



Name:

Craig Musham

Job Role:

Academy Strength & Conditioning

What led you to apply for BASES Accreditation?

Within the Premier League Elite Player Performance Pathway (EPPP) all sports scientists/strength & conditioning coaches are required to hold BASES Accreditation and must either be on the supervised experience pathway or apply via direct application. My previous experience, time in the role and qualifications I felt I was best suited to apply for direct application.

How has having BASES Accreditation helped you?

Having BASES Accreditation has allowed me to fulfil for my role requirements in a number of different ways. I now hold the required qualification for a sports science/strength & conditioning coach within a category 1 academy. The process of applying allowed me to identify my strengths and weaknesses as a practitioner as well as outline my effectiveness as a coach. I have continued to work on a number of the processes used in gaining my accreditation such as reflection and producing case studies to help further develop myself and the people I work with in a multi-disciplinary environment. This has given me the ability to critically assess where I am and where I need to develop on a continual basis. The re-accreditation process has also helped guide my continued professional development.

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

The BASES Accreditation process is a thorough and demanding process of you as a sports scientist/strength & conditioning coach. Anyone who can gain Accreditation has shown that they can put together a portfolio that has outlined they meet a set of high standards as a practitioner and are able to critically evaluate themselves and their effectiveness in working within a multi-disciplinary environment. This Accreditation highlights that you are a practitioner not only with experience and knowledge but who can successfully apply this within a professional environment. This is where the real benefit of the Accreditation lies. Having qualifications is important but your effectiveness at applying that knowledge with colleagues and athletes shows you can make a difference and I feel that this Accreditation is only gained if you can show this within your role.