



ANNUAL REPORT

1999–2000

THE BRITISH
ASSOCIATION
OF SPORT AND
EXERCISE
SCIENCES





BASES Aims

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

What does BASES do?

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

BASES Executive Committee 1999/2000

Elected Officers of the Association

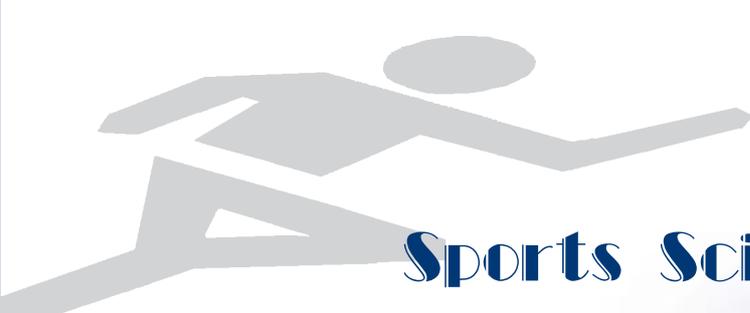
Chair	Dr Andy Smith	a.smith@ucrysj.ac.uk
Secretary	Prof Ian Maynard	i.w.Maynard@shu.ac.uk
Treasurer	Mr Andy Borrie	a.g.borrie@livjm.ac.uk

Section Representatives Elected Officers

Chair of Biomechanics Section	Dr Carl Payton	c.payton@mmu.ac.uk
Chair of Interdisciplinary Section	Mrs Diane Crone-Grant	dcrgrant@chelt.ac.uk
Chair of Physiology Section	Dr Andy Jones	a.m.jones@mmu.ac.uk
Chair of Psychology Section	Prof Nanette Mutrie	n.mutrie@bio.gla.ac.uk

Bases Office

Development Officer	Mr Jeremy Cooper	jcooper@bases.u-net.com
Senior Office Administrator	Miss Jane Bairstow	jane@bases.u-net.com
CPD Officer	Mr Ian Le Page	ian@bases.ndo.co.uk



Sports Science Report

The last four years has seen sport in the UK go through a dramatic period of change. At times the process of change has caused some ambiguity as the details of the formation of the UKSI and the Home Counties Institutions of Sport and their associated National Network Centres have been worked through. This process of change set a series of challenges for NGBs in relation to their World Class Performance and Potential Start Plans, which in turn had important consequences for Sports Scientists. It was within this context that the Sports Science Special Committee has been working to help ensure that athletes received the best possible sports science services. As this report goes to press there is cause for optimism with the appointment of a series of new posts within both the UKSI and Home Counties Network. As we move from a period of much needed change to one of consolidation and delivery BASES looks forward to working with all concerned to help develop the future of sport in the UK.

UK Sport grant allocation

At a meeting held on 17 April 2000 the UK Awards Panel of UK Sport gave consideration to BASES Forward Plan for 2000/2001. The recommendation of the panel, which was subsequently ratified by UK Sport at its meeting held on 8 May, was to offer BASES a grant of £20,000 in support of its work programme, core activities and infrastructure for the period 1 April – 31 March 2001. A further provisional award of £7,500 has been put aside to resource some project-based work during 2000/2001 which BASES may take forward in conjunction with the BOA and officers from the UKSI Central Services team. This defined project could be in response to the recommendations arising from the joint BASES/BOA report of World Class Sport Science Support requirements or may involve some analytical work in examining the current provision of sport science support to the current World Class Performance programmes. The precise nature of and outcomes to be achieved from any discrete project will be agreed between BASES and UK Sport.



Action Plus

BASES partnership with the British Olympic Association (BOA)

UK Sport has funded the mechanism that has allowed our relationship with the BOA to flourish. In a series of meetings we have finalised the Memorandum of Collaboration between our two Associations. We have helped generate a new BOA register for Conditioning and Fitness practitioners and also produced a document for UK Sport and the UKSI, which it is hoped will influence the development of sport science support in the UK. The Memorandum of Collaboration will ensure that BASES and the BOA continue to communicate a single clear message to partners and user groups about the quality and range of sport science services and the needs of the sport science community in developing and maintaining a world class support service. The register will quality assure Conditioning and Fitness specialists and allow athletes and governing bodies to access approved practitioners. The BASES/BOA document focused specifically on quality assurance, continued professional development and future directions for sport science provision. We hope many of the suggestions made within the document may be adopted or at least influence practice within the UKSI or on World Class Programmes.



MEMORANDUM OF COLLABORATION BETWEEN BASES AND THE BOA

- 1 This memorandum of collaboration aims to improve the sports science service provided to current and potential Olympic athletes and coaches by developing a formal working relationship between BASES and the BOA.
- 2 The BOA and BASES share a common goal in ensuring that current and potential Olympic athletes receive the world's best practice in the provision of sports science and that best value is achieved for all funding partners.
- 3 In implementing this memorandum of collaboration BASES and the BOA will listen to the voice of the coach and performer. This will be achieved through, for example, reference to the BOA Performance Directors Workshops and Coaching Advisory Groups, the UKSI Technical Unit, the NCF, as well as co-opting elite performers and performance directors onto relevant working groups.
- 4 To facilitate collaboration between BASES and the BOA a joint committee has been established. This committee has the power to establish relevant working groups.
- 5 BASES and the BOA will develop a joint quality assurance scheme for sports scientists working with Olympic athletes. This will build on the existing BASES accreditation scheme and the BOA register.
- 6 The BOA and BASES will establish a joint continuous professional development programme to help sports scientists meet the quality assurance standards established under point 5 of this memorandum.
- 7 The BOA and BASES recognise the importance of evidence-based practice in the development of sports science interventions and the evaluation of their effectiveness. Applied, performance focused research is also valued as a means of underpinning world's best practice by developing new and innovative ways of enhancing medal-winning performance.
- 8 BASES and the BOA will work together to develop a long-term vision for the future provision of sports science to Olympic athletes and their coaches. This work will be directed at securing a long-term competitive advantage for Britain at the Olympic games and other major international events.


 Signed by the BASES Chairperson


 Signed by the BOA Chief Executive

Conditioning and fitness register



BOA REGISTER OF CONDITIONING AND FITNESS SPECIALISTS

The British Olympic Association is establishing a Register of Conditioning and Fitness Specialists. The Register will include qualified and experienced specialists who will be able to provide conditioning and fitness advice and guidance to elite sportsmen and sportswomen. The Register, once established, will enable the BOA and Governing Bodies to recommend accredited and approved conditioning and fitness specialists to work nationally with athletes and teams/squads. The Register will also provide a forum of conditioning and fitness specialists who can work together to develop and advance the study of applied fitness work to the highest level.

The required criteria for registration will normally consist of appropriate academic and/or professional qualifications for example a sports science degree or equivalent combined with evidence of experience at an advanced international competitive level.

Application forms to be considered for membership on the Register and any further information can be obtained from:

Technical Department, British Olympic Association
 1 Wandsworth Plain, London, SW18 1EH

In establishing the Register the BOA are working in partnership with BASES.



The memo of collaboration



BASES partnership with the British Association of Sport and Exercise Medicine (BASEM)

Prompted by the manifesto from Prof. Neil Spurway, the BASES Executive has begun to develop the platform upon which closer working relationships can be developed with BASEM. Both organisations are aware of the need to bring together sport scientists and medics to share research and support ideas. A jointly organised student research day is being planned for later in the year and it is hoped that this will act as a catalyst to further joined-up thinking in relation to conference and workshop programmes.

In our efforts to further our strategic goal of increased integration between sport science and sport medicine, the Executive Committee has been in consultation with BASEM and the NSMI and has decided to hold a joint sport science and sport medicine conference in the city of Sheffield. The conference will take place in September 2003 with an intended theme of 'Science and Medicine for the Sports Performer and the Patient'. The conference will incorporate both the BASES and BASEM Annual conference in association with the NSMI.

BASES partnership with the National Sports Medicine Institute (NSMI)

We have recently identified the potential for a further collaboration with the NSMI. Most people in sport would agree that there is a great deal of scope for Sport Science and Sports Medicine to work in much closer harmony and that many mutual benefits would accrue from this liaison. Such a relationship would allow BASES to take a more productive role in NSMI's Sports Medicine and Sport Science Council. We see potential in a shared CPD workshop programme as well as perhaps opportunities for mutual use of staffing and resources.

BASES has continued to play an active role in the development and implementation of the pilot Register of Exercise and Sports Care: UK (formerly known as the UK classification scheme) through representation on the discipline working groups, advisory group and management group. The following BASES members have provided significant input into the development of the pilot project.



Working group representatives:

Psychology

Dr Nanette Mutrie and Dr Gaynor Parfitt

Physiology

Prof. Neil Spurway and Dr Roger Eston

Biomechanics

Dr Simon Coleman and Dr Jim Watkin

Interdisciplinary/Nutrition

Dr Andy Miles and Dr Don Maclaren

Advisory group representatives:

Dr Andy Smith

Mr Jeremy Cooper

Management Group representatives:

Prof. Neil Spurway

Dr Gaynor Parfitt

The pilot was officially concluded in April 2000 and the project has now entered an operational phase. Further details on the register can be found at the following web site www.rescu.org.uk.

BASES partnership with the United Kingdom Sports Institute (UKSI)

As most members will be aware the UKSI headquarters unit will be located in London. Many of the senior management appointments have been made with more to follow in the very near future. UKSI will provide a portfolio of technical and administrative services designed to underpin the Home Countries National Network Centres as well as management of the World Class Programmes. One role to be undertaken by the UKSI will involve the monitoring and quality assurance of sport science support provision for performers and coaches, hence many of us in the Association will be watching developments with great interest.

Prof. Ian Maynard

Chair, BASES Sport Science Special Committee



Exercise Science Report

The Exercise Science Special Committee have been involved on a number of fronts in the past year, largely through e-mail and telephone. Since the last Annual Report, Exercise Science has enjoyed a prominent position, particularly at the BASES Annual Conference in Leeds. At the event there was a joint one day conference with the Association for the Study of Obesity, an HEA funded programme on Older People, and a well-attended ESSC workshop, at which the draft Exercise Science Strategy was discussed. It was also announced that BASES had been awarded a contract by the Health Education Authority (more later).

Another major event has occurred since the conference, which has had a significant impact on our work; the demise of Exercise England as it went into voluntary liquidation. This had immediate implications for the long awaited National Quality Assurance Framework for Exercise Referral Schemes (more later), and had implications for the Exercise Science Strategy which is again under review.

The BASES-AGED project

A sum of £25,150 was received from what was the Health Education Authority for this project. The aims were briefly to audit H.E. to determine the extent to which the curriculum, research and other activities were addressing the needs of, and involving, older people. This project has been led by Prof. Adrian Taylor with input from Bob Laventure, Prof. Les Burwitz, Prof. Steve Bird, John Buckley, Diane Crone-Grant and many others from outside BASES. Briefly, a survey was mailed at the end of 1999 to 88 institutions offering degrees in a sport, exercise, or leisure related subject, and to 29 institutions offering Physiotherapy. A database of over 100 researchers involved in work concerned with physical activity and older people, across all

disciplines and relevant areas of professional practise, has also been developed. An interim report was produced in June, and a dissemination event, which attracted over 50 delegates from across the UK, was held in Milton Keynes on 22 June. This work and the event was publicised by Croxby and Co. and led to an article in *The Times Higher Education Supplement*. Details of the event were as follows:

Chair for the day – Prof. Les Burwitz:

- 1 Health benefits of exercise for older people (Dr Dawn Skelton)
- 2 Benchmarking for sport related areas and older people (David Kellett)
- 3 Interim findings (Prof. Adrian Taylor)
- 4 Examples of good practice in HE (Alan Nichols, Prof. Steve Bird, Auriel Forrester)
- 5 Workshops to identify emerging priorities for increasing interest and expertise.

The final report will be out in December 2000, and will include clear recommendations for maintaining the momentum in promoting interest and expertise concerned with sport, exercise, leisure and older people in H.E. New initiatives, funded from the original grant, will also be set in place. The work fits into national policy to promote lifelong learning, and break down inter-generational fragmentation in society. The work also provides a base for increasing awareness of and interest in the International Society of Ageing and Physical Activity Conference to take place at the BHF National Centre for Physical Activity and Health in Loughborough, in 2003.

National Quality Assurance Framework for GP exercise referral schemes

The demise of Exercise England and the resulting uncertainty about the future of the Register of Exercise Professionals has slowed progress on the publication of the NQAFD. However, at the time of going to press there is cause for optimism on two counts. Firstly Yvette Cooper (The Minister for Public Health) has shown support for the work and secondly it would appear that an agreement is just about to be finalized about the future of the register that will enable the NQAFD to be published. Throughout this process BASES has been



working very hard with the Department of Health to make things happen and to be part of the solution.

BASES gained international publicity through a letter published in the BMJ, co-authored by the NQAF team (Craig, Dinan, Smith, Taylor & Webborn). The letter was in response to a research article by Harland which unjustly questioned the effectiveness of GP exercise referral schemes (BMJ, 2000, Vol. 320, May 27th, p 1474).

Mental Health Consensus

This work was initiated and largely driven by Trudi Grant and Somerset Health Authority, with the commissioned support of Stuart Biddle, Ken Fox, Steve Boutcher, and other reviewers, Nanette Mutrie, Attila Szabo, and Adrian Taylor. The work led to both academic and practitioner conferences in 1999, and has received support from BASES throughout. The consensus chapters are due to appear in a Routledge book this year, edited by Biddle, Fox & Boutcher.

Exercise Science Strategy

A draft Exercise Science Strategy was presented at the BASES Annual conference and has been reviewed by a number of senior exercise scientists in the UK, and representatives of related agencies. Due to ill health and the need to revise it in light of the demise of Exercise England and the HEA, it is hoped that a final version will

appear this Autumn. The work identified above clearly fits within the strategy, but further thought needs to be given to funding an Exercise Science Development Officer. Also, we need to consider how we link with the new British Heart Foundation National Centre for Physical Activity and Health, based at Loughborough University, and other agencies with an increasing remit in the exercise and health area (e.g. British Association of Sport and Exercise Medicine, Chartered Society of Physiotherapy and its sub-groups with an interest in exercise, and the NSMI with its RESCU database).

Finally

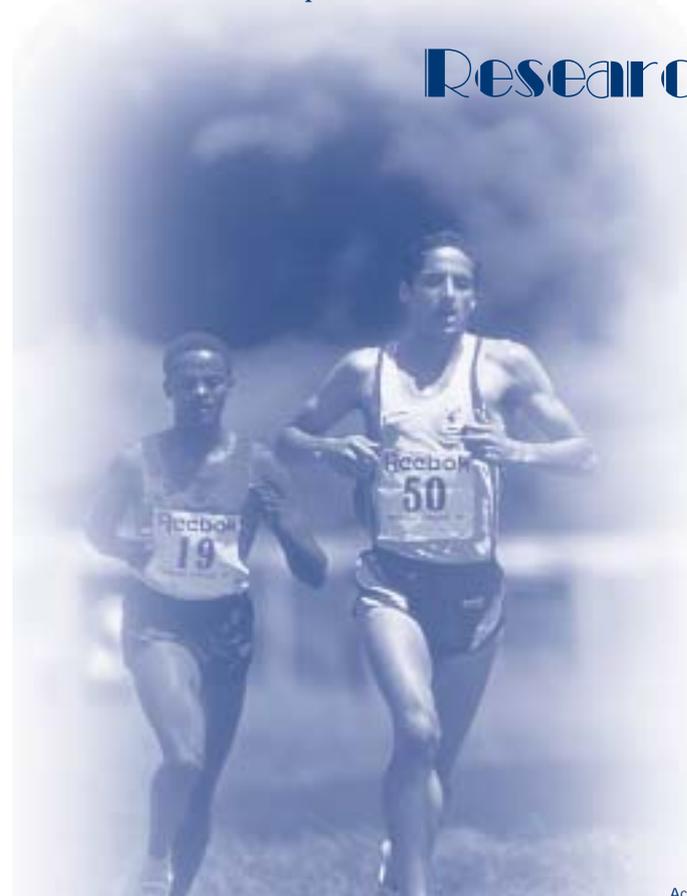
The BASES Annual conference in Liverpool will certainly include something for the exercise scientist and medic, and BASES member Peter Leatt has been working hard to bring together an interesting programme concerned with exercise prescription/referral. The event will mark 25 years of Sport Science in the UK and I am delighted to report how at last interest in Exercise Science is really beginning to pick up. I personally would like to thank Andy Smith and the BASES Executive for their wholehearted support of the work of the committee.

Prof. Adrian Taylor

**Chair of Exercise Science Special Committee
De Montfort University, Bedford**

Research Report

Journal of Sports Sciences



The Journal started off as the Journal of the Sports Science Society in 1983, one of the three bodies that later merged to form the British Association of Sports Sciences, which later changed its name to BASES. We started off as a quarterly, changed to a bi-monthly, went to eight issues a year for one year only (1998), before becoming a monthly publication in 1999. The journal has always published papers across the spectrum of the sport and exercise sciences, with the emphasis on biomechanics, physiology, psychology and multi- and inter-disciplinary combinations of these. We have not, for example, published many papers in sport sociology, mainly because so few have been submitted to the Journal.

The Journal has published important consensus statements on sports nutrition and special issues devoted to specific events (such

as the 1991 World Student Games), sports (a special issue on soccer appeared in 2000), and other themes (such as the motor control issue at the end of 1998). The Journal has acquired wider associations than at its outset, from its involvement with ISAK and the ECSS; its breadth of coverage also has changed, partly reflecting the changes within BASES and the profession in general. The proportion of papers relating to exercise and health issues is, therefore, much higher than in the early years of the Journal. The closer association between sport science and sports medicine, at least in the UK, was reflected in the publication of a joint editorial in the February 2000 issues of the *British Journal of Sports Medicine* and the *Journal of Sports Sciences*: this would have been inconceivable even five years ago. The focus of this joint editorial on the British Olympic Association's (BOA's) Position Statement on Athlete Confidentiality is not only recognition of the increasing relevance of these journals and their readers for bodies such as the BOA. It also shows the importance that these journals attach to professional issues and to their relationships with professional bodies.

The *Journal of Sports Sciences* has become an internationally respected outlet for research papers in the sport and exercise sciences: one look at the list of Corresponding Editors, the Advisory Board, and the authors of papers in any issue will confirm this. Our policy of publishing and commissioning review papers has resulted in many reviews by distinguished international scholars, such as that by Walter Herzog, which appeared in the March 2000 issue.

Our ISI Impact Factor for 1998 (0.675; 23rd out of 58) corrects a historical anomaly – the difficulty, under the previous system of calculating citation statistics, for a multi-disciplinary journal such as JSS, to 'qualify' for inclusion in one of the volumes of the Science or Social Science Citation Indices. We are proud of the multi-disciplinary nature of our Journal, and we believe that the proportion of truly multi- and inter-disciplinary papers has increased over the years, reflecting the real nature of problems in sport and exercise, few – if any – of which can be solved from a single disciplinary perspective. Two of our current Sections are multi- or inter-disciplinary in their focus: Kinanthropometry and Sport Performance; moreover, an increasing

proportion of the papers that are sent to the single discipline Sections (Biomechanics, Physiology, Psychology) have a focus that extends beyond single disciplinary.

Prof. Roger Bartlett

General Editor, Journal of Sports Sciences

Research prizes

Prizes for excellent research are awarded each year at the BASES annual conference and we would like to thank Sportesse, Taylor & Francis and Sportspages for their continued generous financial support. The following members received awards at the 1999 Leeds Conference:

Sportesse award

Prof. Nanette Mutrie
University of Glasgow

Taylor & Francis award

Mark Burnley
University of Brighton

Sportspages awards

Dr Mike Lauder
University of Roehampton

Matthew Lowther
University of Glasgow

Lee Ingle
Leeds Metropolitan University

Peter Clough
University of Hull

BASES student awards

Melanie Burrows
Christ Church University College

Thomas Yule
Manchester Metropolitan University

Catherine Woods
University of Glasgow

John Wang
Loughborough University



Action Plus



Sport Science Research Programme

During 1999/2000, the successful conclusion of the two sport science research projects managed by Prof. Mike Gleeson (overtraining) and Prof. Dave Collins (in-event anxiety) resulted in the following outcomes:

- Twenty-three articles in academic journals to support development of sport science practitioners
- Twelve conference presentations to support development of sport science practitioners
- Three coach education articles in FHS (NCF publication)

- Two High Performance Coach Workshops (NCF/BOA programme)

Congratulations to both Mike and Dave on their excellent work.

International travel grants

Each year the International Affairs Committee of UK Sport awards grants to BASES members to attend international conferences and present their research work. During 1999/2000 UK Sport has continued to generously support the work of BASES members and has provided funding for attendance at more than ten international conferences.

Continuous Professional Development

BASES has recently appointed Ian Le Page as the associations Continued Professional Development Officer. Ian joins BASES from the Sport England – East region where he co-ordinated the 'Eastern Sport Science and Medicine Project' for the last 2½ years. Previously, he was the National Coaching and Development Officer for the Hockey Association.

The new CPD post will encompass a variety of work in an endeavour to provide all members with the opportunity to progress their skills and knowledge in Sport and Exercise Science. Ian will work with colleagues in BASES to establish an integrated strategy of CPD for BASES members and related professionals. As part of this process Ian will identify examples of best practice from other professional bodies from which BASES can learn. Ian will also work with our Education and Training Committee and co-ordinate, administer and develop the BASES workshop programme to ensure that it underpins the accreditation and supervised experience programmes.

Ian can be contacted at: Ian@bases.ndo.co.uk
01908 – 310969 Direct Tel/Fax
0961 – 329911 Mobile

Workshop programme

The workshop programme developed by the Education and Training Committee in conjunction with the BASES Sections has provided an excellent structure for the continued professional development and

supervised experience for our members. During 1999/2000 the following workshops were successfully delivered.

Biomechanics

Three-dimensional Image Analysis (Loughborough University)
Research Methods and Statistics (Sheffield Hallam University)
Force Platform Analysis (University of Leeds).

Physiology

Field Assessment of the Sports Performer (BOMC)
Kinanthropometry (University of Wales, Bangor)
Assessment and Prescription of Health-based Exercise (Chester College of Higher Education)
Overtraining (University of Birmingham).

Psychology

Interpersonal and Counselling Skills (Staffordshire University)
Dealing with Injuries and Retirements (University of Keele)
Working with Teams – Developing Best Practice (Meridian Sports).

Interdisciplinary

In-event Anxiety (University of Edinburgh)
Working with Other Disciplines (Worcester Sports Performance Centre).

Annual Conference – Leeds Metropolitan University 1999

The annual conference had the theme of Physical Activity to Elite Sport and continued the tradition of combining keynote and tutorial presentations given by eminent academics with professionally relevant presentations on a variety of contemporary issues in sport and exercise science. The conference also offered a wide range of high quality peer reviewed research presentations given by sport and exercise scientists from the UK and abroad.

The conference successfully provided sport scientists, health care professionals, exercise scientists and practitioners, coaches and performers with the opportunity to share their research, professional practice and their experience on a range of issues.

Keynotes:

Biomechanics – Prof. Roger Enoka
 Interdisciplinary – Prof. Margaret Talbot
 Physiology – Prof. Alan Martin
 Psychology – Prof. Stuart Biddle

Financial information on BASES events:

Gross income: £68,285.00

Expenditure: £57,422.00

Net surplus: £10,863.00

The surplus will be equally split between BASES and the host institution.

Congratulations to Prof. Carlton Cooke and his team for organising a very successful event.

Learning and teaching

In the summer of 1999 the Quality Assurance Agency for Higher Education recognised BASES as the Subject Association to represent Sport and Exercise Science in the writing of the benchmarking statements for Unit 25 (Hospitality, Leisure, Sport and Tourism). The purpose of benchmarking is to provide an 'important source of external reference' for HE Institutions when designing or

developing subject areas and which will be used for quality assurance purposes as part of the QAA academic review. Three BASES members worked on the benchmarking group, Ian Swaine (Chair of the Education and Training committee), David Kellet and Andy Smith (Chair of BASES). The BASES office was funded by the QAA to provide administrative support. Members' views were sought through the establishment of a task force via the newsletter and through a day conference at Sheffield Hallam University on 9 November 1999.

The benchmarking statements can be accessed through the QAA website (www.qaa.ac.uk). The detailed benchmarking statements include recommendations relating to the 'study of human responses to sport and exercise' and the 'study of the performance of sport and its enhancement, monitoring and analysis'. As well as ensuring the appropriateness of the scientific content of the benchmarking statement the involvement of the Association in this important process also helped to ensure that:

- the statement captured the importance of undergraduate research
- specific reference was made to the need for laboratories
- reference was made to the 'elderly' as a specific population to ensure joined-up thinking with the BASES Aged project
- a statement was included in the document flagging up the need to review the composition of the benchmarking group in the next three to five years.

The work that BASES has conducted on the benchmarking statements will act as a platform upon which we can build a greater role in learning and teaching within FE and HE and has developed within the Association the competencies to develop a 'fitness for professional practice' statement should we wish to do so.



Section Reports

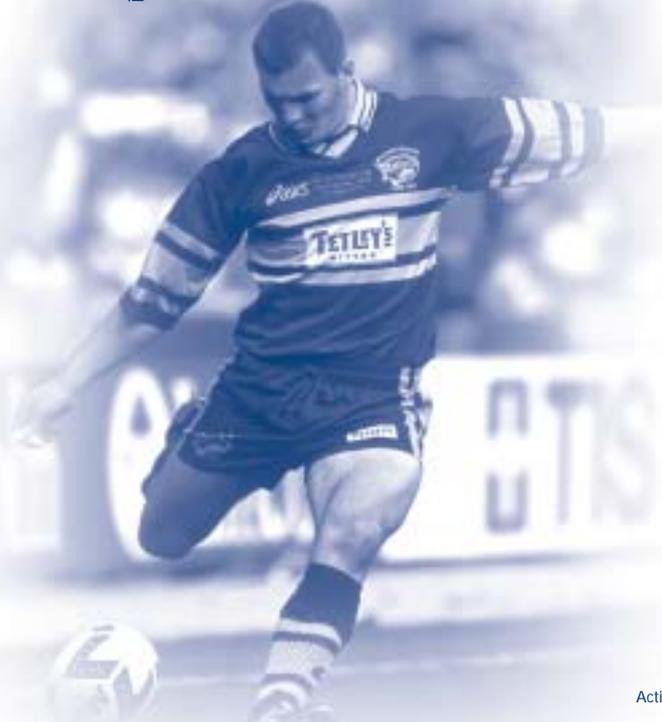
Biomechanics section

The base of accredited scientists within the Biomechanics Section is growing slowly. There are currently ten members accredited for Research and Support, four for Support and five for Research. We also have six members who are registered for Supervised Experience. Section members should perceive BASES accreditation as an essential part of their professional development. As such, all non-accredited Section members should give serious consideration to applying for accreditation or supervised experience in the forthcoming year.

I would like to thank all the members who have served the Section so well over the past year. Thanks to Mike Lauder for his work as Secretary, Adrian Burden for his valuable input to the Education and Training Committee, Jim Watkins and Adrian Lees for their involvement in the Accreditation & Fellowship and Sport Science Special Committees, respectively. Thanks also go to Fred Yeadon and Stuart Miller for their work on the Accreditation Committee and to Calvin Morriss for his contribution to the Supervised Experience Special Committee. Finally, thanks to Roger Bartlett for his continued contribution to the work of the Section and to the Association generally. Roger is reluctantly standing down as Editor of the BASES Biomechanics Guidelines after ten years. This important document has progressed considerably under Roger's Editorship and the Section should endeavour to maintain his high standards in future editions.

The quality of the biomechanics posters at the 1999 Annual Conference was generally very high, as was Roger Enoka's keynote lecture on how the steadiness of muscle contractions decreases with age. Congratulations go to Mike Lauder for lifting the best biomechanics presentation award and to Tommy Yule for winning the biomechanics student prize. Two longstanding Section members, Dave Kerwin and Adrian Lees, were honoured by the award of fellowships at the Conference. Well deserved congratulations are extended to them both on behalf of the Section.

Although the 2000 BASES Student Conference was well attended, the number of biomechanics presentations was disappointing and needs to be improved upon next year. Neil Fowler did the



Action Plus

Section proud with his informative and entertaining keynote on Sport Science Support from a Biomechanical Perspective.

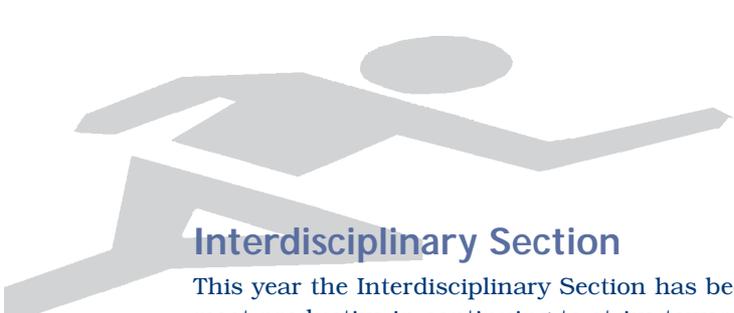
The Section has delivered a series of successful biomechanics workshops this year. Dave Mullineaux organised a much needed workshop on Research Methods and Statistics in Biomechanics and Fred Yeadon and his Loughborough team organised a workshop on Three-dimensional Image Analysis. This proved to be so popular that he was persuaded (easily) to deliver a second run of this workshop.

Future focus for the Biomechanics Section should be to:

- encourage more young scientists to apply for support and research accreditation or supervised experience in Biomechanics and to actively promote Biomechanics in Great Britain
- educate and inform national governing bodies and other potential funding bodies about the value of Biomechanics research and support work
- provide more research and support work opportunities for accredited individuals and those working towards accreditation in Biomechanics.

Carl Payton

Biomechanics Section Chair



Interdisciplinary Section

This year the Interdisciplinary Section has been most productive in continuing to strive towards developing the Section both within and outside of BASES. Our productivity is best described through a review of membership and workshops followed by an overview of the strategic developments that elected officers and representatives have been involved with over the past twelve months.

In terms of membership our Accredited total now stands at thirteen with three people currently going through Supervised Experience. I know these numbers will continue to rise and would wish to encourage all of the Accredited individuals to 'do your bit' and provide as much encouragement and support as you can afford to facilitate fellow members into the Accreditation route.

The workshop programme this year has experienced some difficulties resulting in a limited number of workshops actually taking place. However, I would like to thank those of you who did either organise or present at workshops and also to those members who made some tremendous efforts to ensure the success of workshops by producing newsletter articles and devising interesting workshop programmes. It saddens me that there have been cancellations, especially given the thankless task of organising these workshops, and I only hope the appointment of Ian Le Page as the CPD Officer can improve this situation for BASES. I also hope that members' enthusiasm to be involved with such events either as an organiser, presenter or delegate has not wavered as a result of this year's problems.

Both the BASES main and student conferences this year were fine successes with a number of interesting interdisciplinary presentations in Leeds and Wolverhampton, respectively. My only wish for future student conferences is that there will be an increase in the number of interdisciplinary abstracts being presented. Perhaps as we continue to develop as a Section interdisciplinary approaches will begin to emerge more frequently at all levels of research and publication mediums.

The elected officers and representatives have been busy in their respective roles and I would like to thank them for their continued support representing the Section. The elected officers and representatives include Trudi Grant (Secretary) who has provided a fine sense of order to the administration side of chairing the Section and additionally for her work on the

Exercise Science Special Committee, Craig Mahoney on the Accreditation and Fellowship Committee, Sarah Rowell for her work on the Sport Science Special Committee, Steve Bird on the Research Special Committee and a special thanks to both Andy Miles, who stepped down part way through the year as the Education and Training rep, and to Claire Palmer who kindly stepped in to take his place. I would also like to thank the members of the Section's Accreditation and Supervised Experience Committee which consists of Andy Miles, Andy Borrie and Les Burwitz, for their time reading applications and incisive comments on content.

I would like to take the opportunity to review my manifesto from last year where I proposed two main areas that I wished to pursue. These included striving for some clarity and improvement to the Accreditation and Supervised Experience criteria/protocol and the continued development of the Section both within and outside of BASES. Both of these issues have begun to be addressed by myself and other members of the Section; you will read about the former elsewhere in this document. The improvements to the criteria for Accreditation and Supervised Experience I believe are significant developments, and importantly, have involved all four sections. The other issue, the development of the Section, has been one that has been slowly simmering away over the past year with a resulting proposal for a strategic development day planned for October.

The future continues to look bright for the section but the future holds many things and this time last year none of us knew what the forthcoming year would hold. It is important to reflect and I would like to conclude this report with a quiet thought for Sharan Tedder, an Accredited and active member of the Section who died in December 1999. My hope for next year is that it brings to us all the joys and successes that we dream about, and that the pain and heartache of losing a friend and colleague remains a memory and not another reality.

Diane Crone-Grant

Interdisciplinary Section Chair

Psychology Section

In this annual report I will try to give a flavour of what has been happening in the Psychology Section throughout the year 1999–2000. The first thing to note is that there is a healthy affiliation of BASES members to the Psychology Section; 525 members noted that the Psychology Section was their first choice for affiliation and a further 77 noted this as their second choice. Not everyone completes this information and so this may be an under-representation of interest in Psychology from the BASES members.

In terms of accreditation there are 25 members accredited for research and support, 17 for research only and 59 for support. There are a further 129 members undertaking supervised experience. This represents a healthy picture which should continue to increase as the BASES programme of continuing professional development expands and training and guidance to supervisors is offered.

Various elected and co-opted members, who serve on BASES committees, conduct the work for the Section throughout the year. Thanks go to Hilary Matheson as secretary of the Section for keeping us on track with our commitments, to Gaynor Parfitt for serving on the Accreditation and Fellowship committee, to Dave Collins for his work on the Sport Science Special committee and to Tony Westbury for his work on the Education and Training committee. The Section Accreditation and Supervised Experience committee deserve special thanks because of the volume and intensity of the twice per year review of applications. The following people are members of that committee: Carol Seheult, Sandy Wolfson, Dave Collins, Dan Weigand (now replaced by Mark Nesti), Chris Shambrook, Tim Holder, Sheelagh Rogers, Lynn Johnston, Will James, Hilary Mathison and Nanette Mutrie. Adrian Taylor deserves a special mention for his leadership of the Exercise Science special committee. Adrian's work has assured that the area of exercise and health is prominent in BASES work.

During the 1999 Conference Professor Stuart Biddle was awarded an Honorary BASES Fellowship. Stuart has done so much to promote the area of Sport and Exercise Psychology over the past decade and the fellowship showed the Section's and BASES' appreciation of his contributions.

We continue to work with BPS in the promotion of the area of Sport and Exercise Psychology. At the 1999 conference there was a joint



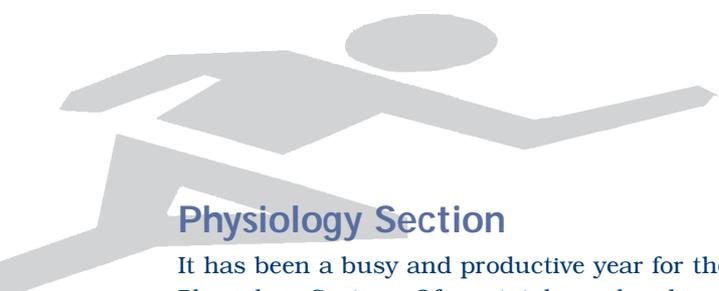
BPS/BASES day that included the Psychology keynote lecture and various workshops. The conference organisers agreed to allow BPS members a reduction in fees at the same rate as that given to BASES members. This has been continued for the 2000 conference. In addition, several BASES members presented work at the BPS conference and at the BPS sport and exercise psychology satellite conference. I think we can look forward to closer collaboration with BPS in the future.

FEPSAC (The European Sport and Exercise Psychology Federation) has an aim of increasing dissemination to member countries and has agreed that this should happen through the web pages which will soon be updated. In the meantime check out what the European scene is like by looking at <http://www.psychology.lu.se/feapsac>. One important development from FEPSAC is the sponsoring of the new journal *Psychology of Sport & Exercise*. Stuart Biddle is editor in chief of this journal and details can be found at <http://www.elsevier.nl/locate/psychsport>.

As a member of the managing council of FEPSAC I have to host one of the meetings. This is going to be in Glasgow in November 2001 and I have asked my colleagues on the managing council to contribute to a BASES workshop at that time. I know that you are always looking for an excuse to visit Scotland and this is a good one! Please come to learn the European perspective on skills for use with coaches, athletes and parents. The BASES workshop programme will provide the details in due course.

Prof. Nanette Mutrie

Psychology Section Chair



Physiology Section

It has been a busy and productive year for the Physiology Section. Of our total membership, 138 are accredited with a further 49 working towards accreditation through the Supervised Experience scheme. In the last 12 months, the Section has accredited a total of 18 individual physiologists and five physiology laboratories.

The Physiology Section and the Association as a whole can only continue to progress as a result of voluntary work. This year as Section Chair, I have been grateful for the support of a large number of individuals whose work behind the scenes has taken us forward. I am indebted to the Section Accreditation committee (Prof. Steve Bird, Dr Ian Campbell, Dr Jo Doust, Dr Roger Eston, Dr Don MacLaren, Prof. Neil Spurway, Prof. Edward Winter), and to our representatives on the Education and Training committee (Dr Ian Swaine, Dr Kevin Lamb), the Accreditation and Fellowship committee (Dr Richard Davison), the Sport and Exercise Science Research Special committee (Prof. Edward Winter), the Exercise Science Special committee (Dr John Buckley), and the Sports

Science Special committee (Mr Andy Borrie). On behalf of the Section, may I record my thanks to these individuals. After a decade or so of sterling service to the Section, Prof. Neil Spurway is surrendering his position on the Section Accreditation committee in order to concentrate on the not-insignificant challenge of Chairing our Association. Many thanks, Neil, for your contributions to the development of the Section, and good luck in your new role!

Members of the Physiology Section made significant contributions to the delivery and planning of BASES Annual Conferences (in Leeds and Liverpool respectively) in the last year, and a successful Student Conference was also held at Wolverhampton University. The section-specific workshop programme, which is designed to support individuals following Supervised Experience and to facilitate continuous professional development, is to be relaunched shortly. However, a number of workshops and symposia still ran this year including sessions on kinanthropometry and RPE at Bangor, Field Assessment of the Sports Performer at BOMC, Assessment and Prescription of Health-Based Exercise at Chester College of Higher Education, and Overtraining at University of Birmingham. My thanks and congratulations to those who contributed to the organisation of these successful and important events.

In my first year as Section Chair, I have encouraged and attempted to facilitate greater communication between the elected officers and the Section membership. This has been achieved through pro-active use of the Newsletter and the Section e-mail list (the latter now features ~300 names and allows rapid communication of news items, job adverts, etc.). I have presented you with key issues and events, sought your views, and represented them at the Executive. This has meant that we have had a significant impact on key developments and policies in the Association, for example, in streamlining the processes of Accreditation and Supervised Experience and in shaping the QAA Benchmarking Statement. Please continue to let me have your views on how the services that the Section offers BASES members can be improved and on how you can contribute to our progression.

Dr Andrew Jones

Physiology Section Chair

Accreditation and Supervised Experience

A major initiative this year has been the review of the accreditation and supervised experience processes. As a result of the work of the Accreditation and Fellowship Committee during their strategy planning away day and the continued efforts by the Executive Committee and the Supervised Experience Special Committee, several proposed changes to refine the processes have been presented to the membership.

A further initiative by the Executive Committee has been to employ the services of a professional Press and Public Relations consultant to promote the benefits of BASES accredited practitioners to key client groups. Increased awareness of the work of BASES and of accreditation has been achieved through regular contact with specialist sports journals, magazines and national newspapers.

Throughout 1999/2000 there has been a continued increase in the number of applications submitted for BASES accreditation and supervised experience. The total number of members registered as Accredited by Section during 1999/2000 is shown in Table 1 below.

Table 1: Total number of members registered as Accredited by Section during 1999/2000

Discipline	Total
Biomechanics	19
Interdisciplinary	13
Psychology	101
Physiology	139
Total	272

The total number of members registered for supervised experience by section is shown in Table 2.

Table 2: The total number of members registered for Supervised Experience during 1999/2000 presented by Section and for the Association as a whole

Discipline	Total
Biomechanics	6
Interdisciplinary	4
Physiology	49
Psychology	129
Total	188

These figures reflect the fact that five years ago BASES had the foresight to predict that the demand for quality assured sport and exercise scientists would grow as a function of the successful relationships developed between clients and accredited members. As a result, BASES implemented two initiatives to increase the number of quality assured sport and exercise scientists; these being the development of a professional programme of supervised experience and the establishment of an Education and Training Committee. The BASES Supervised Experience Programme offers sport and exercise scientists continued professional development. The programme has been refined and improved throughout since its inception and this has been achieved in part through:

- BASES pre-conference workshops aimed at increasing the awareness of the major issues underlying the process
- ongoing work by the Education and Training committee to enhance the range and scope of the education offered to supervisees as well as streamlining the CPD structures and processes
- specific sport science officers in certain regions promoting the benefits of scientific support accreditation and supervised experience in presentations made to Institutes of Higher Education, commercial sport science centres and at BASES workshops and conferences.
- the continued excellent support of the section accreditation committees and the Accreditation and Fellowship Committee.





Equal Opportunity

This year has seen the BASES equal opportunities agenda move forward at a rapid pace. Equal Opportunities (EO) have been very firmly on every agenda of the Association's business, thanks to the BASES Chair extending an invitation to the Equal Opportunities Group (EOG) Chair to attend Executive Committee

meetings (co-opted members do not normally attend, submitting reports only). This year the chair of the group also attended the Executive Committee 'away days' in Keswick. As a result, every aspect of the Association's work has been considered in relation to equal opportunities.

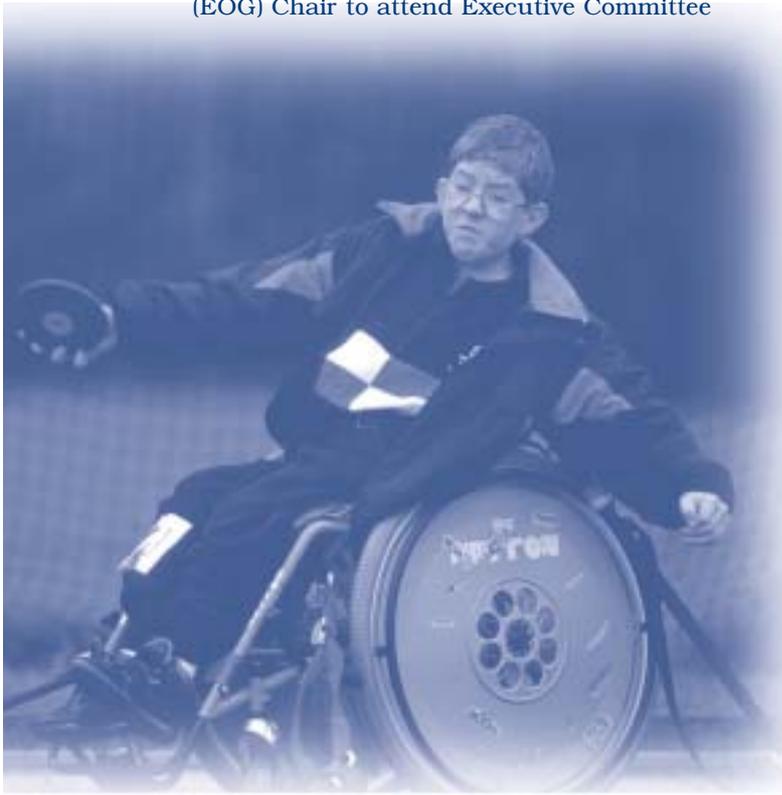
Our policy is very explicit in its areas of responsibility and activity and each of these have or are being addressed. Examples are the Association's conference guidelines, accreditation criteria, code of conduct and the policy in relation to BASES office staff. The coming year will see significant EO activity in relation to CPD and education/training as the EOG will be working closely with Ian Le Page, the new BASES CPD officer.

Monitoring the composition of the membership is a pretty major exercise that is still ongoing and the data will determine the next phase of work for the EOG. This will include a review of our EO Policy and procedures which are now two years old. The impact of having an EO Policy is just beginning to be felt throughout the Association. This impact is going to get greater in the Association's move from here to diversity.

Dr Precilla Choi

Chair, Equal Opportunities Group

Action Plus



Secretary's Report

Two years ago the Executive committed the Association to a relocation of its headquarters. Initially it was hoped that we might become part of an integrated UKSI headquarters team in Sheffield. However because of the decision to change the configuration of the Sheffield site this was unfortunately not possible. Although we still retain our desire to relocate we have decided to stay in Leeds. In the short-term we have extended our current contact with Coachwise for a further six months until December 2000 (with an option to extend again if desired), while we enter into negotiations with interested parties to secure long-term accommodation.

Over the course of the last twelve months we have secured the services of two new members

of staff. Jane Bairstow joined us from the National Coaching Foundation and has already proved to be an excellent addition to the team. Jane's role as Senior Office Administrator will involve her centrally in the day-to-day running of the Association. We have also recently appointed a Continued Professional Development Officer. Ian Le Page joins us from the Eastern Region of Sport England where he fulfilled a similar role across Sport Science, Sport Medicine and Coaching. Ian's past experience and contacts will ensure he 'hits the ground running' and we are confident he will play an important role in the long-term development of the Association.

Prof. Ian Maynard

BASES Honorary Secretary



Treasurer's Report

The 99/00 financial year was a significant one for the Association in that the Executive agreed on a strategic expenditure of the BASES working capital in order to further the Associations aims and objectives. As part of this plan the Executive Committee approved and implemented the following working capital expenditure:

- Appointment of third member of staff to work within the BASES CPD programmes
- An Equal Opportunities project
- A Press and Public Relations project
- Financial support for staff training to develop their capacity to contribute to the effectiveness of the Association.
- Enhanced IT support for the BASES office

As members will recall from last year's annual report the Association has been in dialogue with the Inland Revenue through our Accountants about our tax status and has also taken professional advice on our VAT position. As we detailed in a letter to the membership on 10 January 2000 these discussions resulted in some positive outcomes and clarity regarding our status. These discussions and improved financial management information systems have also improved the effectiveness with which we can deploy the Association resources to meet our constitutional aims and we envisage that these benefits will continue to grow over the next few years. Simply put, our aim is to ensure that the Association has a sustainable and independent financial future that enables us to use any reserves or surplus to meet our aims.

While the draft accounts presented on page 16 show a relatively positive picture there are a number of financial challenges and issues that the Association must manage over the next few years. Firstly, the UKSC core grant has been cut for 00/01 by 8K and while this has been replaced in part by some project specific funding, overall we anticipate having less UKSC funding in 00/01. We also know that the intention is for the core grant to be phased out almost completely over the next few years, adding to the burden placed on other income streams (eg membership fees and advertising income). Secondly, we need to consider very carefully how we fund the accreditation system for while many sport and exercise bodies benefit

from this quality assurance scheme we only receive some financial support for this work from the UKSC. We also need to recognize that accreditation is 'subsidized' by the many volunteers who work on the various accreditation committees and the possibility of providing some financial remuneration for this work needs to be debated.

The short-term future is bright but we must approach it carefully to ensure that the long-term future is bright as well.

Mr Andy Borrie

BASES Honorary Treasurer



Accounts

Profit and Loss Account for the year ended 31 March 2000

	31.3.00		31.3.99	
	£	£	£	£
Income:				
Sports Council grant	28,500		27,810	
Membership	47,300		39,711	
Accreditation fees	5,333		2,460	
<i>Journal of Sports Sciences</i> royalties	311		8,079	
Conference receipts – LMU	5,432		–	
Conference receipts – York & Worcester	–		5,828	
Advertising and mailshot income	25,719		15,413	
Publications and other income	5,158		4,185	
Workshop income	1,130		–	
		118,883		103,486
Project income:				
Department of Health income	–		11,633	
UK Sports Institute income	6,301		–	
QAA Income	2,500		–	
		8,801		11,633
Other income:				
Bank interest receivable		2,339		3,260
		130,023		118,379
Expenditure:				
Salaries, management charges and pension costs	36,865		38,079	
Meeting expenses and travel costs	14,484		11,170	
Office expenses	35,643		37,171	
Newsletter and brochures	20,356		6,944	
Conferences and workshops	1,715		3,077	
Public relations exercise	4,350		–	
Sundry expenses	633		2,402	
Audit and accountancy	1,256		1,094	
Subscriptions and donations	1,003		1,085	
Staff training and development	4,299		–	
Legal and professional fees	1,235		581	
Bad Debts	260		–	
		122,099		101,603
Project expenditure:				
Department of Health costs	431		8,981	
UK Sports Institute costs	1,950		–	
Equal Opportunities project	500		–	
		2,881		8,981
		5,043		7,795
Finance costs:				
Bank charges and interest		390		533
Depreciation:				
Fixtures and fittings	156		156	
Computer equipment	723		–	
		879		156
Excess of Income over Expenditure		£3,774		£7,106

Notes

UNAPPROVED ACCOUNTS

At the time that this report was sent to the printers the accounts had not been finally approved. Final approved accounts will be submitted at the AGM.

JOURNAL OF SPORT SCIENCE ROYALTIES

The financial statements reflect a significant fall in this income. This has arisen following an amendment to the basis in which royalties are now paid out to BASES.

HEA – AGED PROJECT

During the year BASES entered into a contract with the HEA and received a total of £25,150 income to fund this project. Due to unforeseen circumstances, the commencement of the project was delayed. As at 31 March 2000, costs of only £2,938 had arisen on this project. The total income and costs associated with this project arising in the period ended 31 March 2000 have therefore been deferred into the year ended 31 March 2001.



The View from the Crystal Ball

'Where do you think', they asked me, '... where do you think or hope that BASES will be in two years' time?'

Firstly, larger. We're already near the 2,500 mark, but you ain't seen nothin' yet! If present trends continue, in 2002 I hope we'll have more than 3000 members. That would make us at least as large as the Physiological Society, though still only a third the size of the British Psychological Society. Why does size matter? For influence – with academic institutions and funding councils, with governing bodies, Sports Councils and BOA, with medicine and the health professions, with the media, and most of all with Government.

Secondly, enjoying even closer relations with all these groups. The BOA and BASEM are particular examples. Our Memorandum of Agreement with the British Olympic Association has now been signed, and joint developments in sports science accreditation are in hand. (Don't worry, exercise scientists – BOA and Sports Councils will never interfere with you!)

Collaboration with the British Association of Sport and Exercise Medicine is rapidly evolving. One indication was a unilateral move of theirs – they added the 'E' on 1 January 2000, recognizing the reality that exercise medicine is a substantial part of their activities, just as we had done for exercise science seven years earlier. Another is the increasing participation in joint educational activities. I listed this as an objective in my manifesto and find that it's already happening! One small instance, among many, is that the two organisations are jointly running a Young Researchers Day in Scotland this autumn. A much larger collaboration will be the joint Annual Conference, to be held in Sheffield in 2003; I view this as a major development, and personally hope it will be repeated at two- or three-yearly intervals from then on.

The Exercise Science aspect of the Associations work shows every sign of continuing to grow dramatically with initiatives related to exercise and ageing, mental health and GP referral schemes. The interest of Yvette Cooper (The Minister for Public Health) in the role of physical activity as a means of improving the nations health gives further cause for optimism. Ms Cooper has expressed her interest in the National Quality Assurance Framework document and has been heard to quote Jerry Morris's statement that "physical activity is the best public health buy". I think BASES needs to capitalize on this interest in at least two ways: firstly by promoting the concept of Exercise Therapists to work alongside Nutritionists within the NHS and secondly by stressing the need for more random controlled trials looking at exercise based interventions.

Perhaps the field in which the greatest attitude-change will be needed is the promotion of really high grade research. BASES currently disburses some funds for conference travel, exercises a significant voice in the nomination of panel members for Unit 69 of the Research Assessment Exercise, and fathers the *Journal of Sports Science*. Too many of its members, however, still publish their best science in the single-discipline journals of physiology, psychology or biomechanics. And too few of its best scientists in these fields play lead roles at our conferences. I would like, in my time as Chair, to persuade more of these people to attend the Annual Conference, or our workshops, guiding and inspiring younger members to research attainments at a higher level than the norm. In my crystal ball I see our world-class scientists surrounded at our conferences by younger members, in vigorous and challenging discussions. Then we shall match the Physiological and Psychological Societies in scientific output, as well as membership lists.

Neil Spurway

Chair's Report

This has been another year of achievement for the British Association of Sport and Exercise Sciences. I am sure that when you reflect upon the content of this annual report you will be impressed by both the range and depth of the activities that the Association has been engaged in. As this is my last year as Chair of BASES I would like to emphasise that these successes are the result of the collective efforts and ability of Team BASES and not any one committee or group of individuals. I find it very humbling to see the dedication and passion that so many people bring to the work of the Association. As I prepare to step down as Chair I would like to recognise the help and support of those that have worked with me within BASES, particularly the Secretary (Ian Maynard) and the Treasurer (Andy Borrie) who have driven so many of our recent developments.

In attempting to summarise a very busy year I would bring your attention to the following 'highlights':

- Increasing the number of members from 1987 to 2393.
- Increasing the number of members of BASES on supervisory experience from 161 to 218.
- Increasing the number of BASES accredited members from 227 to 272 and accredited physiology labs from 27 to 29.
- Signing a memorandum of collaboration with the British Olympic Association (BOA).
- Extending our work within the Health sector through continuing to work on the National Quality Assurance Framework Document for Exercise Referral Systems and new work in relation to exercise and the elderly and mental health.

- The publication by the Quality Assurance Agency for Higher Education (QAA) of the benchmarking statements for Unit 25 (which includes sport) which BASES helped to write.
- The establishment of the new salaried post of BASES CPD officer held by Ian Le Page.
- Working with our accountants to resolve our tax and VAT position.

A central theme in this work has been our co-operation with a whole range of organisations including the BOA, the Department of Health and the QAA. Through working in partnership with others we have achieved more than we would have done alone and have also developed new skills and capabilities within the Association. However, as we have further extended the work of the Association to meet our constitutional aims so we have identified the need to improve our systems of corporate governance. Much has already been achieved in, for example, establishing new financial and management information systems but much still needs to be done to ensure that we continue to improve the service we provide to the members and our external stakeholders.

The future will shortly be in the capable hands of a new Executive chaired by Professor Neil Spurway. May I take this opportunity to wish them the very best of luck and to call upon all members of the Association to offer what help and support they can to enable the new Executive to take BASES forward into an increasingly exciting future.

