



THE BRITISH

ASSOCIATION

OF SPORT AND

EXERCISE

SCIENCES

1998-99

- 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.

Office Administrator

BASES Executive Committee 1998/99

ELECTED OFFICERS OF THE ASSOCIATION				
Chair	Dr Andy Smith			
Secretary	Prof. Ian Maynard			
Treasurer	Mr Andy Borrie			
SECTION REPRESENTATIVES ELECTED OFFICERS				
Chair of Biomechanics Section	Dr Bill Baltzopoulos			
Chair of Interdisciplinary Section	Dr Andy Miles			
Chair of Physiology Section	Dr Roger Eston			
Chair of Psychology Section	Dr Nanette Mutrie			
BASES OFFICE				
Development Officer	Mr Jeremy Cooper			

Mrs Sally Baker

UK Sport (Formerly United Kingdom Sports Council) Grant Allocation

At a meeting held on 23 April the Resources Assessment Panel of UK Sport gave consideration to BASES' Forward Plan for 1999–2000. The recommendation of the panel which was subsequently ratified by UK Sport was to offer BASES a grant of £28,500 for the period 1 April – 31 March 2000. In making this offer, UK Sport has emphasised that BASES should in the future be looking for financial support for discrete projects rather than funding for core BASES activities and infrastructure. While BASES does not expect to achieve full financial independence in the short term, it is anticipated that increasing independence will result from the improving collaborations with our partner agencies in sport and exercise and the development of project-led initiatives.

United Kingdom Sports Institute (UKSI)

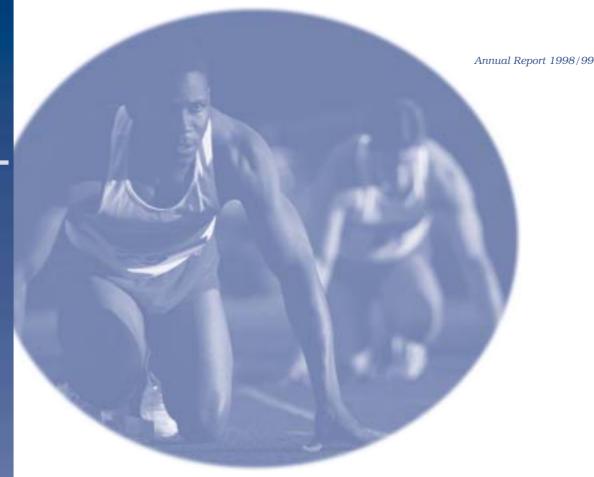
Along with the other service providers, BASES has been campaigning for over two years to be relocated at the UKSI HQ in Sheffield. Unfortunately the UKSI Project Team has recently informed us that none of the professional bodies are going to be housed at the Headquarters. Of course we hope that the lack of a truly integrated multidisciplinary support service for British sport will not ultimately prove to be an ill informed strategic decision by the UKSI. The BASES Executive has committed the Association to relocation and will in the near future consider alternative options. The UKSI has recognised the value of BASES in providing the quality assurance role through its accreditation scheme and the potential role it can play in relation to applied research.

and the potential role it can play in relation to applied research. However, BASES relocation to the HQ site in Sheffield was not seen as being necessary at this point in time. A 'hot desk' has been provided for BASES personnel working on institute programmes and the UKSI hope that in time BASES will be offered the opportunity to relocate to Sheffield on a full-time basis in order to assist in the implementation of UKSI programmes.

BASES Partnership with the British Olympic Association (BOA)

A further important development this year has been the initiation of a partnership with the BOA. Central to the focus of this partnership will be training, development and quality assurance of sport scientists servicing Olympic and World Class athletes and coaches. A number of meetings have already taken place between an overarching BOA/BASES management group and several working groups (comprising representatives from both parties), in order to establish a seamless education and training programme and an inclusive accreditation and quality assurance process. Based on the recommendations of these groups, it is hoped that a Memorandum of Collaboration will be produced. Through this, BASES and the BOA intend 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.





BASES Partnership with the National Coaching Foundation (NCF)

As part of the Association's policy to form working partnerships with other support agencies, BASES has worked closely with the NCF in the past year. While a formal Memorandum of Collaboration has yet to be signed, discussions are ongoing. Collaborative work to date includes the delivery of NCF tutor training to six junior BASES members, the utilisation of BASES members in the authoring and delivery of NCF resources and workshops and contribution by BASES to the consultation questionnaire on The Development of Coaching in the UK. Future areas of work will focus on the establishment of an applied forum for communication between sports scientists and coaches, the creation of a formal Memorandum of Collaboration and NCF representation on the BASES Executive.

Partnership with the National Sports Medicine Institute (NSMI)

Both BASES and the NSMI have recognised the need for integrated provision of support to coaches and athletes. The BASES Executive now includes an NSMI observer and in return, the BASES Chair sits as an observer on the NSMI Board. In the past year BASES has worked closely with the NSMI to assist in the development and refinement of what was formerly known as the 5* Accreditation Scheme. The Association undertook to contribute to the pilot scheme and to reassess its contribution on receipt of the evaluation of the pilot. Section representatives sat on the working parties for each of the services and BASES was represented on the overall Management Group. The existing BASES accreditation criteria were integrated into the scheme and their integrity was upheld throughout. The scheme is currently being piloted in Scotland using trained assessors.

In the future, BASES, NSMI, NCF and the BOA will aim to work together to ensure a coordinated approach to support provision within the UKSI framework



This year the Department of Health commissioned BASES and Exercise England to write the National Quality Framework Document for Exercise Referral Schemes in primary care. This major project involved an extensive consultation programme, which included conference presentations, formal dialogue with a number of agencies and the receipt of more than 100 written responses. The document itself comprises a number of guidelines and performance indicators, which will significantly improve the quality of exercise referral schemes in England, if and when implemented by the Department of Health. This project demonstrates BASES' increasing role in policy making within the health sector and is evidence of the importance of collaboration with organisations such as Exercise England.

In addition BASES has maintained its close working relationship with the Health Education Authority, supported initiatives to promote the use of exercise in mental health care settings, submitted material to the BMA consultation on cycle helmet safety and drafted an Exercise Science strategy for consultation at the 1999 conference. This work has been led by Dr Adrian Taylor and his Exercise Science group, who deserve the sincere thanks of the membership for their work on our behalf.



Journal of Sport Sciences

Under the Editorship of Prof. Roger Bartlett, the *Journal of Sports Sciences* has continued to develop an international reputation for quality. Evidence of the *Journal's* growing reputation and success is seen in the decision to publish editions monthly. This has resulted in an average time from acceptance to publication of only six months. This is far better than any of our major competitors. Allied with the normal rapid turnaround time from submission to return to authors, the *Journal* is now almost certainly the speediest outlet for publication of research in the sport and exercise sciences. The rapid publication schedule that is now achieved, plus the impending appearance in the ISI Citation Statistics to be published this autumn, should encourage the continued increase in numbers submitting to the *Journal*.

Research Prizes

Prizes for excellent research are awarded each year at the BASES annual conference and we would like to thank Sportesse and Sportspages for their continued generous financial support. The following members received awards at the 1998 Worcester Conference:

Sportesse Award	Professor Adrian Lees	Liverpool John Moores University	
Sportspages Awards	Mike Hiley Diane Crone-Grant David Eccles Patrick Johnson	Loughborough University College of Ripon & York St John University of Wales, Bangor De Montfort University, Bedford	
BASES Student Awards	Paula Robson Mark Brewin Dave Smith Costas Karageorghis	University of Birmingham Loughborough University Manchester Metropolitan University Brunel University	
Butterworth-Heinemann	Marie Donaghy Geraint Florida James	Queen Margaret College, Edinburgh Liverpool John Moores University	

Sport Science Research Programme

In the spring of 1999, funding for the two Sports Science Research programmes managed by Prof. Mike Glesson (overtraining project) and Prof. Dave Collins (in-event anxiety project) supported by Sport England came to an end. The Association's thanks are extended to Nick Rowe for leading this project for Sport England and his continued interest in the work of BASES.

Research Strategy

Over the last twelve months the Association has made nominations for the RAE panel and related committees. Over the coming months the Association will be watching developments carefully and when appropriate making comments and disseminating information to members. To ensure that in the future the Association has a more directed research focus a research strategy has been drafted and is currently under consultation.



Education and Training

The workshop programme developed by the Education and Training Committee in liaison with the BASES Sections has provided an excellent structure for the continued professional development and supervised experience for our members. All the workshops that have run this year have been fully subscribed and several have returned healthy operating profits. BASES has plans to use any financial surplus to further enhance the workshop programme.

Annual Conference - Worcester 1998

The Annual Conference had a theme of Applied Sports Science and attracted internationally renowned keynotes. Tutorial lectures led by top quality British sport and exercise scientists were included for the first time. A new presentation format of a combination of poster presentation and oral defence was instigated and received positive feedback. The Women in Sports Science and Sports Medicine group's themed lecture was integrated into the main conference programme for the first time and was supported by the Women's Sports Foundation.

Keynotes Attendance Figures

Biomechanics	-	Prof. Bruce Elliot	Full Delegates:	220
Interdisciplinary	_	Prof. Jerry Thomas	Day Delegates:	74
Physiology	_	Prof. Ron Maughan	2-day Delegates:	28
Psychology	_	Prof. Robin Vealey		

 Gross Income:
 £56,005.49
 Expenditure (inc VAT):
 £48,358.83

 Net surplus
 £7,646.66*

As part of BASES' growing influence as the professional body for sport and exercise sciences we have been invited to 'badge' a number of conferences taking place throughout the UK. One very notable conference 'badged' by BASES, was the Mental Health Conference held in Birmingham earlier this year. It is our intention to continue to 'badge' appropriate high quality conferences and seminars.

Higher Education

As many colleagues will be aware, the QAA is preparing benchmark statements for all subject areas. BASES has been asked to appoint representatives to sit on both the Subject Association Panel for Unit 25 and the Benchmarking Group which will write the statement. BASES may provide the secretariat for the Benchmarking Group and may receive funding to consult with its membership on both the content and early drafts of the benchmarking statement. Arguably, this is the most important piece of work which BASES will conduct over the next six months and one which we are sure the members will wish to be fully consulted about.





^{*} Subject to confirmation. See Treasurer's report



Each year the International Affairs Committee of UK Sport awards grants to BASES members to attend international conferences. During 1998 and 1999, UK Sport provided more than £20,000 to fund a total of 23 BASES members' attendance at international conferences. This generous support has enabled our members to disseminate their knowledge, present a positive image of British Sport and to bring back knowledge that will benefit British athletes and coaches.

FEPSAC (European Federation of Sports Psychology)

For several years, BASES members have been involved in the Executive management of FEPSAC. Prof. Stuart Biddle has been President of the Executive Board for eight years and only recently stood down from office. The Executive Board met in Loughborough this year and BASES assisted in the hosting of this event by providing significant financial support. BASES members will continue to play an active part in the running of FEPSAC with the recent nomination of Dr Nanette Mutrie to the Executive Management Board.

'International Affiliation' of Sport and Exercise Science Associations

BASES has been considering ways in which to strengthen its international relationships in the field of sport and exercise sciences. We are currently in communication with several related international organisations, with a view to the possible formation of an 'international affiliation' of exercise and sport science associations. This development has come about following discussions with Dr Phil Hamdorf, Secretary of the Australian Association for Exercise and Sport Sciences. Discussions are still at a very early stage, however, the BASES Executive are investigating the opportunities that may arise from this development.

European College of Sport Science (ECSS)

The BASES Executive is currently exploring the possibility of a signing of a Memorandum of Collaboration with the ECSS. If negotiations progress the following benefits may accrue to the Association and its members: a bid for European Union funding to support collaboration work in sport and exercise science between EU partners in sport and exercise science; agreement on European wide vocational qualifications in sport and exercise sciences; further opportunities for sharing best practice. Jeremy Cooper met with the ECSS Executive Board in Brussels to discuss these issues and it is hoped that a formal collaboration may develop in the near future.



Biomechanics Section

The activities of the Biomechanics Section are carried out exclusively by members who volunteer to be elected officers or represent the Section in the different committees of the association. Many thanks to all those members, and in particular to Dave Mullineaux, for the efficient production of the AGM minutes and his immediate response to all queries, to Adrian Burden for his work in the Education and Training Committee, to Jim Watkins for his work in the Accreditation and Fellowship Committee and his involvement in the Unified Classification Scheme Project (together with Simon Coleman), to Calvin Morriss for his involvement in the Supervised Experience Group and to Aki Salo for his work as an active member of the section in promoting the interests of the Association.

The main developments and activities of the past year were two successful workshops on EMG and three-dimensional analysis where the participation of young members was particularly encouraging. Many thanks to Adrian Burden, Fred Yeadon and Dave Kerwin and their team for their time and efforts. The development of undergraduate courses and the evaluation of workshops were two of the important outcomes from the Education and Training Committee. The development of the framework for biomechanical service provision within the Unified Classification Scheme has been one of the main activities of the section.

Future focus for the Biomechanics section should be to:

- · increase the number of applications for accreditation and supervised experience
- · encourage appropriate measures to provide biomechanical services
- progress a number of other important issues such as research development and funding, teaching, meetings and seminars.

Interdisciplinary Section

The Interdisciplinary Section has continued to actively contribute to the work of the Association. Having established the Future Directions document the Section has tried to promote interdisciplinarity within sport and exercise science and has endeavoured to ensure that the necessary skills required to conduct interdisciplinary support work and research are identified and defined. The Section has worked to forge links with partner organisations and the increasing number of partners which BASES now works with is testament to the bridge-building undertaken.

Future focus for the Interdisciplinary Section should be:

- · the continued promotion of the Section, its activities and philosophies
- the development of a programme of training and continuing professional development for interdisciplinary sport and exercise scientists
- · continued bridge-building between the BASES Sections and other partner organisations.

Psychology Section

I believe the Psychology Section has been well served by our committee this year. Thanks to Hilary Matheson for her work as Secretary and in particular her role in encouraging discussion amongst the section members via email, to Gaynor Parfitt for her work on the Accreditation and Fellowship Committee and for representing our section in the Unified Classification Scheme discussions, to Chris Shambrook for his work in setting up the workshop programme via the Education & Training Committee, to Lew Hardy for his continued role in Sports Science Research programmes, to Adrian Taylor for exceptional work in setting up projects under the auspices of the Exercise Science Special Committee which he chairs, and to Dave Collins for continued liaison with BPS. A special thank you is required for Stuart Biddle who has served as our FEPSAC representative for 12 years and for the past eight years has been FEPSAC president. He steps down from that position this year (Glynn Roberts from Norway is the new President) but has made a significant contribution to the development of European Sport and Exercise Psychology, including a European taught Master's degree programme, textbooks and the emergence of a new journal in Sport and Exercise Psychology. Through this work, Stuart has certainly raised the profile of the BASES Psychology Section.

The Section has been honoured by the award of Fellow to Prof. Ken Fox and the award of Honorary Fellowship to Dr Jean Whitehead. We are delighted that these individuals continue to have a national and international profile which enhances the profile of BASES. We have been successful in our aim of hosting a joint BPS/BASES day at our annual conference and look forward to continual co-operation with BPS and more joint events in the future.

Future focus for the psychology section should be to:

- be proactive on the issue of the use of the title 'psychologist'. The legislation which will protect this title is imminent. Only BPS members with graduate basis of registration (GBR) will be able to use this title. The ways in which we must be proactive are first, to ensure a grandparenting clause to GBR for all currently accredited BASES sport and exercise psychologists, and second, to establish how the curriculum of Sport and Exercise Science degrees can achieve GBR. This is a very important issue for our section and requires us to work closely with BPS.
- continue to refine the application and reporting process for supervised experience (SE).
 Hopefully we will be assisted in this process by the SE review which has been commissioned
 by BASES Executive and which should be available soon. Alongside this we must also ensure
 we provide workshops in our programme which will assist people with professional
 development and SE.
- encourage people to think of committing some time to BASES work this year and perhaps to BASES section positions next year (for two years now we have been elected unopposed). Even if we are not in an official position for BASES we all have a responsibility to ensure that those who are interested in our work as researchers or in the area of support are always left with the impression that BASES can be relied upon to provide quality input.

Physiology Section

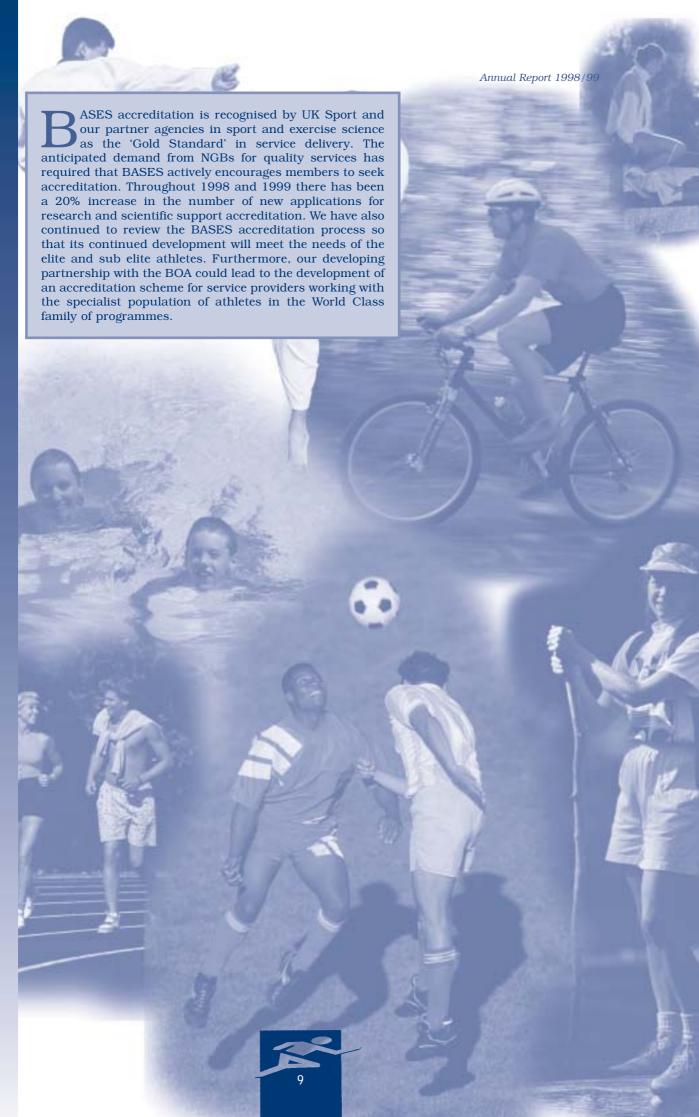
The Physiology Section has made substantial contributions to the work of BASES in the last 12 months. Some of the major developments were as follows:

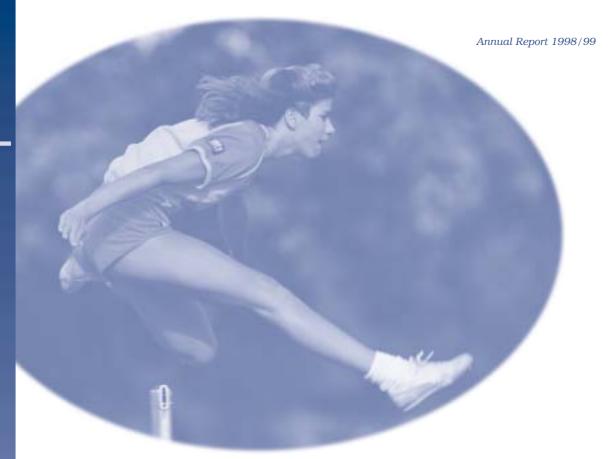
- The development of a structure for continuing professional development and supervised experience. In conjunction with the Supervised Experience Special Committee and the Education and Training Committee, the Section has published a preliminary list of general expectations and competencies that are expected for accreditation, as well as a list of identified requirements for SE accreditation. This will be useful to clarify the role and expectations of the supervisor and the supervisee. In relation to this, a series of regular workshops have been organised from November 1998 to June 2000.
- Changes to the laboratory accreditation process which included aerobic assessments, anaerobic measures and other specialised measures of performance. The pro forma for laboratory accreditation criteria, available from the BASES office, has been substantially revised and provides a useful document for those intending to accredit or reaccredit their laboratories.
- Establishing an e-mail list which provides an excellent medium for the Section to convey news and other items to its members.
- · Facilitating discussion on the possible development of a Nutrition Section within BASES.

Future focus for the Physiology Section should be to:

- continue to develop and streamline the procedures for accreditation and supervised experience
- strengthen our links with external bodies such as The Physiological Society, ACSM, and ECSS and others
- improve the profile and perception of the *Journal of Sports Sciences* as a respected international outlet for sport and exercise physiology research.







inancially the Association is in a strong position. Turnover has increased by approximately 14% from 1997/98 and a staggering 167% since 1995/96. The most encouraging feature of this increased turnover has been the surplus that the Association has again generated despite increasing office and staffing costs.

The primary source of increased income has been membership subscriptions. The overall growth in membership during the 1998/99 financial year was 22% with growth in the different membership categories raging from 15% (full member) to 42% (student). Overall this is a very positive position given that members are the lifeblood of the Association, and the massive growth in student numbers bodes well for the future. We are clearly a healthy and vibrant organisation.

The only cloud on our financial horizon has been the issue of tax. The elected officers worked hard during 1998/99 with our accountants, and are still working hard, to clarify the Association's tax position with the Inland Revenue. At the time of writing, the Association's exact position has not been fully clarified. However, the Association should be in a position to meet any reasonable tax liability should this be necessary.

Income Streams (Past and Future)

Sport Science funding

BASES financial success in 1998/99 was such that the grant aid from UK Sport represented only 24% of our income rather than the 40% of income it covered in 1995/96. This has given us a platform from which we have started to renegotiate the way that BASES may receive funding from UK Sport or the Lottery. BASES indicated to UK Sport that we would like any phasing-out of funding for our core infrastructure (general staffing costs, office costs etc) to be balanced by increased funding for specific projects (eg running accreditation). UK Sport share our ambition that BASES infrastructure should become financially independent and our continued financial growth means that this is a realistic possibility. In addition the ongoing programme of work with the BOA on quality assurance and CPD in UK sports science, means that we will soon be in a strong position to argue a case for significantly increased funding to underpin BASES' work in these areas.

Exercise Science funding

The 1998/99 financial year also saw BASES receive its first significant funding from the Department of Health. Dr Adrian Taylor in particular is to be congratulated on his work in securing funding for the development of the National Quality Assurance Framework Document for Exercise Referral Systems. It is hoped that this work will lead to future support. This represents a new income stream for BASES and such developments are vital to our continued growth as an organisation. The Exercise Science Committee are to be congratulated on their success.

The Future

The success of the past two years looks set to continue as we enter the Millennium. We already know that during 1999/2000 our central income stream (membership income) will increase substantially. Membership fees were increased on 1 April 1999, after remaining unchanged for three years, and we are forecasting sustained growth in numbers during the year. We have already seen a 7% membership growth in the first quarter of the current financial year. Consequently the projected strength of our finances will allow the Executive to undertake a structured spend of the working capital that has been accumulated over the past two years. During the next 12 months BASES will therefore be looking to:

- · employ an additional part-time administrative assistant
- improve and extend membership services (eg development of the newsletter)
- fund specific internal and external projects (eg external PR work, development of a coherent research strategy).

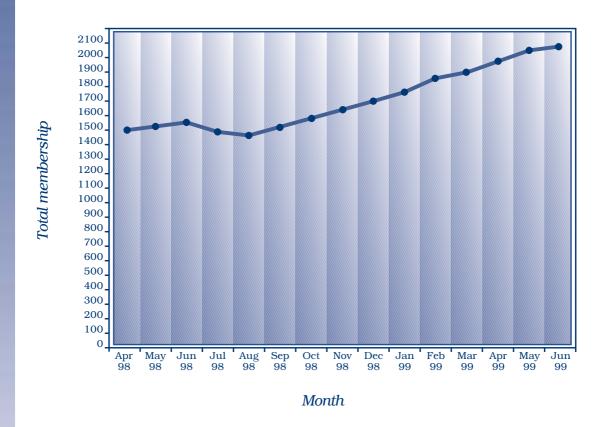


Figure 1: Membership growth during 1998/99 (total membership)



		21111	шш Кероп 13
31.3.99		31.3.98	
£	£	£	£
27,810		27,000	
39,711		35,258	
2,460		2,020	
8,079		5,703	
2,005		7,605	
15,413		17,431	
11,633		-	
4,185		2,875	
	111 296		97,892
	111,200		01,002
	3,260		1,787
	114,556		99,679
38 079		30.800	
		30,000	
		10.131	
1,077		1,314	
2,402		504	
1,094		999	
1,085		62	
581		587	
	107 504		70.000
	107,364		78,900
	6,972		20,779
	E00		
	533_		
	6,439		20,779
	156_		156_
JRE	£6,283		£20,623
	27,810 39,711 2,460 8,079 2,005 15,413 11,633 4,185 38,079 7,981 11,170 37,171 6,944 1,077 2,402 1,094 1,085 581	\$ \$\pmodel{\pmodels}\$ 27,810 39,711 2,460 8,079 2,005 15,413 11,633 4,185 111,296 3,260 114,556 38,079 7,981 11,170 37,171 6,944 1,077 2,402 1,094 1,085 581 107,584 6,972 533 6,439	\$\begin{array}{cccccccccccccccccccccccccccccccccccc

NB Unapproved accounts. At the time this report was sent to the printers our tax status remains unresolved and a provision for tax may be necessary in the final approved accounts that will be submitted at the AGM.



This Report has demonstrated that 1998–1999 has been a very productive and successful year for the Association. However, much remains to be done over the coming years to ensure the continued growth of the Association and to sustain the progress that has been made in both the academic and vocational standing of Sport and Exercise Science. In the future we must:

- secure financial autonomy for the Association and enhance the Association's ability to fund projects and employ staff
- explore the possible advantages offered by company or charitable status
- continue to move toward chartered status
- employ more staff to improve membership services and to meet our objectives
- relocate to new offices which offer best value in both financial and partnership terms
- extend our network of national and international partners through Memoranda of Collaborations and joint projects
- increase the range of membership services we provide
- improve the quality of the newsletter and other forms of communication
- review, and if appropriate, restructure accreditation
- provide a lead in the benchmarking of undergraduate degrees in Sport and Exercise Science.

For BASES to succeed as the lead professional body and research association across a range of sectors, it will call for both strong leadership and the commitment of members' time and voluntary effort. I trust that this annual report will have persuaded you that the Association is making significant progress and enthused you to continue to support our work.

Dr Andy Smith

Chair



n previous years individual BASES officers have produced separate reports that have been tabled at the annual conference. This year, to improve the communication with members, we have collated all of this information into an annual report.

Over the last twelve months, the Association has had a number of significant achievements, which have included:

- increasing the number of members from 1,485 to 1,987
- increasing the number of members on supervisory experience from 109 registered in 1998 to 161 registered in 1999
- increasing the number of BASES accredited members from 198 in 1998 to 227 in 1999 and the number of accredited laboratories from 24 to 26
- continuing to develop new income streams and prudently managing the finances of the Association
- writing, in collaboration with Exercise England, the National Quality Assurance Framework

 Document for Exercise Referral Systems on behalf of the Department of Health
- developing a new working relationship with the British Olympic Association
- working with the QAA to write the benchmarking statements for undergraduate degrees
- · improving the quality of the newsletter.

In addition the Association has put in place a number of exciting developments, for example, plans to collaborate more effectively with international partners, which will lead to long-term development. I believe that collectively these achievements have helped to create an environment in which our members have better career opportunities, access to improved training programmes and increased professional standing. Of course much remains to be done, including the need to continually enhance the quality of our accreditation system and to lobby for increased research funding.

One of the challenges that we have faced this year has been working, proactively, with our accountants to clarify our tax status with the Inland Revenue. This work has included negotiations related to any potential tax liability outstanding from previous years, our tax position for 1998-99 and our future tax status. At the time of writing, not all these matters have been fully resolved but we appear to be moving toward an appropriate conclusion. While dealing with such matters is hardly the reason one stands for election, I believe that this work has been vital to the long-term future of the Association.

None of these achievements and future developments would be possible if it were not for the hard work and dedication of the 60 volunteers who serve on BASES committees and working groups. I would like to thank them all and particularly my colleagues on the Executive who have worked so hard on behalf of the Association and our members.

Dr Andy Smith

Chair

