A guide to employing sport and exercise graduates in the NHS and Public Health

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BASES recommends that it is essential for sport and exercise scientists working in the NHS and Public Health to demonstrate competence by holding an appropriate qualification: Certified Exercise Practitioner (CEP), BASES Accredited Sport and Exercise Scientist or Chartered Scientist. These qualifications verify the knowledge and skills to work across health service domains from public health/education and promotion, to primary and secondary prevention care and clinical research.

For those already employed in the NHS and Public Health without these qualifications, attainment of these should be highly desirable as a means of ensuring the best quality of care for patients and providing an appropriate professional peer network for continuing development.

For further details on the criteria for these qualifications please see the next page and/or visit www.bases.org.uk

The core BASES recommendations for employment are summarised in this table:

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<th>Band 4</th>
<th>Band 5</th>
<th>Band 6 or above</th>
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<td>Individuals should be at least a member of BASES to ensure they are working to a relevant professional code of conduct.</td>
<td>Individuals should be at least a BASES Certified Practitioner (CEP).</td>
<td>Individuals should be a BASES Accredited Sport and Exercise Scientist/Chartered Scientist (CSci).</td>
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The growing need for employing sport and exercise scientists

Physical activity in the prevention of and rehabilitation from the nation’s leading chronic diseases is increasingly becoming a more prominent cost-effective and cost-saving health intervention. In the pursuit of disease prevention and management programmes that are linked to ‘lifestyle’ and healthier communities, employment of sport and exercise science graduates (e.g., exercise physiologists) in the NHS and Public Health has increased substantially.

With a wide array of degrees in sport and exercise on offer and over 8,000 new graduates each year in the UK, the only national body that quality assures the skills and knowledge of these degrees and graduates is BASES.
Indicative criteria of BASES qualifications

**BASES Certified Exercise Practitioner (CEP)**

- A Bachelor’s degree in sport and exercise science, which includes applied physiology, behavioural psychology and movement analyses.
- An advanced vocational exercise instructor qualification recognised at Skills Active Level 4.

**BASES Accredited and Chartered Scientist (CSci)**

- A Bachelor’s degree in sport and exercise science, which includes applied physiology, behavioural psychology and movement analyses.
- Postgraduate studies, preferably an MSc or MRes (Master’s) degree in a relevant area of advanced applied sport and exercise science.
- At least 500 hours in practising applied sport and exercise science in a professional client-centred setting.
- A peer-reviewed portfolio of the above criteria, plus a case-study and supporting documentation of specialist CPD training, the delivery of client education, and participation in knowledge sharing and/or research in applied sport and exercise science.

**About BASES**

BASES is the professional body for sport and exercise sciences in the UK. Our mission is ‘Promoting excellence in sport and exercise sciences.’

**The British Association of Sport and Exercise Sciences**

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