

**Name:**

Charlotte Picknell

Job Role:

PE Supply Teacher/ Sport Science Specialist

What led you to apply for BASES Accreditation?

I have known about BASES since my undergraduate studies and always felt that that was the bench mark to prove yourself as a professional and capable sport scientist. Having been in a sport science career for around 10 years in a variety of roles and capacities and having achieved other academic goals, I felt my next professional step would be to gain accreditation for my applied sport science skills.

After looking at the assessment and criteria on the BASES website and speaking to friends and colleagues with the qualification, I felt both my applied and academic experience were more than sufficient to gain this prestige accreditation.

The reputation and standards that BASES expect underlines the professional capabilities that will have been achieved to gain the accreditation and this alone can give prospective employers and clients the initial confidence and reassurance of your standard.

As well as this, I have found that the sport science world is a very saturated market, with many completing either academic qualifications or being in the professional environment from a young age, and so I had to make sure that I found something that differentiated me from them.

How has having BASES Accreditation helped you?

Having gained accreditation status in 2015 it immediately boosted my confidence in that the knowledge and skills I possess and demonstrated from the accreditation were worthy of recognition and was seen as a high standard. I became more confident in my approach to new clients or employees that I am a professional sport scientist. Often I have found, especially working in the middle east, that sport science is not as recognised in perhaps western countries, but my confident approach, ability to converse my knowledge depending on my audience and of course an important piece of paper helps to back up my advice.

I have found it has enhanced my position in various job roles as I believe it gives my employers the confidence and assurance that I work in line with high standards and that of best practice. For example, I was promoted to lead sport scientist in my previous job in a civilian military sport science role in a middle eastern female military camp. I am currently a Sport Science specialist for

an international British School in the Middle East due to my credentials and am the lead sport science advisor for the schools sport scholarship programme. I also run a group personal training for pre and post-partum mums which has led to various sport science related testing for further performance, and again due to not only my knowledge and ability but an accreditation behind me just reaffirms the confidence clients can have in me.

Why would you recommend BASES Accreditation to other Sport and Exercise Scientists?

BASES accreditation gives you the edge, it allows you to show employees, employers, clients and members of the public that you are of a professional standard and that your experience and skill have been assessed and are of an incredibly high standard. In most cases it will pave the way for an excellent position in a lead role.

It gives you the confidence that you have the skill and knowledge that it takes to be a professional sport scientist and I believe that is important in a market where many people believe they can call themselves a sport scientist yet have no backing to prove that.

BASES also encourages you to continue your learning profession ensuring you gain reaccreditation every 5 years, and they provide outstanding CPD opportunities with a plethora of knowledgeable individuals in their area.

If you have been in the applied sport science world from college into university and beyond I would highly recommend you piece your experience, knowledge, research and evidence together to gain your accreditation. It is hard work, and takes time, commitment and patience, but it is worth it.