event; the **CASES Conference** – Bridging Knowledge, Building Futures – Sport and Exercise Science Reimagined.

In April 2025, the Board launched the 2025–2028 Strategy. This report includes updates on the [three strategic objectives included within this Strategy](#): i) Support the careers of sport and exercise scientists through professional development, setting standards and promoting excellence within

the sector; ii) Champion sport and exercise sciences through targeted advocacy and strategic partnerships; and iii) Improve representation of sport and exercise sciences by growing and diversifying a membership that is more reflective of society and the communities we serve.

2026 was once again another challenging year as the cost-of-living crisis continued. The Board has navigated this with transparency, sound decision making and planning for the future being mindful of any anticipated impact.





SUPPORTING OUR MEMBERS



SUPPORTING OUR MEMBERS

Strategic Objective 1:

Support the careers of sport and exercise scientists through professional development, setting standards and promoting excellence within the sector.

Professional Standards

The number of [CASES Accredited Sport and Exercise Scientists](#) has increased from 437 in 2025 to 444 in 2026 (+1.6%). These members may use the post-nominal MCASES and may use the full descriptor Member of the Chartered Association of Sport and Exercise Sciences. There are currently 177 [Chartered Scientists](#) (+12.7% on last year). On our Register, there are 54 [Exercise Science Certified Practitioners](#) (-1.8%) who may use the post-nominal TechCASES and may use the full descriptor of Technical Member of the Chartered Association of Sport and Exercise Sciences. There are 32 members holding [High Performance Sport Accreditation](#) (+6.6%) who may use the post-nominal MCASES and may use the full descriptor of Member of the Chartered Association of Sport and Exercise Sciences. There are 28 [CASES Accredited Physiology Laboratories](#), (+16.6% on last year). The [CASES Accredited Consultant Finder](#) assists individuals and organisations in finding accredited Sport and Exercise Scientists. Accredited members opt into this service, for

which there are currently 286 active individuals (-1.3%). Those CASES Accredited Sport and Exercise Scientists listed in the directory who are also [Health and Care Professions Council](#) (HCPC) Registered Sport and Exercise Psychologists are denoted as such in their specialisms section.

CASES is a member of the Science Council and continues to be licensed to award Chartered Scientist status. As part of our support to the [Technical Special Interest Group](#), CASES is now licensed to award Registered Scientist and Registered Science Technician, for which there is one new registrant.

CASES Accreditation

The 11 members of the [Accreditation Advisory Group](#) (AAG) are responsible for reviewing accreditation (including applicants via the [Supervised Experience](#) route) and reaccreditation applications twice yearly. Over the last 12 months, the AAG has continued to review and update application guidance and deliver webinars to support potential

applicants with the aim to improve the number and quality of applications to improve the success rate of first-time applications. The number of applicants during winter 2025 (28 new and 27 renewal) and summer 2026 (15 new and 22 renewal) application windows remains consistently healthy. To continue to improve application numbers work (i.e., award mapping to develop streamlined application processes) has continued with other CASES Advisory Groups (CEP-UK) and Special Interest Groups (Education and Teaching SIG) to help improve the attraction of CASES accreditation to members of these groups and other CASES members. Furthermore, initial discussions have taken place to consider non-traditional discipline categories for accreditation to help encourage applications from the wider sports and exercise science community. Members of the AAG have continued to contribute to the Degree Accreditation Working Group to support the development of an educational framework (i.e., CASES accredited Undergraduate degree) to allow sports and exercise science graduates to graduate with industry-recognised knowledge and technical skills. The view



SUPPORTING OUR MEMBERS

is that these graduates would progress to postgraduate disciplinary specialisms leading towards CASES support accreditation in the long-term having subsequently attained sufficient and meaningful applied practice.

There are currently 170 CASES members undertaking [Supervised Experience](#) (SE) (+5.6%), with 67 new members joining the scheme in 2025-2026. There are currently 246 registered supervisors and 170 registered reviewers supporting the scheme.

The current members of the [High Performance Sport Accreditation Advisory Group](#) (HPSA AG) are responsible for reviewing High-Performance Sport Accreditation and reaccreditation applications twice yearly and, as a key operational deliverable, to provide a platform on which to review the current processes for applications. Over the last 12 months, discussions have taken place to review and reflect on application guidance and how this pathway can be improved to be more robust in the ever-changing high-performance environment, particularly looking at the competencies required of a high-performance practitioner working within the industry. Inroads are also being made to further promote and highlight the significance of this Accreditation pathway, to raise awareness for future registrants.

Sport and Exercise Psychology Accreditation Route (SEPAR)

The [CASES 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, a further 22 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 140 the number of candidates who have completed SEPAR since its launch in January 2020. 40 candidates enrolled on SEPAR in August 2025, and 64 candidates enrolled in February 2026. To date there are 60 Reviewers (-6.2%) and 93 Supervisors (+4.5%) who are active on the [SEPAR Directory](#), a service that was developed for members. In June 2025, 20 Candidates registered for, and 16 then successfully completed, the Open University DE200 module (Investigating Psychology 2) to support the necessary entry requirements onto SEPAR regarding evidencing 'underpinning psychology knowledge'.

The qualification continues to go from strength to strength. The programme currently supports 281 active candidates. Over the past year, quality assurance and programme

development remained central priorities for the SEPAR Advisory Group. The Quality Assurance Moderator process is now fully embedded, providing systematic oversight of reviewer reports and supporting greater consistency, clarity and developmental value within candidate feedback. Throughout the year, new supervisor training was also rolled out, with 15 supervisors in attendance at the first iteration at the conference in June. The Advisory Group also completed a substantial HCPC monitoring review, demonstrating the programme's continued alignment with regulatory standards. Throughout the year, governance was further enhanced through the appointment of two new External Examiners to the programme.

Further work will be focused on strengthening supervisor and reviewer selection and training, reviewing candidate entry processes, and developing a proposal for an application interview process. The Advisory Group is also considering additional professional development opportunities such as training in different sport and exercise psychology modalities of practice, inclusive practice relating to neurodivergence and disability, and ways of strengthening candidate and alumni engagement. Any Sport and Exercise Psychologist HCPC-registered professional members who are interested in joining the SEPAR reviewer register, please email education@cases.org.uk.



SUPPORTING OUR MEMBERS

Clinical Exercise Physiology UK (CEP-UK)

Clinical Exercise Physiology UK ([CEP-UK](#)) was established in September 2021 and is the group setting the standards for UK Clinical Exercise Physiologists. Over the past 12-months, [CEP-UK](#), an Advisory Group of CASES, has continued to advance Clinical Exercise Physiology (CEP) as a recognised healthcare profession across the UK. Key achievements include growth in professional registration, with 220 Clinical Exercise Physiologists now registered with the Academy for Healthcare Science (AHCS), and expansion of AHCS-accredited MSc Clinical Exercise Physiology programmes to seven following accreditation of courses at the University of Bedfordshire and Edinburgh Napier University. CEP-UK also strengthened

international collaboration through the launch of new International Qualification Application Pathways with ICSESP, supporting global recognition of CEPs.

Several significant milestones were achieved this year, including membership of the [AHCS Professional Bodies Council](#), review and updating of the CEP Scope of Practice and Curriculum Framework, and securing £5,000 Biomedical Research Centre funding to develop a Cancer Career Framework for clinical exercise services. Prof Helen Jones, Chair of CEP-UK, was awarded an Honorary Fellowship of the AHCS in recognition of her leadership and contribution to the profession.

[CEP-UK Conference 2026](#) attracted 155 delegates and received highly positive feedback, with all attendees rating the event

as good or excellent and expressing a willingness to return. Looking ahead, CEP-UK has published a new strategic plan, refined its working group structure, committed to annual reporting and enhanced communications, and begun planning for the [CEP-UK Conference 2027](#) at Manchester Metropolitan University, aligned with the ECSS Congress to maximise national and international collaboration opportunities.

Higher Education Endorsement Scheme Advisory Group

The [HE Endorsement Scheme Advisory Group](#) has continued to strengthen and enhance CASES endorsement processes across both undergraduate and postgraduate provision. During 2025-26, the Group focused on updating and refining the CASES Undergraduate Endorsement Scheme (CUES), ensuring greater alignment with emerging priorities in sport and exercise science education, including artificial intelligence, equality, diversity and inclusion (EDI), sustainability and the contribution of accredited staff to programme delivery. These enhancements were formally approved by the Board and introduced within the revised CUES application process.

A key development this year has been the successful introduction of a [Course Change process](#), providing institutions with a robust mechanism to maintain endorsement when curriculum changes occur. Alongside this, a new pre-application and intention-to-submit process has been developed to improve planning and support for applicants. The Advisory Group has also expanded its programme of applicant support through webinars and guidance materials, helping institutions navigate the revised endorsement requirements.



Photo: CEP-UK Conference 2026



SUPPORTING OUR MEMBERS

The Group has continued to contribute to wider strategic developments within CASES, including graduate recognition, contributing to the QAA Benchmark Statement for Sport and Exercise Science and mapping endorsement criteria against professional standards. Co-Chairs also represented CASES within the International Confederation of Sport and Exercise Science Practice project, contributing to the development of international professional standards for sport and exercise science.

During the 2025-26 endorsement review cycle, seven additional programmes achieved endorsement, and six programmes successfully renewed endorsement. This brings the total number of endorsed programmes to 99. In addition, five programmes have utilised the Course Change application route and continuation of the endorsement was approved. The Advisory Group remains committed to maintaining high standards, supporting institutional enhancement, and ensuring CASES endorsement continues to reflect the evolving needs of the profession.

The [Undergraduate Endorsement Scheme](#) 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 79 endorsed courses (one more than last year) at 57 UK higher education institutions (Accredited Universities) (four more than last year), details of which can be found below:

Abertay University, Anglia Ruskin University, Birmingham City University, Bournemouth University, Brunel University of London, Canterbury Christ Church University, Cardiff Metropolitan University, Coventry University, Edge Hill University, Edinburgh Napier University, Hartpury University and College, Health Sciences University, Kingston University, Lancaster University, Leeds Beckett University, Leeds Trinity University, Liverpool Hope University, Liverpool John Moores University, London Metropolitan University, London South Bank University, Loughborough University, Manchester Metropolitan University, Middlesex University, Northumbria University, Nottingham Trent University, Oxford Brookes University, Plymouth Marjon University, Prifysgol Wrexham / Wrexham University, Robert Gordon University, St Mary's University Twickenham, Staffordshire University, Teesside University, Ulster University, University Academy 92 Ltd., University of Bath, University of Brighton, University of Chichester, University of Derby, University of Edinburgh, University of Essex, University of Hertfordshire, University of Hull, University of Kent, University of

Lancashire, University of Lincoln, University of Roehampton, University of Salford, University of South Wales, University of Stirling, University of Sunderland, University of Surrey, University of the West of Scotland, University of West London, University of Winchester, University of Wolverhampton, University of Worcester, York St John University.

The [Postgraduate Endorsement Scheme](#) has been designed to allow students to evidence, expediently, the completion of an appropriate M-level qualification and aligns well for those wishing to become accredited as a CASES Accredited Sport and Exercise Scientist. In essence, this scheme will support future Sport and Exercise Scientists choose an MSc. programme that is CASES endorsed, and which will appropriately position them for application to direct Accreditation upon completion. There are currently four endorsed courses: Brunel University of London, Sheffield Hallam University, St. Mary's University Twickenham, and University of Portsmouth.



SUPPORTING OUR MEMBERS

CASES Postgraduate SEPAR Endorsement Scheme

Back in January 2022, the [CASES Postgraduate SEPAR Endorsement Scheme](#) (PSES) was launched to allow registrants to evidence, expediently, the completion of an appropriate M-level qualification for entry onto the Sport and Exercise Psychology Accreditation Route (SEPAR), which covers the relevant knowledge-based HCPC Standards of Proficiencies. This Endorsement Scheme will support future Sport and Exercise Psychologists choose an MSc. programme that is CASES endorsed, and which will appropriately position them for application to SEPAR upon completion. The following 15 universities (up one on last year) all have M-level Psychology courses that are endorsed by CASES: Anglia Ruskin University, Brunel University of London, Liverpool John Moores University, Middlesex University, Northumbria University, Setanta College, Sheffield Hallam University, St Mary's University Twickenham, Swansea University, University of Bolton, University of Chichester, University of Derby, University of East London, University of Gloucestershire, and University of Portsmouth.

Degree Accreditation Working Group

The Degree Accreditation Working Group, led by Dr Andy Scott FCASES, was formed in January 2025 to bring together the Chairs of the various CASES Advisory Groups to develop an Accreditation Framework to



allow graduates from such courses to become CASES accredited. This is based on the work progressing with the International Confederation of Sport and Exercise Science Practice who are developing International Professional Standards for Clinical Exercise Physiology, Sport Science, and Sport and Exercise Science. The working group has drafted:

- Scopes of practice for High-Performance Sport, Sport Science and Sport and Exercise Science
- Knowledge, technical skills and professional competences for BSc Sport and Exercise Science, MSc Strength and Conditioning, MSc Skill Acquisition and Sport and Performance Science.
- Supervised experience process for gaining CASES Accreditation by meeting these profession-specific knowledge, technical skills and professional competences through targeted placement within the

profession-specific degrees. A draft streamlined process for Academy for Healthcare Science (AHCS)-registered Clinical Exercise Physiologists to become CASES Accredited has also been agreed.

- A draft Facilities and Learning Environment Framework is being developed by the Technical Special Interest Group to become an educational version of CASES Laboratory Accreditation to recognise the quality of facilities and equipment to provide a quality student experience.

The Group, through the CASES Higher Education Endorsement Scheme Advisory Group, is continuing to modernise the CASES Undergraduate Endorsement Scheme to meet international standards, similar to Australia and USA, to allow portability between countries. Once draft documents for the processes are complete, these will be shared for review through the Heads of Department Forum, Student Advisory Group and industry stakeholders.

SUPPORTING OUR MEMBERS

Laboratory Accreditation Advisory Group

The Laboratory Accreditation Advisory Group launched its [revised accreditation framework](#), with the University of Salford, Dublin City University, and Teesside University among the first institutions to complete the updated process. One of the most positively received changes has been the amendment allowing technicians to serve as CASES Laboratory Directors without requiring CASES accreditation themselves. Several institutions have already embraced this development, recognising the valuable leadership, operational expertise, and continuity that technical staff bring to accredited laboratories. The change also demonstrates CASES' ongoing commitment to supporting technical professionals and aligns with its status as a supporter of the Technician Commitment. Feedback from one technician who recently assumed the Laboratory Director role highlighted the impact of this policy change: "I wanted to email to say thank you to you both, as well as the CASES Board, the Laboratory Accreditation Advisory Group, and everyone else involved in the policy change which has enabled technical staff within the CASES TSIG to assume this role."

There are currently 28 Registered Laboratories, up four on last year: Anglia Ruskin University, Buckinghamshire New University, Canterbury Christ Church University, Dublin City University, Inspire Institute of Sport India, Liverpool John

Moore's University, Mid Sweden University, Northumbria University, Oxford Brookes University, Plymouth Marjon University, Prifysgol Wrexham / Wrexham University, Sheffield Hallam University, Southampton Solent University, St Mary's University Twickenham, Teesside University, UKSI Bisham Abbey, UKSI Loughborough University, UKSI Manchester, University of Brighton, University of Chichester, University of East London, University of Hertfordshire, University of Lancashire, University of Lincoln, University of Salford, University of West of Scotland, University of Worcester, and Welsh Institute of Sport.

Continuous Professional Development (CPD)

CASES ran 24 workshops online, the majority of which were linked with the Supervised Experience and SEPAR programmes, attended by a total of 340 delegates. CASES hosted 20 webinars, with a combined 570 delegates registering and a total of 305 attending. Those webinars that took place this year had a total of 111 views in the member resources pages.

With the inaugural CASES Conference taking place in June, the decision was made to hold the 2026 Division Days in the autumn/winter 2026. Members will receive information about each event. The traditional BIG event will be the basis of the Biomechanics and Motor Behaviour Division's offering whilst the other Divisions will be offering a mixture of online

and face-to-face events which will blend formal academic presentations with practical skill development workshops and case study activities.

The CASES CPD [Endorsement Scheme](#), introduced in 2017, continues to gain momentum, enabling CASES to offer a wider range of CPD opportunities to members. A further 14 events were endorsed this year making a total of 58 courses and workshops endorsed since the inception of the scheme. The [members' area](#) of the CASES website continues to develop with a host of useful and beneficial resources which include recordings of [recent webinars](#) for members to access and revisit in their own time.



Photos: CASES Conference 2026



SUPPORTING OUR MEMBERS

Excellence:

Awards and Grants

The Association awarded several awards and grants to its members:

Annual Awards

- **CASES Medal of Achievement:** Prof Stuart Biddle HonFCASES, University of Southern Queensland
- **CASES Volunteer of the Year:** Dr Ash Willmott FCASES, Anglia Ruskin University
- **CASES Masters Dissertation of the Year:** Marcus Peach, University of Chichester
- **Prof Tom Reilly Doctoral Dissertation of the Year:** Dr Christopher Nulty, Liverpool John Moores University
- **Climate Action and Sustainability in Sport and Exercise Science Award (Pedagogy category):** Sue Pinner, Manchester Metropolitan University

Photo: Medal of Achievement winner Prof Stuart Biddle HonFCASES



Photo: Masters Dissertation of the Year: Marcus Peach, University of Chichester





SUPPORTING OUR MEMBERS

CASES 2026 Conference Awards:

Student Free Communication Presentation Award sponsored by International Universities Strength and Conditioning Association (IUSCA)

Winner: Rebecca Vartan, University of
Chichester: "The effects creatine has on
cognitive function and physiological function
when skiing at altitude."

Runner-up: Lauren Fletcher, Robert Gordon
University: "Design of a sport science support
system for international cricket."

Student 5 Slides in 5 Minutes Free Communication Presentation Award sponsored by CASES

Winner: Frederick Alexander Walker, University
of Glasgow: "Evaluating the impact of a new
active travel bridge on walking and cycling
volumes: A natural experiment."

Runner-up: Greig Cowie, Robert Gordon
University: "Can CIED-derived Physical Activity
Provide as a Biomarker to Predict All-Cause-
Mortality? External Validation of Previous
Predictive Modelling Approaches."

Photo: Conference award winner Erika Pontarollo,
Leeds Beckett University



Student Poster Presentation Award sponsored by Irish Sport and Exercise Sciences Association ISESA

Winner: Erika Pontarollo, Leeds Beckett
University: "Understanding performance
determinants in race walkers through an
integrated biomechanics and physiology
approach."

Runner-up: Evie Wright, York St John University:
"Effects of a 10-week dry-land strength and
conditioning programme on the start and turn
performance of competitive youth swimmers."

Highly commended: Elena Wilson, Manchester
Metropolitan University: "Prevalence,
magnitude and methods of rapid weight loss
in junior powerlifters of regional, national and
international competitive standard."

Early Career Researcher Free Communication Presentation Award sponsored by Sport Education Solutions Limited

Winner: James Clark, Manchester Metropolitan
University: "Understanding Decision-Making
Expertise in Football VAR: Insights from Elite
Video Match Officials."

Runner-up: Rebekah Osborne, University
of Exeter: "Understanding the 4-min-mile:
modelling the physiological determinants of
maximal 4-min running performance."

Highly commended: Niall Fife, Swansea
University: "Athletes with a Difference of Sex
Development (DSD) perform like women and
not like men in track athletics events."

Photo: Conference Award Winner James Clark,
Manchester Metropolitan University





SUPPORTING OUR MEMBERS

Photo: Conference award winner Jack Carr Coventry University



Early Career Researcher 5 Slides in 5 Minutes Free Communication Presentation Award sponsored by Taylor & Francis

Winner: Jack Carr, Coventry University: "Exploring the Perspectives and Experiences of Men Living with Prostate Cancer from Minority Ethnic Backgrounds in Undertaking Physical Activity: A Qualitative Analysis."

Runner-up: Dr Amie Woodward, York St John University: "The association between cardiorespiratory fitness, cardiovascular disease risk factors, and quality of life in perimenopausal and postmenopausal women: a cross-sectional study."

Photo: Conference Award Winner Dr Emma Mosley MCASES, Bournemouth University



Early Career Researcher Poster Presentation Award sponsored by CASES

Winner: April Forrest, University of the West of Scotland: "School-Based Homework Interventions for Improving 24-hour Movement Behaviours in Primary School Children: A Systematic Review and Meta-Analysis."

Runner-up: Ollie Jones, Cambridge United - Anglia Ruskin University: "Do professional footballers meet the recommended guidelines for macronutrient intake and distribution?"

Sport and Exercise Science Free Communication Presentation Award (Contribution to knowledge) sponsored by Manchester Metropolitan University

Winner: Dr Leighton Jones MCASES, Liverpool John Moores University: "Shaky statistics and problematic publishing: Questionable research practices in the sport and exercise sciences."

Sport and Exercise Science Free Communication Presentation Award (Best practice) sponsored by Manchester Metropolitan University

Winner: Natacha Lazareff, Kyniska Advocacy: "Long-Term Impacts of Coaching Maltreatment for Former Elite Adult Female Athletes: a trauma-informed qualitative study."

Sport and Exercise Science 5 Slides in 5 Minutes Free Communication Presentation Award sponsored by CASES

Winner: Dr Katherine Burgess MCASES, Robert Gordon University: "Demonstrating the impact volunteering: a case study of Denis Law Legacy Trust."

Runner-up: Dr Danielle Davis, Leeds Trinity: "Innovating Athlete Support: Evaluating Wearable Technology for Load Quantification in Artistic Gymnastics."

Sport and Exercise Science Poster Presentation Award sponsored by CASES

Winner: Dr Emma Mosley MCASES, Bournemouth University: "What is CASES? Reflecting on the co-creation of a 3D animated sport and exercise science outreach resource."

Grants

CASES Expert Statement Grants

CASES Expert Statement Grants were awarded to those authors whose expert statements were published (please see [here](#)). 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.

- Prof Edward Winter CASES Early-to-mid Career Researcher Project Grant: Dr Ben Hunter, London Metropolitan University
- CASES and CEP-UK CPD Grant: Ellie-Mae Harris, UHCW NHS
- CASES 2026 Conference Grants: Dr Mykolas Kavaliauskas, Dr Stephen Leckey, George Preston, Steven Morton, Dr Irene Molina Gonzales, Elena Wilson, Ian Low, Natalie Weir, Lucinda Abel



Fellows of the Association

[CASES Fellowships](#) recognise esteemed professional achievement, skills, knowledge and service to CASES and the sport and exercise science community. The following individuals have been awarded CASES fellowships:

1993	Prof Craig Sharp	2015	Prof Susan Backhouse • Prof Bill Baltzopoulos • Dr Gary Brickley • Prof David Broom • Prof Graeme Close • Dr Tracey Devonport • Dr Lance Daggart • Dr Emma Ross
1994	Prof Les Burwitz • Prof Lew Hardy • Prof Tom Reilly • Prof Clyde Williams OBE	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
1997	Prof John Annett • Prof Neil Armstrong • Prof Tudor Hale	2017	Dr Grant Abt • Dr Lisa Board • Dr Val Cox • Dr Kevin Currell • Dr Caroline Sunderland • Prof Craig Twist
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	2018	Dr Barry Drust • Dr Jonathan Katz • Prof Derek M Peters • Dr Garry Tew • Prof Dylan Thompson • Dr Matthew Weston
1999	Prof Stuart Biddle • Prof Dave Kerwin • Prof Adrian Lees	2019	Chris Barnes • Prof Andrew Edwards • Dr Adam Gledhill • Assoc Prof Adam Hawkey • Dr Kiara Lewis • Dr Ailsa Niven
2000	Prof Jo Doust • Prof Roger Eston • Prof Jim Watkins	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
2001	Dr Jan Graydon • Prof Adrienne Hardman • Prof Nanette Mutrie MBE • Associate Prof Gaynor Parfitt • Prof Peter Terry	2021	Dr Ibrahim Akubat • Dr Neil Gibson • Dr Denise Hill • Dr Paul Jones • Dr Neil Maxwell • Dr Jonathan Sinclair • Dr Alun Williams
2003	Prof Andy Jones • Prof Andy Smith MBE • Prof Adrian Taylor • Dr Sandy Wolfson	2022	Dr Stephen Atkins • Dr Helen Collins • Dr Jo Corbett • Dr Audrey Duncan • Prof Stuart Fairclough • Dr Matthew Green • Prof Florentina Hettinga • Dr Emma Kavanagh
2004	Prof Ian Maynard	2023	Prof Lynne Boddy • Dr Andrew Mitchell • Dr Andrew Scott
2008	Prof Tom Mercer • Prof Craig A Williams	2024	Dr Daniel Bailey • Dr Alan Barker • Prof Mark De Ste Croix • Dr Faye Didymus • Dr Damian Harper • Prof Andrew Hill • Prof Camilla Knight • Dr Robert Morris • Dr Andrew Murray • Dr Matthew Timmis
2009	Prof Richard Davison • Prof John Saxton • Prof Kevin Thompson	2025	Dr Alex Bliss • Dr Patricia Jackman • Dr Christopher Kirk • Dr Caroline Jane Lomax • Dr Ian Sadler
2010	Prof Celia Brackenridge • Prof John Buckley • Prof Dave Collins • Prof Carlton Cooke • Prof Jason Gill • Prof Michael Gleeson • Dr Richard Godfrey • Dr Brian Hemmings • Prof 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	2026	Prof Mark Faghy • Dr Koryna Lewis • Prof Daniel Madigan • Dr James Malone • Dr Clare Pheasey • Dr Georgina Stebbings • Dr Ash Willmott
2011	Prof Keith George • Dr Nigel Gleeson • Prof Chris Harwood • Dr Tim Holder • Prof Zoe Knowles • Dr Kevin Lamb • Prof Lars McNaughton • Prof Joanna Scurr • Prof Martin Sellens • Prof Gareth Stratton • Dr Richard Thelwell • Prof 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		



SUPPORTING OUR MEMBERS

SUPPORTING OUR MEMBERS



The total number of CASES Fellowships now awarded is 167. One online Fellows' Gathering took place this year (10 December 2025), which welcomed new Fellows and discussed topics and projects within CASES. 27 Fellows attended the event. Four members registered for a pre submission [webinar](#) on 23 June in which Fellows walked through the application process, outlining the benefits and expectations of become a CASES Fellow. Over the last year, many Fellows have helped to drive forward a number of key projects for the Association. Given the expertise and knowledge of the Fellows, CASES would very much welcome their input and assistance in delivering the Operational Plan. Any Fellow who is interested in contributing to the deliverables within the Operational Plan, please contact enquiries@cases.org.uk.

In 2025, the CASES Board launched the new award of the [CASES Medal of Achievement](#) which is reserved for those individuals making sustained and highly significant contributions to the sport and exercise sciences in the UK and beyond. Prof Stuart Biddle HonFCASES was the [inaugural winner](#).

Following the success of the CASES Medal of Achievement in 2025, the Board was

proud to launch the renamed award of the CASES Distinguished Contribution to Sport and Exercise Sciences Medal for which 2026 nominations opened in June 2026, with a deadline to nominate by 30 September 2026. Decisions will be made by the end of November 2026, with the winner(s) announced in January 2027.

In 2026, the Board considered members for a new [CASES Distinguished Contribution Award](#). This annual Award is about contribution to CASES, an elevation of that from which we award Volunteer of the Year and other contribution awards such as Climate Action,

etc. This Award is granted to an individual who has made sustained, significant and important contributions to the Association through volunteer roles. Tangible impact of the contribution will be visible and seen to influence that of the broad membership and business of the Association, demonstrating reach, innovation and leadership. Winner(s) will be confirmed by the Board at its meeting in September 2026. And formally announced t the membership at the 2026 AGM in November.



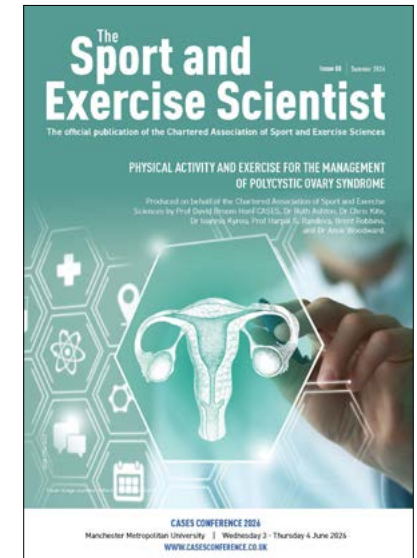
Photo: CASES Fellows badge

Expert Statements

CASES published four new expert statements in 2025-26: [Beyond the Phase: A Smarter Management Approach to Hormone-Related Symptoms in Active Females](#) by Esther Goldsmith, Dr Natalie Brown, Dr Sophie E Harrison and Dr Eleri S Jones MCASES.



[Physical activity and exercise for the management of Polycystic Ovary Syndrome](#) by Prof David Broom HonFCASES, Dr Ruth Ashton, Dr Chris Kite, Dr Ioannis Kyrou, Prof Harpal S. Randeva, Brent Robbins, and Dr Amie Woodward.



[Guidance for reporting of physiological assessments: sport performance testing](#) by Dr Alan Ruddock FCASES, Dr Andy Galbraith MCASES, Dr David Green MCASES, and Amelia Dingley MCASES.



[Growth and Maturation in Youth Sport, and the Implications for Health, Performance and Development](#) by Dr Jamie Salter MCASES, Dr Stacey Emmonds, Dr Adam Gledhill FCASES and Dr Tommy Lundberg.





SUPPORTING OUR MEMBERS

All CASES expert statements are open access and are available to download from the [CASES website](#). From May 2026, the Board launched a new approach regarding the number of Expert Statements published each year and the funding model to support the development of the Expert Statements, whilst maintaining the high standards that are expected.

In April, CASES formally launched its Digital Object Identifier (DOI) publications. The first CASES DOIs were registered in January 2026 with this milestone marking an important step in strengthening the visibility, credibility and long-term impact of CASES publications. By registering its outputs with DOIs via Crossref, CASES is ensuring that its professional and scientific contributions are permanently findable, citable, and accessible to a global audience. See [here](#) for more details.





CHAMPIONING OUR PROFESSION



CHAMPIONING OUR PROFESSION

Strategic Objective 2:

Champion sport and exercise sciences through targeted advocacy and strategic partnerships.

Advocacy:

An overview of the focus and achievements of the CASES' Divisions:

The Division of Biomechanics and Motor Behaviour

Dr Andrew Mitchell HonFCASES, Chair

Over the course of 2026, the Division of Biomechanics and Motor Behaviour continued to strengthen its contribution to CASES through a combination of member engagement, event development and strategic planning. A major focus has been the development of the 2026 Biomechanics Division Day and BIG event, which will be hosted by Abertay University on 4 December 2026. The event represents an important opportunity to broaden the Division's reach by engaging members from across the UK, particularly in Scotland and the North of England, following previous events in Cheltenham and Loughborough. It will provide a platform for sharing innovative research and professional practice.

The Division has continued to look ahead to emerging developments within the profession.

As part of the forthcoming Division Day, plans are being developed for an expert roundtable discussion on artificial intelligence, bringing together perspectives from academia, biomechanics and the technology sector to explore the opportunities and challenges that AI presents for sport and exercise scientists.

Equity, Diversity and Inclusion has remained an important priority throughout the year. The Division has established an award that recognises research with an EDI focus, encouraged the submission of abstracts addressing EDI-related themes, and supported the development of widening participation activities alongside the Division Day. Working with colleagues at Abertay University, these initiatives aim to engage local schools and colleges, raise awareness of biomechanics and sport and exercise science careers, and inspire the next generation of students and practitioners.

Alongside these outward-facing activities, the Division has also invested in its future sustainability through committee renewal and succession planning. New opportunities have been advertised for CASES members to join the Division, while selected terms of office have been extended to ensure continuity and

effective handover arrangements. Plans are also progressing for the appointment of a new Division Chair, ensuring a smooth leadership transition later in the year.

Looking ahead, the Division is well positioned to continue supporting the biomechanics community through a programme of events, webinars and member engagement activities. As my term as Division Chair comes to an end, I am particularly proud of the progress made in expanding the Division's reach, strengthening its commitment to EDI, and establishing a strong foundation for future growth and impact within CASES.



Photo: Biomechanics Division Chair, Dr Andrew Mitchell HonFCASES



CHAMPIONING OUR PROFESSION

The Division of Physical Activity for Health

Dr Daniel Bailey HonFCASES, Chair

The Physical Activity for Health Division Committee kept our members updated on everything PA4H-related through Division newsletters which went out in November 2025, April 2026 and July 2026. A big thank you to our Membership Rep, Dr Steph Stockwell, for leading on these. There was great engagement from CASES members who attended a Physical Literacy networking event, which led to a Summer TSES article "Why should sport and exercise scientists care about physical literacy?". Our Division Committee also authored a TSES Spring 2026 article 'Unlocking the power of physical activity could help to realise the NHS 10-year plan'.

Coordinated by Hayley Millls, the Division delivered a number of webinars over the year including [Thriving Through Menopause: Fitness,](#)

[Health & Support That Works](#) by Dr Athalie Mills Redwood, and Personalised, holistic and stigma free: how is it a better way to support children and young people living with excess weight? by Associate Professor Cath Homer. Committee members Dr Sophie Carter MCASES and Annie Skidmore delivered a student-facing webinar to increase awareness of CASES and provide information on the benefits of becoming a member from a PA4H perspective. Our Student Rep, Annie Skidmore, played a key role in the CASES student podcast series and keeps the Division active on our social media channels. The Division Committee has also contributed to policy and practice with contributions to a CASES Parliamentary Select Committee Evidence inquiry on ['Healthy Ageing: physical activity in an ageing society'](#). Dr Bailey HonFCASES also worked with international partners on a joint statement 'Exercise and Physical Activity in the Era of Obesity Pharmacotherapy'.



Photo: Physical Activity for Health Division Chair, Dr Dan Bailey HonFCASES



CHAMPIONING OUR PROFESSION

The Division of Physiology and Nutrition

Dr Alan Ruddock FCASES, Chair

2025/2026 was a productive year for the Division of Physiology and Nutrition. Highlights included Ian White's (UKSI) engaging September [webinar](#) on physiological support in rowing, and preparations for our online Autumn Division Day in November 2026. Members actively supported the broader CASES Conference, with all senior Division members reviewing abstracts and Dr Alan Ruddock FCASES chairing the Physiology and Nutrition sessions.

We maintained a strong focus on authoritative resources and technological advancements. A major highlight was the TSES publication of the [CASES expert statement](#) on Physiological Reporting Guidelines, authored by Dr Ruddock FCASES, Dr Galbraith MCASES, Dr Green MCASES, and Ms Dingley MCASES, following review by Prof. Pedlar FCASES and Prof. Davison FCASES. Embracing sector innovation, Dr Ruddock FCASES contributed to the draft

Photo: Credit Southampton Solent University



CASES statement on [Artificial Intelligence](#).

We are also formalising an AI app development webinar with Prof. Tony Myers and exploring AI's application in curricula with Dr James Bray MCASES. Operationally, we submitted a comprehensive Division website review to the CASES office, with implementation ongoing.

Equity, Diversity, and Inclusion remain central, with EDI principles firmly embedded throughout our expert statement. Committee stability continues to drive success;

Dr Galbraith MCASES, Vicky Tidmas, and Lily Matthias are serving another term as Deputy, Postgraduate, and Undergraduate Representatives, respectively. They are supported by Dr Nicola Arjomandkhah and Dr Laura Wilson MCASES in Membership and CPD roles. Overall, the Division has strengthened strategic outputs, fostered essential AI and EDI discussions, and it continues to champion excellence in sport and exercise sciences.



The Division of Psychology **Dr Trish Jackman FCASES, Chair**

The Psychology Division Committee underwent several changes during the year. Dr Leighton Jones MCASES joined as Deputy Chair, while Manisha Aggarwal transitioned into the role of CPD Representative. Dandya Chen and Erin Donoghue, both postgraduate students in Sport and Exercise Psychology, were appointed as Student Representatives, and Berta Kreišmontaitė joined as the SEPAR Candidate Representative. Dr William Donald continued as Membership Representative, and Dr Richard Simpson remained a Co-Opted Member.

The Division delivered four successful webinars across the year, including a joint webinar delivered in partnership with the Association for Applied Sport Psychology (AASP). Our strategy for CPD continues to develop. Looking ahead, the Division will host an online Division Day in the final quarter of 2026, with further

details and the programme to be released in the autumn. In partnership with the CASES team, the Division refreshed its section of the CASES website. The Division newsletter, led by Dr William Donald and Dr Leighton Jones MCASES, continues to evolve and will grow further in the year ahead. Under the leadership of Dr Richard Simpson, the Division maintained an active social media presence to promote activities and engage members.

The CASES Conference had a strong psychology presence, with Division members making valuable contributions through keynote lectures, panel discussions, workshops, oral presentations, poster presentations, and satellite sessions. The SEPAR programme continues to expand under the leadership of Dr Rob Morris FCASES. The Division also supported the establishment of the new CASES Special Interest Group (SIG) in Neurodiversity, led by Dr Laura Swettenham and Dr Kristin McGinty-Minister.

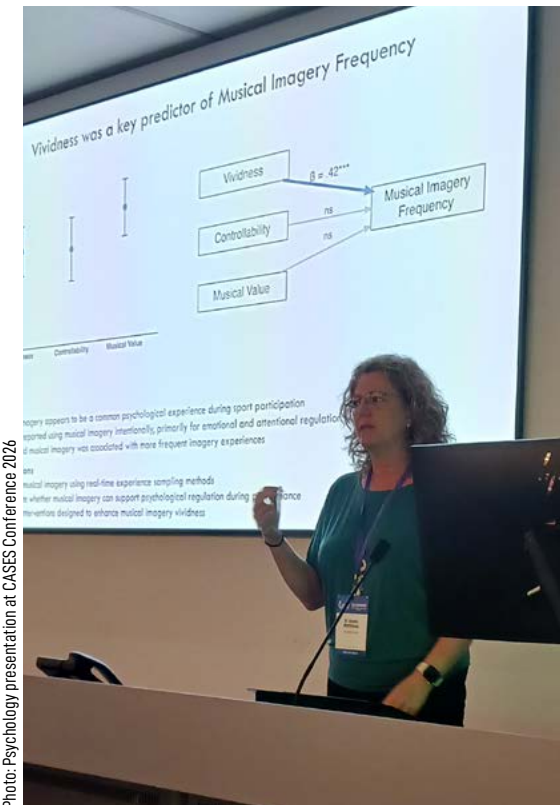


Photo: Psychology presentation at CASES Conference 2026



The Division of Sport and Performance

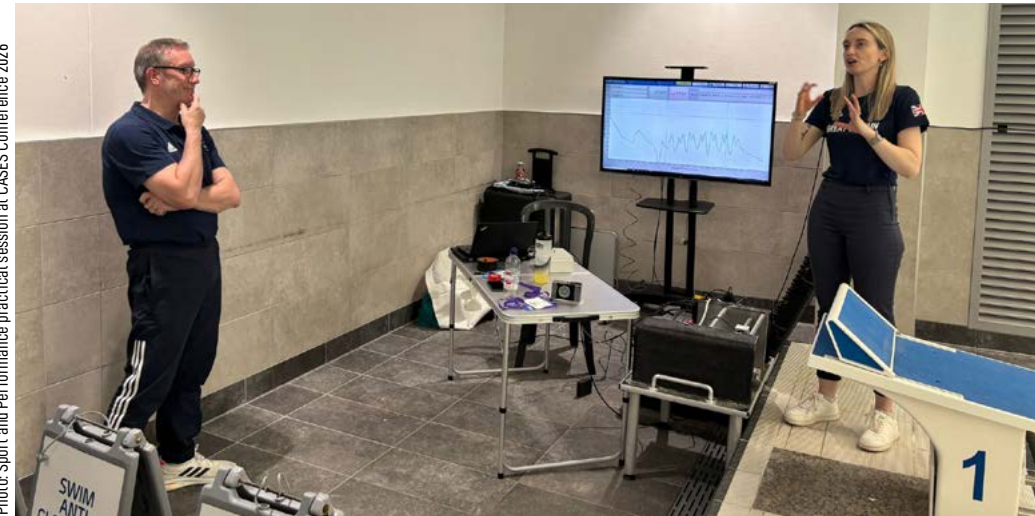
Dr Mitch Finlay MCASES, Chair

A great year for the Sport and Performance Division! We were pleased to extend the tenures of both Dr Matthew Ellis and Dr Patrick Mannix as Membership and PG Student Rep, respectively. We were also delighted to welcome Issam Charama from Middlesex University as the new UG Student Rep.

In January, Dr Ross Cloak (Deputy Chair) and Joshua Till (PG Student rep), put on a hugely successful 4th iteration of the Annual Combat Sport Workshop at the University of Wolverhampton, in collaboration with British Judo.

Building on the MoU signed with the International Universities Strength and Conditioning Association (IUSCA) last year, the [joint CASES-IUSCA webinar](#) on Training Load Monitoring in Combat Sports in February this year, was very well received. Thank you to Andrew Langley, Dr Mitch Finlay MCASES, Dr Chris Kirk FCASES, Denis Potter, and Dr

Photo: Sport and Performance practical session at CASES Conference 2026



Amit Batra for their efforts in helping put this together. We look forward to putting on a second webinar towards the end of the year, aligning with CASES' strategic objectives, and specific objectives of the Division; promoting excellent CPD opportunities, collaboration with partner organisations, and sharing knowledge and practice.

It was fantastic to see such high-quality Sport and Performance themed presentations and practical sessions at the CASES Annual Conference in June. Thank you to the Division Committee members for their efforts in abstract reviewing, assisting the Conference Planning Group, and in their Conference attendance and presentations.

Last year the Sport and Performance Division put on a successful in-person Division Day event. This November, we hope to do the same, welcoming expert speakers, practical sessions, opportunity for student presentations, and of course, networking. We look forward to releasing details on this event in due course. A big thank you to members of our Sport & Performance Division Committee. We look forward to seeing everyone at the next Division Day, and at upcoming webinars later in 2026.



CHAMPIONING OUR PROFESSION

The Division of Teaching and Learning Enhancement

Prof Mel Leggate, Chair

The Division was formed this year following the Board's approval of a new Division structure at the AGM in November 2025, transitioning the Education and Teaching Special Interest Group into a full Division after six successful years as a SIG. We are grateful to Prof Jo Hudson FCASES, outgoing E&T SIG Convenor, for her leadership, and thank all members of the former SIG for the foundation they built. Given the breadth of work ahead, the incoming Committee was deliberately built larger than usual, blending experienced members from the former SIG with new colleagues bringing fresh perspectives. We are also pleased to welcome Neil Guthrie as our new representative from the Technical SIG.

The Committee has met three times since it was formed, agreeing on its Terms

of Reference and assigning ownership across four initial workstreams: pedagogy accreditation support, degree standards, a digital repository of teaching resources, and graduate recognition.

At the 2026 CASES Conference, our pedagogy sessions ran across both days and were well attended despite strong parallel programming, with CPD representative, Dr Kath Burgess MCASES picking up an award. Committee members also used the conference to talk to delegates directly about the new Division.

The [Graduate Recognition Scheme](#) returns this year, building on its earlier success, launching for 2025/26 graduates from CASES Endorsed programmes with an official certificate and digital logo.

Looking ahead, the Division is developing its webpage and social media presence to build visibility in its own right and is progressing plans for a future in-person launch event.



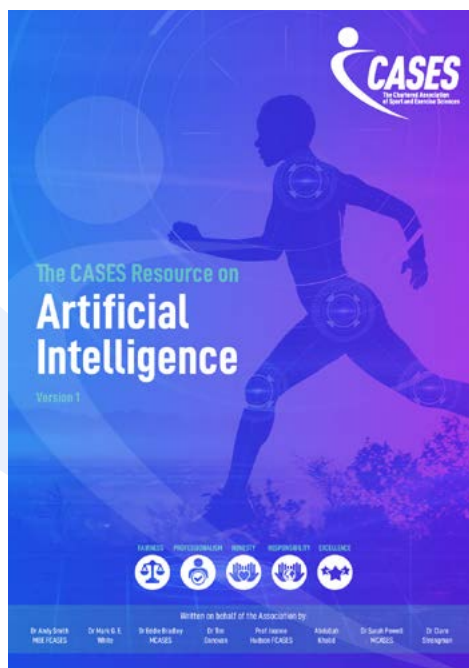


An overview of the focus and achievements of the CASES Advisory Groups:

Artificial Intelligence (AI) Advisory Group

Dr Andy Smith MBE FCASES, Chair

The [Group](#)'s principal achievement during the reporting period was the systematic development, publication, dissemination and impact evaluation of [AI in Sport and Exercise Science](#). DOI: <https://doi.org/10.65650/9zsx-n0hg>. Published in January 2026, this sector wide resource has already been downloaded 5,918 times, demonstrating substantial early engagement and confirming its relevance to contemporary practice and research.



In addition, the Group has:

- Continued to disseminate and monitor [BASES Position Stand on Artificial Intelligence \(AI\) and Assessment](#), which has now been downloaded 8,553 times.
- Contributed to CASES and sector wide events on AI, including sessions at the CASES Conference and the Science Council seminar on AI and the scientific workforce.
- Provided advisory support to CASES on AI related matters.

Over the coming year, the Group will review the Association's existing resources to determine whether updates are required and whether additional materials should be developed.

Climate Action and Sustainability Advisory Group (CASAG)

Dr Ash Willmott FCASES, Chair

Following numerous outputs and achievements in 2024–2025, the Group has continued to strengthen sector wide climate and sustainability practice, while reflecting on recent successes and collating ideas and feedback for future planning. The Group focused on capturing good practice through endorsement and accreditation applications, award submissions, and members' personal networks, ensuring teaching, research and practice examples remain visible to CASES members and continue to support climate aligned professional development. The CASAG also continued to advance sustainability

integration across the Association, supporting the Board in meeting its Pledge to Net Zero commitments, progressing sustainability focused refinements to laboratory accreditation and HE endorsement processes, expanding climate content within the postgraduate scheme, and strengthening circular economy practice through the Equipment Flip Scheme. The Group launched the new [Climate Action and Sustainability in Sport and Exercise Science Award](#), recognising an excellent and worthy [winner](#), Dr Sue Pinner, for her sector leading, research informed sustainability initiative delivering large scale, high impact education aligned with behavioural science principles and national climate action priorities.

The CASAG has continued to share evidence based examples via the CASES website, newsletters and social media, and are now developing a plan to ensure student awareness of CASAG and related initiatives continues to grow, with student engagement strategies to be rolled out over the next 12–18 months. Members of CASAG are also leading on an upcoming Autumn TSES articles, and the Group is working more closely with the Environmental Extremes SIG, strengthening collaboration across climate related education and research.



Photo: Award winner Dr Sue Pinner, Manchester Metropolitan University



Equity, Diversity and Inclusion (EDI) Advisory Group

Dr Kotryna Lewis FCASES, former Chair, and Dr Richard Buscombe MCASES and Dr Tori Sprung, Co-Chairs

The [EDI Advisory Group \(AG\)](#) continued to work on various projects, including updating the [EDI Glossary of Terms](#), supporting the Conference Planning Group, discussing EDI-related topics as part of TSES, and delivering the Professional Development and Mentoring Project. This year, [the Annual Member Diversity Infographic](#) expanded its scope to include measures of geographic and social deprivation, providing a more complete overview of our membership. We also completed a pilot benchmarking of diversity-monitoring practices against partner institutions. CASES is proud to lead the sector with a comprehensive and transparent understanding of our members,

which can now inform future initiatives. We continued to support the CASES Leadership and membership, including outcomes and communications about the Transgender Survey, and the submission of evidence to [the Women and Equalities Committee's inquiry](#).

The group bids farewell to our Chair, Dr Kotryna Lewis FCASES, who has led the group since its inception, with Dr Tori Sprung and Dr Richard Buscombe MCASES taking over as co-Chairs. The Group is now looking to consolidate our work through refining the delivery of current projects and further increasing its diversity through targeted recruitment. Our intention remains to serve the membership and support the Board in ensuring that CASES remains a fair, transparent, and welcoming environment for all.

Heads of Department Forum Dr Martyn Morris MCASES, Chair

The [Heads of Department Advisory Group](#) hosted an online event titled 'Engaging the next generation' on 12 November which was attended by over 30 UK institutions. The meeting included some informative talks from the CASES Student Advisory Group, Technical Special Interest Group, an update on the Accreditation Partnership Scheme, and the CASES HE endorsement scheme. An in person was planned for day zero of the CASES

Conference, however this was postponed due to low uptake. The theme of the day was 'Navigating challenges in sport and exercise science education' and delegates were asked to send through their top three challenges to help facilitate the round table discussions. The challenges sent through will be used to frame the focus of the next online event to be held in the new academic year.

Integrity Advisory Group Dr James Newman, Chair

The Integrity Advisory Group ([IAG](#)) has continued to carry out several projects linked to matters of integrity and the role of CASES, including:

- The continued development of new safeguarding workshops by Dr Andy Miles HonFCASES, Dr Emma Kavanagh FCASES, and Dr James Newman to benefit new and established practitioners in sport and exercise psychology and sport and exercise science.
- Work undertaken by Dr Phil Clarke MCASES to allow the public to understand the required qualifications of practitioners. Specifically, this work has involved the rollout of the General Population Awareness to explore the public's understanding of various sport and exercise science roles.

- Professor Sue Backhouse HonFCASES, Dr Neil Chester, and Claire Lane's development of the CASES Expert Statement on Unintentional Doping to be published in Autumn 2026, in The Sport and Exercise Scientist.
- The announcement of a [renewed clean sport partnership](#) between UKAD and CASES.

Overall, the CASES IAG continues to raise awareness, educate members and positively lead around matters of integrity in the sport and exercise sciences.

Membership Reps Advisory Group

Dr Matthew Ellis, Chair

The [Membership Representatives Advisory Group](#) acts as a voice for the members to influence CASES strategy and review and improve the membership package and communications. The Group comprises six Membership Representatives, one from each Division, and is chaired by Dr Matthew Ellis, Membership Rep for the Sport and Performance Division. In 2025-26, the Group has established that knowledge exchange and impact should take central focus for the year ahead, whilst providing guidance and views to the CASES operational team on messaging, branding, member benefits and event planning to reflect the membership opinion and

values. With REF 2029 approaching, there is an ambition to support members in academic roles to develop and evidence knowledge exchange and impact, recognising that this requires meaningful collaboration with practitioners and stakeholders. To achieve this, the Group is working closely with The Sport and Exercise Scientist, the Student Advisory Group and the Outreach Hubs to share information, showcase examples of applied work and connect academics with practitioner networks.

Outreach Panel

Prof John Dickinson FCASES, Chair

The [Panel](#) has been meeting every two months over the past 12 months, focussing on the following projects:

1 Increasing the number of outreach hubs

We have gone through three cycles of recruiting more CASES outreach hubs. Over this year, we have grown the number of hubs from 36 to 41. We have Outreach Hubs in every one of the four home nations in the UK, however, looking forward, we will look to increase the number of hubs in Wales, Scotland and Northern Ireland as we currently only have one hub in each of these nations.



Photo: Outreach Poster Winner 2026 Harvey Chester LEAF studio

2 CASES School and College Poster Competition

Over this period, we ran the third edition of the CASES School and College poster competition. This involved all our Outreach Hubs delivering outreach days with local schools, targeting students aged between 14 and 19 who are studying sport and exercise science related subjects. This year, we had over 150 schools and colleges take part in an outreach day at a CASES Outreach Hub. The [winning poster](#) came from the LEAF Studio School that submitted their poster to the Southampton Solent University CASES Outreach Hub. This year, we were grateful to the CASES Board for increasing the prize money from £2,000 to £4,000. This meant for the first time we were able to award two runner-up prizes of £1,000. The runner-up prizes went to posters that



Photo: Outreach Hub 2025 Poster Prize - Eilish McColgan guest speaker with UWS



were submitted to the CASES Outreach Hubs at Bournemouth University and Wolverhampton University.

The winning schools and colleges can use the prize funding to arrange a visit from an elite athlete or coach, fund an experience day at their local Outreach Hub, or purchase equipment to support the delivery of sport and exercise activities. We held a reflection day with the Outreach Hubs in May. This allowed us to share some examples of good practice and effective outreach from some of our hubs. This was well received by those that attended.

3 Developing a CASES animation to promote CASES on social media

We have been working with animation students at Bournemouth University to develop a CASES animation for use in public presentations and on social media. The short animation will provide a snapshot of the different activities undertaken by sport and exercise scientists to support athletes' preparation and performance. We plan to release it on social media in September 2026 and make it available for use by our Outreach Hubs. Reflections on the project were also presented at the CASES Conference 2026 in Manchester. The poster was selected as the [best Sport and Exercise Science Poster](#) at the CASES Conference 2026.

4 Embedding outreach activity into the CASES annual conferences

For the fourth time, we held a public lecture at the CASES Conference 2026. The lecture, titled [Football and Dementia: What Do We Know and Where Are We Going?](#), was delivered by Dr Tiago Peçanha of Manchester Metropolitan University. The talk was free to attend. We had a mix of in-person and online attendees. The talk is also available in the [Outreach section](#) of the CASES website and is free to watch at any time.



Photo: Outreach Public Lecture Dr Tiago Peçanha

CASES Outreach Panel Targets for 2026-27 include:

- Deliver the CASES Schools and Colleges Poster Competition.
- Develop our Teacher Advisory Panel.
- Look to start delivering regular series of outreach webinars
- Produce new animation focusing on sport and exercise science in physical activity
- Explore collaborations with organisations such as Youth Sport Trust

Policy and Advocacy Advisory Group

Prof Kiara Lewis FCASES, Chair

[The Policy and Advocacy Advisory Group](#) has advocated for CASES and its members by:

1 Lobbying for government spending on research:

CASES supported the Science Council by [signing a joint statement](#) in response to recent funding cuts to UK research. The statement was sent to Professor Sir Ian Chapman, CEO of UKRI and published on their website. The Group also provided a case-study to the Science Council to submit as evidence of the impact of funding cuts to be shared with UKRI.



Photo: Credit Sport England

2 Arguing for the role of women and girls in sport.

We responded to a call for evidence from the Women and Equalities Committee's inquiry: Beyond participation: Routes into sport for girls and women. We provided informed information on the barriers for women and girls and the impact of gender bias and misogyny in areas such as coaching, sports science, officiating and governance, which was published [online](#).

3 Making the case for sport and exercise in preventing and managing mental health problems.

To support this area the Group submitted evidence to the [Department of Health and Social Care](#) to inform an upcoming mental health strategy for England.

Student Advisory Group

Victoria Tidmas, Chair

The [Student Advisory Group](#) (SAG) has welcomed new Reps who have engaged with projects and developments over the year, including conducting a student survey of members and non-members in Q3, and presenting to the Heads of Department online Forum in November. Following an analysis of the first student member and non-member survey, there are plans to prepare a potential

TSES article as a Group, with a view to undertake a three or five-year follow-up on the survey (What the student members said and have we achieved things). The Group continues to aim to increase its reach in line with survey feedback such as using Instagram (a move away from Facebook), podcasts, webcasts and advocating for membership within universities.

Members of the SAG have fully embraced the uses of Instagram as the main platform for marketing CASES' resources, with immense success with interactions with potential new members and existing members. CASES marketing team worked with University of Derby's marketing students to support a 'takeover' of Instagram to trial content designed by students for students, for which there was strong engagement. A student newsletter was issued in October along with a podcast interview with Chair Prof Zoe Knowles FCASES. The second podcast was with Dr Dan Bailey HonFCASES which spotlighted career pathways. The third podcast, with Prof Mel Leggate, promoted the launch of the new Teaching and Learning Enhancement Division, which gave a wonderful insight into the evolution of a Sport Science career into more diverse areas of academia.



CHAMPIONING OUR PROFESSION

Photo: Student Insider Interview with Dr Dan Bailey HonFCASES



A growing number of 'Student Insider' resources have been produced by the SAG, with the support of CASES MarComms Manager, which are specifically targeted and supportive of Sport and Exercise Students and exclusive to members. They have been added to the [CASES Student Hub](#), and have been promoted through the CASES communications channel, and were highlighted during the student 'takeover' of CASES Instagram in Q3.

The SAG Chair was a member of the CASES Conference Scientific Planning Group. Some SAG Reps attended the CASES Conference and enjoyed the experience, feeding back positively. The SAG attended a Fellows gathering and are considering ways to engage with Fellows to benefit student members. A number of SAG Reps have been included in the new 2026 Career Guide.

Photo: Poster Presentations CASES Conference 2026





CHAMPIONING OUR PROFESSION

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

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

The Biomechanics Interest Group (BIG)

Dr Andrew Mitchell HonFCASES, Convenor

The Biomechanics Interest Group continues to provide an important forum for researchers, practitioners and students to engage with contemporary developments in biomechanics and motor behaviour. Throughout 2026, preparations have been underway for the next BIG event, which will take place at Abertay University on 4 December 2026. With the event now firmly in the planning stages, work has focused on developing an engaging scientific programme, securing keynote speakers, attracting sponsorship and encouraging abstract submissions from across the biomechanics community. The programme will showcase current research, provide opportunities for networking and collaboration, and support knowledge exchange between established and early-career researchers.

Members of the Division promoted the forthcoming BIG event at the 2026

CASES Annual Conference at Manchester Metropolitan University, generating significant interest among attendees and identifying potential future speakers and contributors. The event will also feature discussion of emerging topics within the discipline, including the growing role of artificial intelligence in biomechanics research, teaching and practice.

Members may notice that this year's update does not include a reflection on a recent BIG event. Following changes to the CASES events calendar, the Annual Conference moved from November to April, and the Biomechanics Division Day and BIG event subsequently moved to December. As a result, the next BIG event will take place later in 2026, after publication of this annual report. We look forward to welcoming members to Dundee in December and to another successful event that highlights the breadth, quality and impact of biomechanics research and practice across the UK.

Disability and Inclusion in Sport Science SIG

Elena Avraam MCASES, Prof Dan Gordon MCASES, and Dr Sarah Taylor, Co-Convenors

The Disability and Inclusion in Sport Science Special Interest Group (SIG) was approved by the CASES Board in October 2025. Since its establishment, the SIG convenors have focused on developing a clear mission to

advance equity, accessibility, and inclusion for individuals with disabilities across sport, exercise, and physical activity. Since approval, seven members have joined the SIG Steering Committee, with two meetings held in March and April. These initial meetings were focused on shaping priorities and future direction. An early priority established by the Committee has been to develop a CASES definition of disability that recognises the complexity and diversity of lived experiences, while avoiding reliance on a single conceptual model of disability. The Committee is also progressing plans for a self-audit framework to support SIGs, Divisions, and wider CASES activity. The framework aims to encourage reflection on disability-related language, representation, accessibility, and areas for improvement or areas of notable disparity. By promoting inclusive practice and supporting organisational learning, this educational tool seeks to empower members across CASES. It also supports a key objective of the SIG which is to create evidence-based resources for inclusive practice to advance disability inclusion within CASES and the wider sport science community.

Environmental Extremes SIG

Dr Ash Willmott FCASES and Dr Neil Maxwell HonFCASES, Co-Convenors

Formed in early 2026, the Environmental Extremes Special Interest Group (EESIG) serves as a central hub for advancing research, applied practice, and knowledge sharing within CASES. Spanning core themes like heat/



CHAMPIONING OUR PROFESSION



cold stress, altitude, climate health, water safety, space, and air pollution, the EESIG unites researchers, practitioners, educators, and students. The Group achieved a key milestone by holding its inaugural member-informed meeting on 18 March 2026 (NB. 50+ members interested from UK and international representation) to gather foundational feedback. A subsequent steering committee meeting on 27 May 2026 successfully translated these inputs into priorities for a structured implementation plan. Short-term initiatives focus on establishing plans, promotion (e.g. via The Sport and Exercise Scientist) and encouraging members to get involved in initiatives. Medium-to-long-term goals target robust skills auditing / competency mapping, the stronger presence of environmental extremes across curricula and establishing a formal Environmental Extremes Accreditation / Certification path. Crucially, the EESIG is aligning with the Climate Action and Sustainability Advisory Group to connect environmental physiology with broader climate. Moving forward, we aim to champion

evidence-informed, inclusive practices, specifically addressing vulnerable populations, to safely protect individuals across extreme environments.

The Molecular Exercise Physiology (MEP) SIG

Dr Georgina Stebbings FCASES, Convenor

The Molecular Exercise Physiology Special Interest Group continues to provide a forum for researchers and practitioners with an interest in understanding the molecular mechanisms underpinning exercise adaptation, performance and health. Throughout the year, members have continued to make significant contributions to the field through research spanning a broad range of topics, reflecting the continued growth and diversity of molecular exercise physiology across sport, exercise and health.

A particularly exciting development for the SIG has been an invitation from Routledge to lead the development of a new textbook in Molecular Exercise Physiology. Building on the foundations established by previous leaders of the SIG and recognising the significant advances in the discipline over recent years, this project represents an opportunity to produce a contemporary resource that showcases the breadth of expertise within the CASES community. During the coming academic year, we will begin developing the proposal and will be inviting SIG members to contribute to what we hope will become a landmark resource for students, educators and researchers alike.

The year ahead will focus on strengthening engagement across the SIG and creating further opportunities for collaboration and knowledge exchange.

Neurodiversity in Sport and Exercise SIG

Dr Kristin McGinty-Minister and Dr Laura Swettenham, Co-Convenors

The Neurodiversity in Sport and Exercise Sciences SIG was founded in December 2025, co-convened by Dr Laura Swettenham and Dr Kristin McGinty-Minister. Our aim is to advance neuroaffirmative research and practice across sport and exercise sciences, promoting ethical, inclusive, evidence-based approaches that recognise neurodivergent athletes, practitioners, and trainees as integral to performance and well-being.

Early in the year, we circulated a survey to SIG members to help inform our future activities and ensure our programme reflects member needs and priorities going forward. We delivered a [satellite](#) session at the CASES Annual Conference, discussing neuroaffirmative practice within sporting spaces and introducing the SIG's mission, while inviting delegates to contribute to the SIG's priorities through discussion and feedback. It was fantastic to engage directly with CASES conference attendees, whose enthusiasm and insight reinforced the appetite for this work across the membership.



Looking ahead, we have planned an online CPD webinar for October 2026, offering members an accessible introduction to neuroaffirmative principles in practice. We have also been supporting CASES in ensuring its policies and guidelines are neurodiversity-affirming. As the interest in neurodiversity grows rapidly across sport and exercise domains, we're looking forward to developing further CPD and guidance for members in this space.

The Occupational Performance SIG (OPSIG)

Dr Mitch Lomax MCASES, Convenor

The OPSIG aims to promote evidence-based practice amongst those undertaking research and/or scientific support with occupational groups in physically demanding job roles. There are three core objectives supporting this aim (1) to cohere the scientific community (2) to support training and development of practitioners and (3) to enhance the scientific evidence base.

Below is a summary of activities undertaken within the last 12 months:

- A round-table discussion on 'Methods for assessing cognition in occupational groups', December 2025
- OPSIG AGM, February 2026
- May 2026 saw the first in a series of informal virtual coffee events for OPSIG members with the aim of facilitating networking opportunities and knowledge exchange

- Development of an OPSIG members' directory to facilitate networking between OPSIG members and to allow members to identify discipline specific experts/practitioners. This is hosted on the [OPSIG webpage](#)
- Developed a media communications strategy
- Sought CASES endorsement/advertising for the International Physical Employment Standards Conference, Ottawa, May 2028 and the International Congress of Soldiers' Physical Performance (ICSPP), Paris, June 2026. The CASES endorsement cost was prohibitive for ICSPP
- Registered interest at hosting an OPSIG session at the next CASES annual conference

Skill Acquisition Interest Group

Dr Malcolm Fairweather MCASES, Convenor

In September 2025, three members of the Skill Acquisition Interest Group (SAIG) Steering Committee provided an update to CASES Board. This update included present and future professional goals and intentions. The Board also received a paper entitled 'Expert consensus on skill acquisition in sport: A Delphi study. This paper has since been published in February 2026 in the Journal of Sports Sciences. The Board welcomed this information and related discussion exploring the contemporary skill acquisition professional landscape. At ESAN's (Expertise and Skill Acquisition Network) conference in September

2025, two of SAIG's Steering Group, Dr Ollie Runswick MCASES and Dr Malcolm Fairweather MCASES, were invited to present in a Skill Acquisition symposium session alongside Dr Phil Kearney (University of Limerick). SAIG and ESAN work closely and continuously across Skill Acquisition and CPD areas. The value and strength of this relationship was recognised by the Board during SAIG's update. Scottish Gymnastics have received educational support and professional upskilling through a self-engaged and remote support solution delivered and developed by the SAIG. Scottish Gymnastics have focused SAIG support upon cultural development and new coaching practice within national coaching. SAIG's support will continue into 2027, and this activity will inform future support for other sports and practitioners.

Sport, Exercise and Health Analytics SIG

Prof Tony Myers, Convenor

The Sport, Exercise, and Health Analytics Special Interest Group (SIG) has continued to support researchers, practitioners, educators, and students in the effective and critical use of data analysis within sport and exercise science. During the past year, Prof Tony Myers delivered sessions on artificial intelligence and research for Coventry University and Leeds Beckett University, exploring the opportunities, limitations, and responsible application of generative AI in research and data analysis. A further development was the publication on CRAN of powerbrmsINLA, an R package developed by Prof Myers for



Photo: Technical SIG Workshop Edinburgh June 26



Bayesian power and assurance-based sample-size calculations. The package is intended to support the sport and exercise science research community by providing accessible methods for study planning in a field where insufficiently powered studies can reduce the reliability, precision, and reproducibility of findings.

The SIG also appointed Dr Grace Tidmarsh as Social Media Liaison. Dr Tidmarsh established the CASES SIG Sport, Exercise, and Health Analytics LinkedIn page, which has grown to 175 followers and has supported wider engagement with the sport and exercise science community. Content has included a video series on generative AI and statistical analysis, a discussion of different interpretations of probability and their application in sport and exercise science, and a comparison of the benefits and limitations of different statistical software packages. SIG members have also continued their work examining the teaching of statistics within sport and exercise science. Building on the group's previous audit of UK undergraduate provision, this work is being extended through a

statistical literacy project involving colleagues from the Republic of Ireland and continental Europe. This project aims to develop a broader understanding of how statistical concepts are taught, understood, and applied across sport and exercise science programmes.

Technical Special Interest Group **Amelia Dingley MCASES and Ash Osborne, Co-Convenors**

The CASES Technical Special Interest Group (TSIG) has continued to grow significantly during 2025-2026, strengthening visibility, recognition, and support for technicians within sport and exercise sciences. Over the past year, the TSIG successfully hosted its inaugural

Photo: Technical SIG Workshop Edinburgh June 26



free [launch event](#), attracting more than 60 technicians and suppliers from across the sector. The event included over eight supplier stalls, raised more than £5,000 in sponsorship funding, and provided travel bursaries to improve accessibility and participation.

The SIG has expanded professional development opportunities through monthly educational webinars, informal coffee catch-ups, and newly funded Technical Skills Workshops in collaboration with Cranlea Human Performance and Qualisys, supported by TSN ROKS and The UK Institute for Technical Skills & Strategy. The first [workshop](#) in Edinburgh reached full capacity shortly after registration opened.

Additional achievements include supporting Registered Technician and Registered Scientist pathways, creation of fair attribution guidelines for CASES' adoption, securing technician representation on CASES groups, and influencing policy changes allowing technicians to become Lab Directors without requiring CASES accreditation. Looking ahead, the TSIG plans a TSIG takeover edition of The Sport and Exercise Scientist in 2027, alongside a mentoring programme, continued online workshops and coffee catchups, and further in-person technical skills workshops and networking events.

There are two other SIGs, [The Paediatric Exercise Science \(PES\) SIG](#), convened by Dr Ash Cox, and [Performance Analysis SIG](#), convened by Louis Langdown, whose updates were not available at the time of publication.

Partnerships:

CASES continues to engage and develop relationships with stakeholders in the UK and abroad, including the [International Confederation of Sport and Exercise Science Practice](#) (ICSESP). Dr Andrew Scott FCASES, the CASES nominated Director of the ICSESP, presented at the Norwegian Association for Health and Exercise Physiologists' national conference in Oslo in February, visiting community and hospital-based clinical exercise services. He was a co-author on the international professional standards for clinical exercise physiology that were published in Sports Medicine in March. The next stage of this project is to enhance portability of clinical exercise physiology professional registration between countries, clinical exercise physiology without borders. Members of CASES Accreditation Advisory Group were involved in the expert working group for auditing and developing international sport science professional standards to support the development and alignment of education and practice between nations. Dr Andrew Scott FCASES was a co-author on the manuscript for the audit of current standards that is in

the final stages of review in the Journal of Sports Sciences. The next stage of this project is the publication of the international sport science professional standards, with the aim of enhancing portability of sport science accreditations between countries, sport science also without borders. Dr Andrew Scott FCASES is a member of the ICSESP's steering committee for developing the international sport and exercise science professional standards to enhance and standardise the quality and occupational focus of such degrees. Professor Matthew Timmis FCASES and Dr Ian Sadler FCASES, the co-Chairs of the CASES Higher Education Endorsement Scheme Advisory Group, are supporting this project as members of the expert working group.

Relationships and developments continued with [American College of Sports Medicine](#), [Association for Applied Sport Psychology](#), [Association for Physical Education](#), [the Association of Colleges Sport](#), [Association of Chartered Physiotherapists in Cardiovascular Rehabilitation](#), [and the British Association for Cardiovascular Prevention and Rehabilitation](#), [British Association for Sustainable Sport](#), [British Dietetics Association](#), [British Psychological Society](#), Careers in Sport, [Clinical Exercise Physiology Association](#), [Canadian Society for Exercise Physiology](#), [Chartered Institute for the Management of Sport and Physical Activity](#), [Diabetes UK](#), [Exercise and Sport Science Australia](#), Expertise and Skill



Photo: World Sport Scientist Day 2026



Photo: UKAD Clean Sport Week 2026

Acquisition Network, Human Kinetics, [Football Medicine and Performance Association \(FMPA\)](#), [The Irish Sport and Exercise Sciences Association \(ISESA\)](#), [International Society for Performance Analysis of Sport](#), [International Society for Sports Psychology](#), [International Universities Strength and Conditioning Association](#), Keele University, Leaders In Sport, MIND, Newcastle United Football Club, Nutrition Society, Open University, [Pearson Education Limited](#), [the Physiological Society](#), [the Premier League](#), the Professional Footballers' Association, The Rugby Football Union (RFU), Sheffield Hallam University, [The Society of Sports Therapists](#), [Sport and Exercise Science New Zealand](#), Sport Northern Ireland, Sporting Edge, sportscotland Institute of Sport, Supporting Champions, UK Anti Doping, [The UK Sports Institute](#), UK Strength and Conditioning Association and Yakult.



CHAMPIONING OUR PROFESSION

Significant work has been done to maintain key existing strategic partnerships such as the Premier League and Home Country institutes and a new partnership with RFU have been developed and strengthened culminating in the development and delivery high-performance sport organisations networking event on day zero of the conference to support high-performance heads of service/department. Work has taken place with UKAD, Pearsons and The Physiological Society to renew existing MoUs. New partnerships have been formed with The Society of Sports Therapists, RFU and ISESA which will create more connection, collaborative CPD and research opportunities.

Representation:

CASES was represented at the following events:

- Prof Matthew Timmis FCASES and Dr Andy Scott FCASES - the QAA PSRB Forums in December and May respectively.
- Laura Wilson MCASES - the Nutrition Society's Annual Reception in January.
- Prof Andy Lane FCASES - the Science Council's Presidential round table event in April.
- Dr Mitch Finlay MCASES - the 2026 ISESA Conference in May.

Photo: CASES Division Chair Dr Mitch Finlay MCASES at the ISESA Conference 2026



- Bill Norton and Tom Reeve - the Technician Commitment Signatory Event and the UK Institute for Technical Skills & Strategy three-year impact report and celebration event in June.
- Dr Andy Smith MBE FCASES - the Science Council AGM and their AI and science workforce event in July.

CASES had a presence at the following events:

- Student Conference at Southampton Solent University, represented by James Wright MCASES in December.

- Sports, Allied Health, and Psychology Fair at St Mary's University, Twickenham, represented by John Pattison in February.
- Student Careers event at Nottingham Trent University, represented by Dr Caroline Sunderland FCASES in February.
- Student Careers event at University of Exeter, represented by Owen Tomlinson in February.
- Careers in Sport at Brentford FC Stadium, represented by Laura Perry from London Metropolitan University in March.
- Women+ in Sport International Women's Day career event, Leeds University, represented by the CASES operational team in March.
- CEP-UK Conference in Southampton, represented by Joanna Rycroft in May.



REPRESENTING OUR PEOPLE

REPRESENTING OUR PEOPLE



Strategic Objective 3: Improve representation of sport and exercise sciences by growing and diversifying a membership that is more reflective of society and the communities we serve:

Membership

Due to the ongoing global cost of living crisis, the Association saw a small reduction (6%) in its membership over the last year. The average total membership for the period (September 2025 - August 2026) was 2,450 compared to 2,573 in the previous 12 months. Positively, there has been a 13% increase in Affiliate members, ending the year at 35. There have been slight declines in the other membership

categories; Graduate down to 423 (-0.5%), Student down to 447 (-6%), Professional down to 1,358 (-7%), Overseas down to 42 (-10%).

The Annual General Meeting took place online on 12 November 2025. Members can access the minutes of the meeting and the accompanying slides via the [Governance area of our website](#). The 2026 AGM will take place at 4:30 pm on Wednesday 11 November 2026. CASES Chair, Prof Zoe Knowles FCASES will deliver a short

presentation outlining the Association's activities over the last 12 months. Members of the Board will attend the meeting. Details will be shared with members in due course.

In October 2022, the Association [applied to the HMRC](#) and was included on the [list of professional organisations and learned societies](#) so eligible members can claim tax relief on their fees or subscriptions.

Photo: CASES Conference 2026



REPRESENTING OUR PEOPLE



Values, Commitment and Behaviours

Members continue to strive to align their work to the CASES Values, Commitments and Behaviours, details of which can be found [here](#). There is now a short section within application forms (Grant and Awards applications; Accreditation / Endorsement programmes, Fellowship applications, etc.) on how members are committed to and living the CASES' values.

FAIRNESS



PROFESSIONALISM



HONESTY



RESPONSIBILITY



EXCELLENCE



Member recruitment:

CASES has collaborated with Careers in Sport Live to have a presence at their large-scale careers' events for 14- to 19-year-olds. Work has continued with Pearsons and AoC to increase CASES' reach within education and FE. Feedback and support have been sought from both of these organisations in the development of the new CASES Careers Guide. Working with the CASES Technical Special Interest Group and as a signatory organisation of the Technician Commitment, CASES has promoted the technician role, specialist technical launch events and workshops within the Association to non-member sport and exercise science technicians. This area of work continues to grow and is a key part of the Association's marketing plan to reach new members.

Work continues to review, update and promote current [member benefits](#).





Member retention:

2026 Conference

More than 350 delegates, presenters, speakers and exhibitors attended the reimagined [CASES Conference 2026](#) at Manchester Metropolitan University on the 3-4 June, which combined the student and professional conferences.

The event attracted over 200 abstract submissions from students, early career researchers and professionals resulting in over 150 presentations across the two days. The event also included practical sessions, keynote speeches and discussions from a high-profile and hugely respected selection of

Photo: Gregg Stevenson MBE and Dame Sarah Storey DBE at CASES Conference 2026



sport and exercise science figures along with networking, social event and a run/walk/wheel event.

The Association's inaugural Medal of Achievement winner, Professor Stuart Biddle HonFCASES travelled from Australia to receive the award and present his career history to a packed lecture theatre. Delegates were treated to opening keynote sessions from Professor Larissa Davies, Professor Richard Bracken and Professor Patrick Doherty on Exercise, prevention and rehabilitation.

The final day concluded with a keynote session featuring Paralympic stars Dame Sarah Storey DBE and Gregg Stevenson MBE and Prof Tim Cable on 'Insights from Elite Sport and High-Performance Cultures'.

Photo: CASES Conference 2026



Fellows' engagement

Fellows' online meetings took place in December. Lots of information was shared, and there were several requests for Fellows' support to advance the operational plan projects.

REPRESENTING OUR PEOPLE



The Sport and Exercise Scientist

The Sport and Exercise Scientist (TSES) remains the #1 member-benefit for CASES members. This year, we have seen an increase in articles from first time contributors, as well as an increase in the total number of articles submitted. This increase in submissions, whilst also maintaining the quality of the submissions, is one indicator of the value members place on TSES. The range of article proposals being received for the publication also demonstrates the depth and breadth of interest. The feature articles have continued to thrive, with submissions received for all feature articles. The newly introduced teaching and learning, and historical perspectives features have now fully taken root and are well-received. We would be particularly keen to hear from people who would like to contribute to the real-world feature during 2027. Please email editor@cases.org.uk.

We still have room to develop the type of submissions to maximise the benefit of the digital version. Despite the [guidelines](#) being produced and promoted, we have yet to receive any video article or video advert submissions. Suggestions have also been made regarding the use of infographics or short author summaries. We have promoted the digital version of TSES over different social and professional media platforms. A minimal amount of member feedback has indicated that TSES has become another hyperlink in an

e-mail mailshot, which decreases the chances that they will read the e-mail, see the link, and click on it to read. The social and professional media promotion is designed to facilitate engagement with the readership. We have also more widely promoted the Expert Statements and Editor's Choice articles in the same way, and the impact of this will be monitored with the MarComms team at an appropriate date. Since last year, downloads are at stable and consistent levels, as well as there being significant discussion of articles across professional and social media platforms. We are keen to explore moving to promotional campaign-based release of TSES, aligning article promotion with, for example, current events or policy developments.

To facilitate future opportunities, we are keen to explore ways of making TSES accessible for the full range of membership. How can we encourage further contributions from the full range of members – from students to Fellows – and continue to increase the value of TSES for members. Suggestions have included aligning TSES more formally as a CPD resource to support Accreditation and SEPAR pathways, embedding reflective questions within articles, and encouraging authors to include social or professional media profiles as part of their author information. We are also very keen to explore how more experienced members can mentor or sponsor student or early-career members to publish with TSES. Finally, the notion of a fifth issue of TSES per year has

been discussed, to create further opportunities for members to contribute to TSES. We are keen to receive further feedback from members regarding TSES so that we can continue to ensure it remains the main member benefit and encourage all members to engage with the feedback processes available so that views can be used to inform strategic decisions. Thank you to everybody who has contributed to TSES via submitting articles, and via discussion and debate, and we look forward to working with the membership moving forward.



Photo: TSES Cover 2026

REPRESENTING OUR PEOPLE



Photo: CASES Careers Guide 2026



Resources

The Taylor & Francis Group publishes the [Journal of Sports Sciences \(JSS\)](#) in affiliation with CASES. In 2025, JSS published 144 research articles in volume and received over 1.7 million downloads/views. The Journal's

Impact Factor (2025) is 3.1, and the CiteScore (2025) is 4.4. The Journal's metrics tab can be viewed [here](#).

The [CASES Career Guide](#): A Guide to Careers in Sport and Exercise Science was updated and launched in August 2026. The 60-page 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. For the version launched in 2024, the hits and downloads of the full guide in the member-only website was 3,658 and hits and downloads of the non-member version was 49,222.

Social Media

CASES continues to grow its social media presence. As of August 2026, CASES has 14,992 LinkedIn members (+17.5% versus August 2025), 4,160 Instagram followers (+5.5%), 6,074 Facebook likes (-0.3%), and 30,457 X followers (-2.3%).



Photo: LinkedIn Post Eilish McColgan 2026

REPRESENTING OUR PEOPLE



Finance

CASES reported a surplus of £21,329 for the year ended 31 March 2026, driven by an increase in general income, including significant SEPAR registrations, and a reduction in general expenditure over the previous year. The Board regularly monitors its Risk Register and continues to consider contingencies and mitigating action if income streams are impacted.

CASES 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 2026 were £471,338, which is above the 'Reserves Policy' of at least £215,000, which was approved by the Board on 13 May 2026. The Board continued to invest in new initiatives for the benefit of members, whilst also being cognisant of the requirements of the Charter to maintain a certain minimum level of reserves to cover operating costs.

Annual Donation

A [£100 donation](#), on behalf of the Association, was given to the [Rob Burrow Centre for Motor Neurone Disease](#), in December 2025, in lieu of sending festive greeting cards.

Corporate Sponsorship

CASES is keen to enhance the promotion of the Association through obtaining corporate sponsorships and commercial opportunities. We are keen to attract new commercial opportunities and to sustain the support from existing commercial opportunities, which would ultimately benefit the membership. In March, [HaB Direct](#), a UK and Ireland leading supplier of sport and exercise science equipment, extended its Bronze commercial partnership for a further year. Details of current gold, silver and bronze sponsorship packages can be found [here](#). If members have any contacts that could help in this area, please email enquiries@cases.org.uk.



Photo: HaB Direct Commercial Partners 2026

GOVERNANCE STRUCTURE AND POLICY REVIEW



Governance Structure

The Governance Structure and Terms of Reference document can be found [here](#).

The Board continues to share an overview of each Board meeting, and overviews of the Board meetings since 2022 can be found on the [Governance page](#) of the website, within the 'Board meeting updates' section.

Policy review

Significant work took place this year to review several key policies and documents. The current documents are on the CASES website and can be viewed [here](#) (within the "CASES Policies" section).

Composition: Board, Standing Committees and Advisory Groups (as of August 2026)

Board

Prof Zoe Knowles FCASES (Chair), Dr Mitch Finlay MCASES (Deputy Chair), Dr Daniel Bailey HonFCASES, Chris Davison (Non-Executive Director), Dr Trish Jackman FCASES, Prof Mel Leggate, Dr Andrew Mitchell HonFCASES, Dr Helen Rippon (Non-Executive Director), Dr Alan Ruddock FCASES, James Tugwell (Non-Executive Director), Susan Went (Senior Non-Executive Director).

CASES Operations Team (1.0 FTE unless otherwise stated)

Jane Bairstow, Senior Administration Officer (0.6), Mubusheerah (Mubz) Shaikh, Administrative Officer and MarComms Assistant, Lucy Davies, MarComms Manager (0.8), Jane Gillott, SEPAR Officer, Sue Watson, Head of Operations (0.8), Ian Wilson, Chief Executive Officer, Alex Windwood, Professional Standards Officer (0.8).

Standing Committees:

Division of Biomechanics and Motor Behaviour

Dr Andrew Mitchell FBASES (Chair), Prof Athanassios Bissas, Dr Theodoros Bampouras, Dr Romanda Dillon; Dr Lauren Forsyth, Diana Soares.

Division of Physical Activity for Health

Dr Daniel Bailey HonFCASES (Chair), Dr Miranda Armstrong, Dr Sophie Carter MCASES, Mya Lee-Amies, Dr Anna Myers, Hayley Mills, Annabelle Skidmore, Dr Stephanie Stockwell.

Division of Physiology and Nutrition

Dr Alan Ruddock FCASES (Chair), Dr Nicola Arjomandkhah, Dr Andy Galbraith MCASES, Lily Matthias, Victoria Tidmas, Dr Laura Wilson MCASES.

Division of Psychology

Dr Patricia Jackman FCASES (Chair), Manisha Aggarwal, Dandya Chen, William Dodd, Erin Donoghue, Dr Leighton Jones MCASES, Richard Simpson.

Division of Sport and Performance

Dr Mitch Finlay MCASES (Chair), Issam

Charama, Dr Ross Cloak, Dr Matthew Ellis, Dr Christopher Kirk FCASES, Dr Christina Langley, Dr Patrick Mannix, Josh Till.

Division of Teaching and Learning Enhancement

Prof Mel Leggate (Chair), Dr Eddie Bradley MCASES, Dr Kath Burgess MCASES, Dr Katie Dray MCASES, Neil Guthrie, Dr Jackie Hargreaves, Dr Mykolas Kavaliauskas MCASES, Dr Daniel Low MCASES, Dr Sarah Powell MCASES, Dr Ian Sadler FCASES, Prof Matthew Timmis FCASES, Dr Daniel Tinnion, Dr Christopher Vine MCASES, and Dr Sandy Wilson.

Finance and Risk Committee

James Tugwell (Chair), Chris Davison, Dr Helen Rippon, Ian Wilson.

Governance Committee

Susan Went (Chair), Dr Richard Buscombe MCASES, Dr Andrew Mitchell HonFCASES, Dr Helen Rippon, and Dr Tori Sprung.

Human Resources, Appointments and Remuneration Committee

Prof Zoe Knowles FCASES (Chair), Dr Mitch Finlay MCASES, Dr Helen Rippon, Susan Went.

Learning and Development Committee

Dr Daniel Bailey HonFCASES (Chair), Prof Lindsay Bottoms FCASES, Dr Adam Gledhill FCASES, Dr Adam Grainger FCASES, Dr Alan Ruddock FCASES.

Professional Standards Committee

Dr Trish Jackman FCASES (Chair), Dr Mitch Finlay MCASES, Dr David Green MCASES, Dr Paul Jones FCASES, Dr Robert Morris FCASES, Dr James Newman, Dr Matthew Timmis FCASES, Dr Ian Sadler FCASES.

GOVERNANCE STRUCTURE AND POLICY REVIEW



Stakeholder Committee

James Tugwell (Chair), Dr Matthew Ellis, Dr Martyn Morris MCASES, Dr Alan Ruddock FCASES, Victoria Tidmas, Ian Wilson.

Advisory Groups / Panels:

*CASES operational staff

Accreditation Advisory Group

Dr Paul Jones FCASES, (Chair), Chris Barnes FCASES, Dr Gary Brickley FCASES, Dr Tom Clifford MCASES, Thomas Craig MCASES, Dr Sarah Gilchrist FCASES, Dr Mary-Margaret Meade, Dr Ian Sadler FCASES, Prof John Saxton FCASES, Jonathan Taylor MCASES, Alex Windwood*, Dr Matthew Wright MCASES.

Awards Advisory Group

Dr Lee Taylor MCASES (Chair), Jane Bairstow*, Prof Alan Barker HonFCASES, Sarah Coakley, Dr Andy Galbraith MCASES, Dr Anastasiya Khomutova, Prof Andy Lane FCASES, Prof Lars McNaughton FCASES.

Artificial Intelligence Advisory Group

Dr Andy Smith MBE FCASES (Chair), Dr Eddie Bradley MCASES, Tim Donovan, Prof Joanne Hudson FCASES, Abdullah Khalid, Dr Sarah Powell MCASES, Dr Clare Strongman, Dr Mark White, Ian Wilson*.

Climate Action and Sustainability Advisory Group

Dr Ash Willmott FCASES (Chair), Dr Mia Burleigh MCASES, Dr Bryna Christmas MCASES, Romain Denis MCASES, Louise Ellis MCASES, Dr Andrew Garrett, Dr Lee Graves, Dr Carl James

MCASES, Dr Stephen Mears, Dr Jessica Mee MCASES, Ian Wilson*, Dr Julia Zakrzewski-Fruer.

Clinical Exercise Physiology UK Group

Prof Helen Jones (Chair), Matthew Annals TechCASES, Dr Chris Askew, Dr Stefan Birkett, Dr Lisa Board FCASES, Prof David Broom HonFCASES, Prof John Buckley HonFCASES, Prof Anna Campbell, Anthony Crozier, Prof Keith George HonFCASES, Prof Daniel Green, Dr Amy Harwood, Prof Sandy Jack, Dr Gordon McGregor, Dr Gemma Miller, Joanna Rycroft, Dr Andrew Scott FCASES, Lizanne Steenkamp.

Conference Scientific Planning Group

Dr Adam Grainger FCASES, (Chair), Dr Dan Bailey HonFCASES, Dr Theodoros Bampouras, Prof Lindsay Bottoms FCASES, Dr Richard Buscombe, Prof Tim Cable, Prof John Dickinson FCASES, Dr Tracy Donachie, Dr Mike Price HonFCASES, Dr Georgina Stebbings FCASES, Victoria Tidmas, Sue Watson*, Ian Wilson*.

Continuing Professional Development (CPD) Advisory Group

Dr Kath Burgess MCASES (Chair), Manisha Aggarwal, Dr Christopher Kirk FCASES, Dr Andy Miles HonFCASES, Hayley Mills, Dr Laura Wilson MCASES, Alex Windwood.

Equity, Diversity and Inclusion Advisory Group

Dr Richard Buscombe MCASES and Dr Tori Sprung (Co-Chairs), Gayatri Bhushan, Dr Romanda Dillon, Dr Emily Hansell, Dr Laura Johnson MCASES, Dr Eleri Jones MCASES, Ian Wilson*, Alex Windwood*, Oriana Wong.

Expert Statement Advisory Group

Prof Lindsay Bottoms FCASES (Chair), Jane Bairstow*, Dr Valerie Gladwell, Dr Matt Jewiss, Dr Daniel Low MCASES, Prof Craig Twist FCASES.

HE Endorsement Scheme Advisory Group

Dr Ian Sadler FCASES and Dr Matthew Timmis FCASES (Co-chairs), Dr Lisa Board FCASES, Dr Katherine Burgess MCASES, Dr Charlotte Chandler, Dr Katie Dray MCASES, Dr Adam Gledhill FCASES, Dr Denise Hill FCASES, Prof Mel Leggate, Dr Kelly Marrin MCASES, Dr Helen Matthews, Dr Emma Neupert MCASES, Dr Sarah Powell MCASES, Alex Windwood*.

Heads of Department Advisory Group

Dr Martyn Morris MCASES, (Chair), Dr Stewart Bruce-Low MCASES, Dr Jessica Hill MCASES, Steve Hunter MCASES, Dr Clare Pheasey FCASES, Sue Watson*.

High Performance Sport Accreditation Advisory Group

Chris Barnes FCASES, Dr Malcolm Fairweather MCASES, Esther Goldsmith, Dr Matthew Green FCASES, Dr Andrew Murray FCASES, Kevin Paxton MCASES, Dr Matthew Taberner MCASES, Alex Windwood*.

Integrity Advisory Group

Dr James Newman (Chair), Prof Sue Backhouse HonFCASES, Dr Neil Chester, Dr Phil Clarke MCASES, Dr Emma Kavanagh FCASES, Phillip Heritage MCASES, Jinal Mehta, Dr Andy Miles HonFCASES, Niall Murphy, James Platt, Jack Sharkey MCASES, Ian Wilson*, Alex Windwood*.

GOVERNANCE STRUCTURE AND POLICY REVIEW



Journal of Sports Sciences Editorial Board

Prof A Mark Williams HonFBASES (Editor-in-Chief), Dr Grant Abt HonFCASES, Dr Sarah Aldred, Dr Paul Appleton, Prof Colin Boreham HonFCASES, Franck Brocherie, Prof Gareth Davison, Dr Massimiliano Ditroilo, Prof Michael Duncan FCASES, Dr Tim Exell, Prof Samantha Fawcner, Dr David Fletcher, Prof Jason Gill HonFCASES, Olivier Girard, Prof Stuart Gray, Robin Jackson, Simon Jobson, Prof Melitta McNarry, Daniel Memmert, Jean-Benoît Morin, Dr Andrew Murray FCASES, Dr Michalis Nikolaidis, Dr Jamie North, Dr Mark Robinson, Dr Caroline Sunderland FCASES, Paul Swinton, Prof Craig Twist FCASES, Pieter Van den Berghe, Prof Natalie Vanicek, Prof Eric Wallace.

Laboratory Endorsement Advisory Group

Dr David Green MCASES (Chair), Dr Chelsea Batty MCASES, Romain Denis MCASES, Dr Sarah Gilchrist FCASES, Prof Glyn Howatson FCASES, Prof Andy Jones HonFCASES, Dr Charles Pedlar HonFCASES, Dr Jamie Pringle, Nicola Rawlinson, Dr Rhys Thatcher FCASES, Alex Windwood*.

Membership Rep Advisory Group

Dr Matthew Ellis (Chair), Dr Nicola Arjomandkhah, Dr Theodoros Bampouras, Lucy Davies*, William Donald, Dr Stephanie Stockwell, Dr Sandy Wilson.

Outreach Panel

Prof John Dickinson FCASES (Chair), Lewis Davies, Mastveer Ghatahora, Dr Lynsey James MCASES, Dr James Johnstone MCASES, Dr Emma Mosley MCASES, Dr Savannah Sturridge, Ian Wilson*, Dr James Wright MCASES.

Policy and Advocacy Advisory Group

Prof Kiara Lewis FCASES (Chair), Prof Lynne Boddy FCASES, Prof David Broom HonFCASES, Dr Rita de Oliveira, Prof John Dickinson FCASES, Dr Mark Faghy FCASES, Dr Mark Ross, Dr Lauren Struszcak, Ian Wilson*.

Sport & Exercise Psychology Accreditation Route Advisory Group

Dr Robert Morris FCASES (Chair), Dr Danielle Adams Norenberg, Simon Crampton, Mark Eastup**, Dr Misia Gervis, Jane Gillott*, Prof Chris Harwood HonFCASES, Dr Denise Hill FCASES, Dr Karen Howells, Dr Patricia Jackman FCASES, Dr Nichola Kentzer, Berta Kreišmontaitė, Anna Leishman**, Dr Hayley McEwan, Dr Claire Rossato, Dr Paula Watson.

**External Examiners

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

Dr James Newman (Chair), Dr Robert Morris FCASES, Dr Patricia Jackman FCASES, Ian Wilson.

Student Advisory Group

Victoria Tidmas (Chair), Issam Charama, Dandya Chen, Lucy Davies*, Erin Donoghue, Mya Lee-Amies, Dr Patrick Mannix, Lily Matthias, Annabelle Skidmore, Dr Diana Soares, Josh Till.

The Sport and Exercise Scientist Editorial Advisory Group

Dr Adam Gledhill FCASES (Editor), Prof Lynne Boddy FCASES, Dr Eddie Bradley MCASES, Dr

Richard Buscombe MCASES, Dr Neil Clarke FCASES, Dr Lauren Forsyth, Dr Paul Gorczynski, Dr Christopher Kirk FCASES, Prof Kiara Lewis FCASES, Dr Robert McCunn MCASES, Dr Shaun McLaren MCASES, Dr Claire Rossato, Dr Jonathan Taylor MCASES, Gavin Thomas MCASES, Dr Tori Sprung

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



ACKNOWLEDGEMENTS

Acknowledgements

The success of CASES relies heavily on members responding to calls for engagement 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.

Designed by

Creative Dots

www.creativedots.co.uk

kate@creativedots.co.uk

CASES is a Royal Charter Company registered in the UK whose Company Number is 5385834 / RC000942.

Copyright © CASES, 2026



The Chartered Association of Sport and Exercise Sciences Limited previously known as The British Association of Sport and Exercise Sciences

Report of the Directors and Unaudited Financial Statements for the Year Ended 31 March 2026

Contents of the Financial Statements

	Page
Report of the Directors	51-52
Income and Expenditure Account	53
Balance Sheet	54
Statement of Changes in Equity	55
Notes to the Financial Statements	56-59
Chartered Accountants' Report	60
Detailed Income and Expenditure Account	61-63

**The Chartered Association of Sport and Exercise Sciences Limited**

previously known as The British Association of Sport and Exercise Sciences

Report of the Directors for the Year Ended 31 March 2026

The directors present their report with the financial statements of the company for the year ended 31 March 2026.

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 2025 to the date of this report.

Prof Z Knowles FCASES (Chair)

Ms S Went (Senior Non-Executive Director)

Mr J O Tugwell

Dr A C S Mitchell HonFCASES

Dr H J Rippon

Dr D Bailey HonFCASES

Mr C A Davison (Finance Director)

Mr M J Finlay MCASES (Deputy Chair)

Dr A D Ruddock FCASES

Other changes in directors holding office are as follows:

Dr A E Whitehead – resigned 13 June 2025

Dr P C Jackman FCASES – appointed 11 July 2025

Dr M Cairns (Leggate) – appointed 1 March 2026

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.



The Chartered Association of Sport and Exercise Sciences Limited

previously known as The British Association of Sport and Exercise Sciences

Report of the Directors for the Year Ended 31 March 2026

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.

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 Z Knowles FCASES - Director

22 July 2026



The Chartered Association of Sport and Exercise Sciences Limited
previously known as The British Association of Sport and Exercise Sciences

Report of the Directors for the Year Ended 31 March 2026

	Notes	2026 £	2025 £
INCOME	3	595,067	535,771
Expenditure		226,116	198,724
GROSS SURPLUS		368,951	337,047
Office expenses		359,839	325,253
		9,112	11,794
Other operating income		1,375	871
OPERATING SURPLUS		10,487	12,665
Interest receivable and similar income		13,717	16,010
		24,204	28,675
Interest payable and similar expenses		13	-
SURPLUS BEFORE TAXATION		24,191	28,675
Tax on surplus		2,862	3,261
SURPLUS FOR THE FINANCIAL YEAR		21,329	25,414



The Chartered Association of Sport and Exercise Sciences Limited
previously known as The British Association of Sport and Exercise Sciences

Balance Sheet 31 March 2026

	Notes	2026		2025	
		£	£	£	£
FIXED ASSETS					
Tangible assets	5		1,094		1,016
CURRENT ASSETS					
Debtors	6	58,764		84,274	
Investments	7	505,939		-	
Cash at bank and in hand		<u>222,464</u>		<u>657,203</u>	
		787,167		741,477	
CREDITORS					
Amounts falling due within one year	8	<u>316,923</u>		<u>292,484</u>	
NET CURRENT ASSETS			<u>470,244</u>		<u>448,993</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>471,338</u>		<u>450,009</u>
RESERVES					
Income and expenditure account			<u>471,338</u>		<u>450,009</u>
			<u>471,338</u>		<u>450,009</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2026.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2026 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

(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 22 July 2026 and were signed on its behalf by:

Prof Z Knowles - Director



The Chartered Association of Sport and Exercise Sciences Limited
previously known as The British Association of Sport and Exercise Sciences

Statement of Changes in Equity for the Year Ended 31 March 2026

	Retained earnings	Total equity
	£	£
Balance at 1 April 2024	424,595	424,595
Changes in equity		
Total comprehensive income	25,414	25,414
Balance at 31 March 2025	<u>450,009</u>	<u>450,009</u>
Changes in equity		
Total comprehensive income	21,329	21,329
Balance at 31 March 2026	<u><u>471,338</u></u>	<u><u>471,338</u></u>



The Chartered Association of Sport and Exercise Sciences Limited

previously known as The British Association of Sport and Exercise Sciences

Notes to the Financial Statements for the Year Ended 31 March 2026

1. STATUTORY INFORMATION

The Chartered Association of Sport and Exercise Sciences Limited 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

The following fees are recognised in the income and expenditure account over the period of the membership or course:

- Membership fees
- Sport and Exercise Psychology Accreditation Route (SEPAR fees)
- Course Finder
- Undergraduate Endorsement Scheme
- Postgraduate SEPAR Endorsement Scheme
- Postgraduate Endorsement Scheme

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

continued...



The Chartered Association of Sport and Exercise Sciences Limited

previously known as The British Association of Sport and Exercise Sciences

Notes to the Financial Statements for the Year Ended 31 March 2026

2. ACCOUNTING POLICIES – *continued*

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% on cost (software) and 50% on cost (equipment)

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.

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.

continued...



The Chartered Association of Sport and Exercise Sciences Limited

previously known as The British Association of Sport and Exercise Sciences

Notes to the Financial Statements for the Year Ended 31 March 2026

2. ACCOUNTING POLICIES – continued

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.

Current asset investment

Current asset investments comprises of fixed term bank deposits recognised at the initial transaction price.

3. INCOME

The company's income is mainly derived from membership fees and from application fees for SEPAR. This income is recognised in the income and expenditure account over the period of the membership or course.

Membership fees	2026	2025	2024
	£	£	£
Deferred income b/fwd	83,217	88,794	89,772
Receipts in the year	196,579	191,677	187,427
Deferred income c/fwd	(60,505)	(83,217)	(88,794)
Income per accounts	<u>219,291</u>	<u>197,254</u>	<u>188,405</u>

SEPAR fees	2026	2025	2024
	£	£	£
Deferred income b/fwd	65,215	41,075	64,040
Accrued income b/fwd	(16,555)	(13,607)	(6,543)
Receipts in the year	273,500	239,875	153,599
Accrued income c/fwd	22,776	16,555	13,607
Deferred income c/fwd	(91,281)	(65,215)	(41,075)
Income per accounts	<u>253,655</u>	<u>218,683</u>	<u>183,628</u>

4. EMPLOYEES AND DIRECTORS

The average number of employees during the year was 7 (2025 – 8).

continued...



The Chartered Association of Sport and Exercise Sciences Limited

previously known as The British Association of Sport and Exercise Sciences

Notes to the Financial Statements for the Year Ended 31 March 2026

5. TANGIBLE FIXED ASSETS

	Fixtures, fittings and computer equipment
COST	£
At 1 April 2025	31,336
Additions	1,224
Disposals	(1,382)
At 31 March 2026	<u>31,178</u>
DEPRECIATION	
At 1 April 2025	30,320
Charge for year	1,146
Eliminated on disposal	(1,382)
At 31 March 2026	<u>30,084</u>
NET BOOK VALUE	
At 31 March 2026	<u>1,094</u>
At 31 March 2025	<u>1,016</u>

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2026	2025
	£	£
Trade debtors	13,780	49,956
Prepayments and accrued income	44,984	34,318
	<u>58,764</u>	<u>84,274</u>

7. CURRENT ASSET INVESTMENTS

Other	2026	2025
	£	£
	<u>505,939</u>	<u>-</u>

Current asset investments comprises of fixed term bank deposits recognised at the initial transaction price.

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2026	2025
	£	£
Trade creditors	10,285	1,366
Tax	2,862	3,207
Social security and other taxes	6,246	4,992
VAT	4,950	3,222
Other creditors	11,310	8,057
Accruals and deferred income	281,270	271,640
	<u>316,923</u>	<u>292,484</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.

**The Chartered Association of Sport and Exercise Sciences Limited**

previously known as The British Association of Sport and Exercise Sciences

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

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 Chartered Association of Sport and Exercise Sciences Limited for the year ended 31 March 2026 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 Chartered Association of Sport and Exercise Sciences Limited, 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 Chartered Association of Sport and Exercise Sciences Limited and state those matters that we have agreed to state to the Board of Directors of The Chartered Association of Sport and Exercise Sciences Limited, 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 Chartered Association of Sport and Exercise Sciences Limited and its Board of Directors, as a body, for our work or for this report.

It is your duty to ensure that The Chartered Association of Sport and Exercise Sciences Limited 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 Chartered Association of Sport and Exercise Sciences Limited. You consider that The Chartered Association of Sport and Exercise Sciences Limited 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 Chartered Association of Sport and Exercise Sciences Limited. 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 statements.

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

23 July 2026



The Chartered Association of Sport and Exercise Sciences Limited

previously known as The British Association of Sport and Exercise Sciences

Detailed Income and Expenditure Account for the Year Ended 31 March 2026

	2026		2025			2026	2025
	£	£	£	£		£	£
Income					Expenditure		
Membership	219,291		197,254		The Sport and Exercise		
Job Advertising	5,840		6,253		Scientist	12,800	10,728
The Sport and Exercise					Workshops	1,873	4,005
Scientist	1,608		4,666		Conferences	-	15,455
Workshops	4,172		9,495		Endorsement Schemes	12,120	1,440
Conferences	-		4,636		Accreditation	10,681	9,584
Sponsorship	7,558		9,329		Supervised Experience	6,500	5,928
Course Finder	-		575		Consultancy	13,750	8,310
Endorsement Schemes	27,124		21,868		Conference Grants	-	1,150
Accreditation	20,063		19,764		Career Development Grants	5,235	4,959
Supervised Experience	15,849		17,041		Expert Statement Grants	1,729	4,314
Journal of Sports Sciences	10,000		10,000		Awards	(431)	1,049
Publications and Other	166		286		Heads of Department Forum	-	508
Chartered Scientist -					Public Relations and		
Administration Fee	101		7,214		Marketing	7,192	4,477
Division Income	6,416		333		Division Expenditure	7,757	2,035
Other Advertising	-		4,550		SEPAR	123,114	96,176
SEPAR	253,655		218,683		Other Advertising	-	3,763
HoD Forum - Sponsorship	-		2,575		Targeted Projects	3,211	-
Exercise Science Certified					Outreach Project Team	2,000	-
Practitioner	296		307		Clinical Exercise Physiology		
CEP-UK Projects	18,078		942		Manager	2,500	11,250
Technical Special Interest					CEP-UK Projects	12,792	942
Group	4,850		-		EDI Professional Development		
					and Membership Programme	-	2,773
		595,067		535,771			

This page does not form part of the statutory financial statements



The Chartered Association of Sport and Exercise Sciences Limited

previously known as The British Association of Sport and Exercise Sciences

Detailed Income and Expenditure Account for the Year Ended 31 March 2026

	2026		2025			2026		2025	
	£	£	£	£		£	£	£	£
Charter Incorporation	-		9,878		Offices expenses				
Technical Special Interest Group	3,293		-		Rent and Utilities	(3,650)		3,650	
		226,115		198,724	Directors' Salaries	-		36,135	
GROSS SURPLUS		368,951		337,047	Directors' Social Security	-		3,731	
					Directors' Pensions	-		2,168	
Other income					Salaries and National Insurance	250,558		202,303	
Sundry Receipts	1,375		871		Pensions	13,895		11,349	
Deposit Account Interest	13,690		16,010		Telephone and Internet	297		277	
Corporation Tax Interest	27		-		Printing, Postage and Stationery	587		706	
		15,092		16,881	Computer Support and Maintenance	20,464		18,169	
		384,043		353,928	Insurance	772		836	
					Meeting Expenses and Travel Costs	3,759		4,186	
					Sundry Expenses	2,138		2,024	
					Subscriptions	6,280		5,508	
					Training and Development	6,305		1,000	
					Legal, Professional and Accountancy	32,125		15,651	
					Irrecoverable VAT	15,472		6,056	
							349,002		313,749
					Carried forward	35,041		40,179	



The Chartered Association of Sport and Exercise Sciences Limited
previously known as The British Association of Sport and Exercise Sciences

Detailed Income and Expenditure Account for the Year Ended 31 March 2026

	2026		2025	
	£	£	£	£
Brought forward		35,041		40,179
Finance costs				
Bank Charges and Interest	9,691		10,362	
Corporation Tax Interest	<u>13</u>		<u>-</u>	
		9,704		10,362
		<u>25,337</u>		<u>29,817</u>
Depreciation				
Fixtures and Fittings	20		16	
Computer Software and Equipment	<u>1,126</u>		<u>1,126</u>	
		1,146		1,142
NET SURPLUS		<u><u>24,191</u></u>		<u><u>28,675</u></u>