

# BASES Annual General Meeting 2020



The British Association of  
Sport and Exercise Sciences

- Monday 16 November 2020, 4:30 pm, via conference call
- Context:
  - The government passed new legislation (Corporate Insolvency and Governance Act 2020) which provides organisations with some flexibility in the way they are allowed to hold their AGMs.
  - Prior to this new legislation, many organisations like BASES were tied into holding face to face AGMs, requiring a physical presence from attendees in the same location.
  - The government has extended this temporary measure until the end of December 2020, thus allowing our AGM to take place virtually.

# BASES AGM 2020: Agenda



The British Association of  
Sport and Exercise Sciences

- Apologies
- Minutes of previous meeting - 19 November 2019 (R Tong (poll))
- 2019-20 Annual Review (Achievements and Performance) and Financial Statements for the year ending 31 March 2020 (R Tong)
- Recap of 2015-20: Achievements and Performance (I Wilson)
- 2021-25: Strategy and Operational Objectives (I Wilson)
- Special resolution to update the Articles of Association (I Wilson)
- Any other business (R Tong)

# **Board Members (2019-20):**

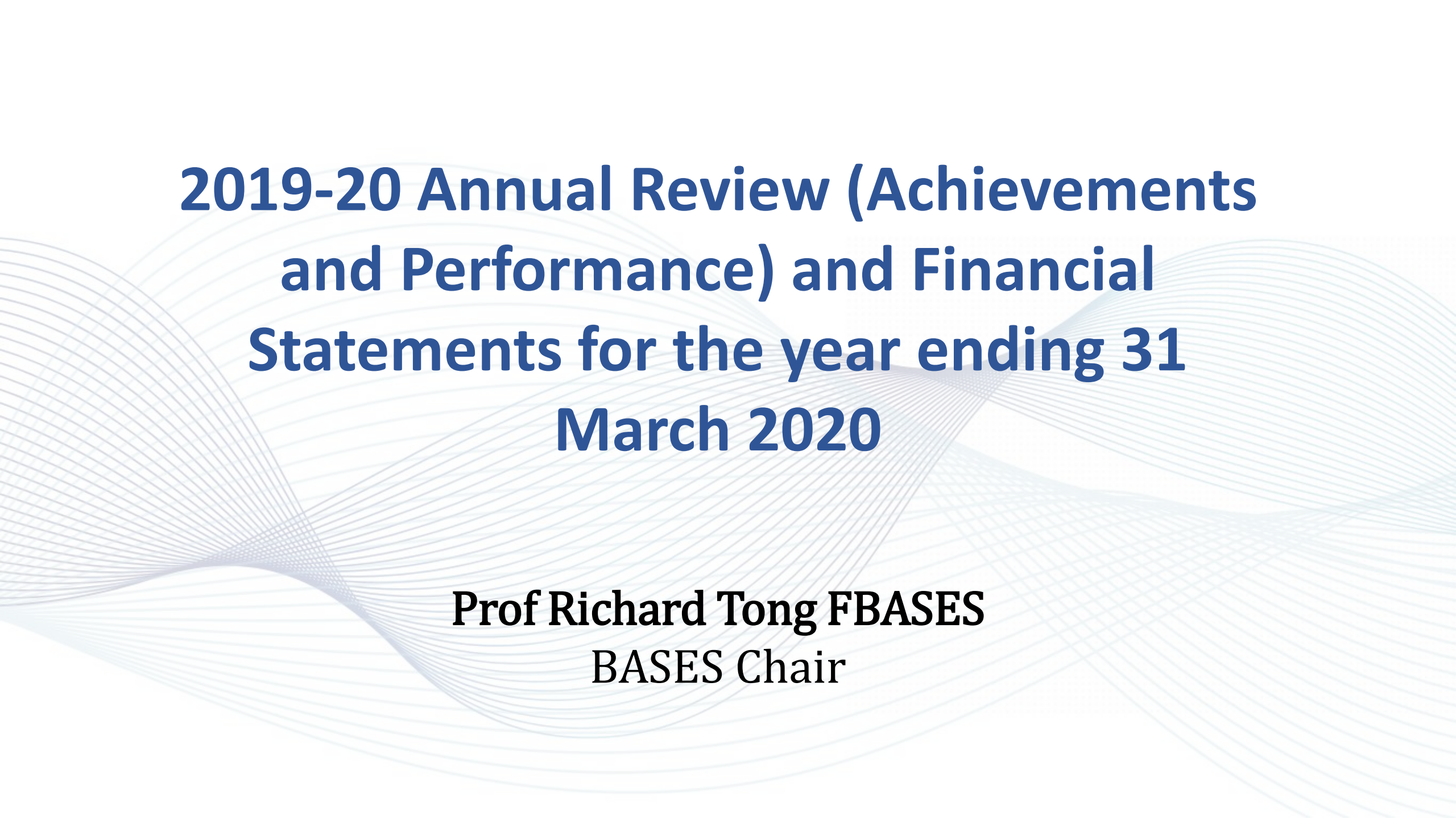
**Chair:** Prof Richard Tong FBASES

**Deputy Chair:** Assoc Prof Adam Hawkey FBASES

**Division Chairs:** Prof David Broom FBASES,  
Dr Adam Grainger FBASES, Prof Zoe Knowles FBASES,  
Dr Mike Price FBASES

**Non-Executive Directors:** Greg Koral, Vinny Leach,  
James Tugwell, Susan Went

**Executive Director:** Ian Wilson



**2019-20 Annual Review (Achievements  
and Performance) and Financial  
Statements for the year ending 31  
March 2020**

**Prof Richard Tong FBASES  
BASES Chair**

# Impact of COVID-19



- The last eight months have truly been challenging and unprecedented times as everyone has adjusted to the impact of the pandemic.
- Whilst many of our events were postponed, a number of global webinars, free to watch live, provided CPD opportunities for our members and for non-members.
- April'20: Expert Statement on Physical Activity and Exercise during COVID-19 'lockdowns' and 'restrictions'
- May'20: A new COVID-19 Special Interest Group was established
- August'20: Position Stand on 'Reopening' of Higher Education institutions' Sport and Exercise Science Departments after Lockdown.
- Future events, until next summer

# BASES: 2019-2020 in numbers



The British Association of  
Sport and Exercise Sciences

## Membership and Engagement

- Total members (Aug'20) = 2,604 (+2.9% vs Aug'19)
  - Professional members: 1,227
  - Student members: 1,077
  - Graduate members: 168
  - Overseas, Affiliate & VIP members: 132
- Twitter followers = 30,702 (+5.9% vs August'19)
- Facebook likes = 5,560 (+12.7%)
- LinkedIn followers = 5,874 (+91.3%)
- Instagram followers = 1,769 (+44.9%)

# Partnerships



The British Association of  
Sport and Exercise Sciences

- BASES were represented on the International Alliance Steering Committee (IASC).
- Foundational Full Membership of the International Confederation of Sport and Exercise Science Practice (ICSESP)
- Relationships and developments continued with
  - English Premier League (EPL)
  - English Institute of Sport (EIS)
  - Sport Northern Ireland (SINI)
  - British Psychological Society (BPS)
  - Association for Applied Sport Psychology (AASP)
  - Talented Athlete Scholarship Scheme (TASS)
  - Careers in Sport.
- Leicester City Football Club became an approved partner of our Accreditation Partnership Scheme, which means that their employees are now eligible to apply for the streamlined accreditation route.

# BASES Annual Conference



The British Association of  
Sport and Exercise Sciences

## 2019 - new location: King Power Stadium, Leicester

- Invited opening and closing keynote speakers plus 14 parallel invited symposia
- Total delegates: 354 (+17 vs. 2018)
- Abstracts submitted: 189 (-5 vs. 2018)

## 2020 – postponed due to COVID-19

## 2021

- Returning to King Power Stadium, Leicester
- 16-17 November 2021



# BASES Student Conference



The British Association of  
Sport and Exercise Sciences

2020 – postponed due to COVID-19

2021

- 7-8 April, Solent University (remote access)
- *“Equality, Diversity and Overcoming Adversity in Sport and Exercise Science”*
- Abstract submission and registration now open

• 2022

- University of Huddersfield

# BASES activities: 2019-2020 in numbers

(annual report includes all recipient details)



The British Association of  
Sport and Exercise Sciences

## Awards & Grants

- 9 x BASES Fellowships awarded
- 1 x International Conference Grant awarded
- 2 x BASES Conference Grants awarded
- 1 x Applied Practitioner Award
- 1 x Early Career Grant awarded
- 5 x BASES Expert Statements funded and published

# BASES activities: 2019-2020 in numbers



The British Association of  
Sport and Exercise Sciences

## Events

- 17th Heads of Department Forum (18 March'20) postponed due to COVID-19
- Next year's HoD forum will be held virtually, 17 March 2021
- Three workshops and all five division events that were planned for this year had to be cancelled due to COVID-19.
- 16 other workshops, 13 linked with the Supervised Experience programme, attended by 85 delegates
- 11 webinars; 1,720 registered; 981 delegates attended live

# BASES activities: 2019-2020 in numbers



The British Association of  
Sport and Exercise Sciences

## Professional Standards

- 366 members hold BASES Sport & Exercise Scientist Accreditation; 189 Chartered Scientists; 55 Certified Exercise Practitioners and 26 High Performance Sport Accredited
- 48 candidates enrolled on Sport & Exercise Psychology Accreditation Route (SEPAR) in 2020, supported by 40 Reviewers and 34 Supervisors
- 155 members are undertaking Supervised Experience, supported by 160 registered supervisors and 138 registered reviewers
- 15 accredited and 2 re-accredited physiology laboratories
- 60 BUES endorsed courses at 43 UK Higher Education Institutions

# BASES Publications

(annual report includes all author details)



The British Association of  
Sport and Exercise Sciences

- 5 new BASES Expert Statements have been published in the last 12 months:
  - ❖ Extracellular Buffering Agents
  - ❖ Use of Music for Movement among People with Parkinson's
  - ❖ Role of High intensity Interval Exercise for Health and Fitness Promotion in Young People
  - ❖ Conducting and Implementing Female Athlete-Based Research
  - ❖ Physical Activity and Exercise During Covid-19 "Lockdowns" and "Restrictions"
- The BASES Career Guide: *A Guide to Careers in Sport and Exercise Science* was updated and launched on 10 August 2020.
- Four editions of *The Sport and Exercise Scientist* were published.
- Position stand published August'20 on the 'reopening' of Sport and Exercise Science departments in Higher Education after lockdown

# Journal of Sports Sciences

- Latest impact factor (IF) = 2.597 (vs. 2.81 in 2018)
- Ranked 27 out of 83 sports-related journals
- 1,800 papers submitted in 2019 (comparable to 2018)
- 11% of submissions accepted for publication (vs. 15% in 2018)

# Significant work and technical developments by:

(annual report includes a summary of details)



The British Association of  
Sport and Exercise Sciences

- **BASES Divisions:**

- Biomechanics and Motor Behaviour
- Physical Activity for Health
- Physiology and Nutrition
- Psychology
- Sport and Performance

- **BASES Special Interest Groups:**

- Biomechanics Interest Group (BIG)
- Clinical Exercise Science and Practice
- Clean Sport
- Paediatric Exercise Science
- Molecular Exercise Physiology
- Sport, Exercise and Health Analytics
- Education and Teaching
- BASES Covid-19

# Key developments



The British Association of  
Sport and Exercise Sciences

- Established a new Equity, Diversity and Inclusion Committee in June'20 with Satvinder (Vinny) Leach appointed the first Board Diversity Champion.
- Updating and developing a new (5<sup>th</sup>) edition of the BASES Physiology Testing Guidelines, volumes 1 and 2
- Revision of the BASES Core workshops for Supervised Experience and SEPAR
- BASES Sport and Exercise Psychology Accreditation Route (SEPAR) officially launched in 1 January 2020
  - Four trialists have completed registration process with the Health and Care Professions Council, now on the Practitioner Psychologist register.
  - Learning resources in development (eight mental health units, learning resources, training day and counselling workshop)
- Plans to develop a new Clinical Exercise Physiologist accreditation to promote UK Clinical Exercise Physiologists working with multiple chronic disease populations



# BASES Operations Team:



The British Association of  
Sport and Exercise Sciences

- MarComms Intern: Amy Taylor (August'19-February'20) and Angus Boyle (March'20-October'20) covered MarComms maternity leave
- MarComms Manager: Emma Forsyth returned from maternity leave at the end September'20
- Professional Development and Partnerships Manager: Sue Watson took up post January'20
- New part-time Administration Officer, Angus Boyle, started 1 November'20

# BASES Board



The British Association of  
Sport and Exercise Sciences

- **New Appointments (since 2019 AGM):**
  - Non-Executive Directors (February 2020)  
Greg Koral, Satvinder (Vinny) Leach, James Tugwell
- Prof Zoe Knowles FBASES appointed Chair-Elect from November 2020
- Three BASES Division Chairs (Dr Adam Grainger FBASES (Sport & Performance), Assoc Prof Adam Hawkey FBASES (Biomechanics and Motor Behaviour) and Prof Zoe Knowles FBASES (Psychology)) have all just concluded their current terms
- **New Division Chair Appointments:**
  - Biomechanics and Motor Behaviour: Dr Andrew Mitchell
  - Psychology: Dr Adam Gledhill FBASES
  - Sport & Performance: Dr Ibrahim Akubat

## **Notes to Financial Statements**

- BASES reported a surplus of £45,352 for the year ended 31 March 2020, driven by an increase in general income and a reduction in general expenditure over the previous year.
- The Board has considered contingencies and mitigating action in the event that income streams are impacted by COVID-19.
- BASES is a not-for-profit organisation; as such, it operates on the basis that it is not seeking to make a profit over the long-term and reserves should be re-invested to support the activities of the Association.
- Total reserves at 31 March 2020 were £338,803.

# Pause and any questions from members

---



- Any questions from this part of the session?
- Members to receive and consider the Annual Report and Financial Statements 2019-2020 (poll)



# **Recap of 2015-20: Achievements and Performance**

**Ian Wilson**  
BASES Executive Director

# Looking back over 2015-2020



The British Association of  
Sport and Exercise Sciences

## Mission

Deliver excellence in sport and exercise sciences

## Vision

Be recognised as the UK's leading professional body in sport and exercise sciences



## BASES Strategic Plan 2015-2020



**Core Values** ■ Equality and diversity ■ Ethics and integrity ■ Good governance ■ Openness and transparency

# Recap: 2015-2020 - Membership



The British Association of  
Sport and Exercise Sciences

- Membership up from 2,389 to 2,604 (increase of 9%)
- Membership satisfaction up from 77% to 82%
- New website launched (June'18) and new CRM system (2017/18)
- Network Representatives Scheme established (2016/17)
- 45 new Fellows appointed
- MoUs: Exercise and Sport Science Australia , Canadian Society for Exercise Physiology, Sport and Exercise Science New Zealand, Chartered Institute for the Management of Sport and Physical Activity
- Accreditation projects: English Institute of Sport and English Premier League
- Signed as Foundational Member of International Confederation of Sport and Exercise Science Practice (2020)

# Recap: 2015-2020 - Events



The British Association of  
Sport and Exercise Sciences

- Annual conferences at St George's Park, East Midlands Convention Centre (2), Harrogate International Convention Centre and King Power Stadium attracted 1,841 delegates, with 1,004 abstracts and 107 exhibitors
- Student conferences took place at Liverpool John Moores Univ, Bangor Uni, Uni of St Mark and St John, Northumbria Uni and Univ of Dundee & Abertay Uni, attracting 1,256 delegates
- 103 workshops were delivered, supporting 1,478 delegates
- 44 webinars were delivered, with 13,072 delegates registering
- CPD Endorsement scheme launched (16/17) – 16 courses endorsed
- 315 attendees at the HoD events at Staffordshire Uni (4) and Coventry Uni



# Recap: 2015-2020 - Standards



The British Association of  
Sport and Exercise Sciences

- Over this period, there has been an average of 150 registered Supervisors and 117 registered Reviewers, supporting an average of 158 Supervised Experience candidates.
- Per year, over this period, there has been an average of 310 BASES Accredited members, 195 Chartered Scientist, 42 Certified Exercise Practitioners and 28 High Performance Sport Accredited members.
- Sport and Exercise Psychology Accreditation Route was approved by the Health and Care Professions Council in July'19; 48 candidates have enrolled in 2020
- An average of 19 laboratories per year were BASES accredited
- In 2017/18, a BUES Review Task Force was set up. Over the 2015-20 period, the number of BASES Undergraduate Endorsement Scheme courses has increased from 37 to 60

# Recap: 2015-2020 - Publications



The British Association of  
Sport and Exercise Sciences

- Four quality editions of The Sport and Exercise Scientist were published each year
- 17 Expert Statements (full open access) were produced, with over 16,000 views/downloads
- An average of 1641 papers each year were submitted to the Journal of Sports Sciences, with an average of 16% published
- Social Media followings have increased significantly over the period, up 86% across all platforms:
  - Twitter from 20,193 to 30,702, Facebook from 3,331 to 5,560, LinkedIn from 1,712 to 5,874 and Instagram from 111 to 1,769
- The updated BASES Career Guide: *A Guide to Careers in Sport and Exercise Science* was launched in August'20
- Reciprocal agreement with the Association for Applied Sport Psychology was signed in 2020 to access to each organisation's publications

# Pause and any questions from members

---



The British Association of  
Sport and Exercise Sciences

Any questions from this part of the  
session?

# Evolving: Then to Now....

---



The British Association of  
Sport and Exercise Sciences

All in all, some good progress over the last five years, but still lots to do.....

So, what's the new 2021-2025 BASES strategy all about?

It's growing an association and active community which you are proud to be part of, which delivers the professional status, knowledge, guidance and connections you need to excel, whilst providing value for money

# The British Association of Sport and Exercise Sciences (BASES)



***“Leading the advancement of knowledge and evidence-based practice within the sport and exercise sciences for the benefit of human performance, health and education ”***

# 2021-2025 Strategic Plan



The British Association of  
Sport and Exercise Sciences

## Our Vision

To deliver excellence in sport and exercise sciences

## Our Mission

To lead the advancement of knowledge and evidence-based practice within the sport and exercise sciences for the benefit of human performance, health and education



**BASES** Strategic Plan  
2021-2025



**Core Values** ■ Equality, Diversity and Inclusion ■ Ethics and integrity ■ Openness and transparency ■ Good governance

# Our Vision, Mission, Strategic Objectives and Values



The British Association of  
Sport and Exercise Sciences

## Our Vision:

To deliver excellence in sport and exercise sciences

## Our Mission:

To lead the advancement of knowledge and evidence-based practice within the sport and exercise sciences for the benefit of human performance, health and education

## Strategic Objectives:

1. To enhance BASES status as *the* professional standards body for sport and exercise sciences in the UK
2. To grow BASES reputation as the leading expert body for sport and exercise sciences through strategic partnerships and advocacy
3. To drive step-change in membership by enhancing our value proposition to sport and exercise science professionals
4. To establish financial sustainability through new and existing secure and long-term income streams
5. To develop our governance model and define our organisational status to support the effective delivery of the BASES mission

## Values:

>Equality, Diversity and Inclusion   >Ethics and Integrity   >Openness and Transparency   >Good Governance

# 2021-25 Strategic Objectives - Overview



The British Association of  
Sport and Exercise Sciences

	2021-25 Strategic Objective	2025 Outcome
SO1	To enhance BASES status as the professional standards body for sport and exercise sciences in the UK	Our work will mean that BASES will be recognised and acknowledged as the UK's leading professional body in sport and exercise sciences
SO2	To grow BASES reputation as the leading expert body for sport and exercise sciences through strategic partnerships and advocacy	Our work will mean that partners acknowledge that BASES is the lead organisation for sport and exercise sciences in the UK
SO3	To drive step-change in membership by enhancing our value proposition to sport and exercise science professionals	Our work will encourage membership, as the improved proposition will mean that sport and exercise science practitioners will be better connected, more knowledgeable and confident to do their roles.
SO4	To establish financial sustainability through new and existing secure and long-term income streams	Our work will mean that BASES is central to the sport and physical activity landscape, enabling more diversified income streams, for long-term sustainability
SO5	To develop our governance model and define our organisational status to support the effective delivery of the BASES mission	Our work will mean that the board will receive the information it needs to put good governance into practice and the Association can conduct its work compliant with regulations and strategic goals



# Strategic Objective 1 (SO1)



The British Association of  
Sport and Exercise Sciences

2021-25 Work Strand	2021-25 Focus	High level 2021-22 (Year 1) Priorities
WS1:	Develop and engage network(s) of key employers, deployers and stakeholders to consult on professional standards in sport and exercise science to ensure fit-for-purpose and to drive recognition and legitimacy of BASES accreditations	<ul style="list-style-type: none"> <li>• Build working relationships with new employers and deployers, including Institutes of Sports, Professional Sports and high achieving performance sports</li> <li>• Identify topics of mutual interest which will enable BASES to develop strategic relationships and operational deliverables with leading experts in our field of scope</li> <li>• Continue developments regarding an International Alliance body</li> </ul>
WS2:	Define BASES role in setting and administering standards for exercise, physical activity and health professionals; develop communication and implementation plans	<ul style="list-style-type: none"> <li>• Continue to recognise excellence through awards and grants</li> <li>• Produce expert statements on current and future issues</li> <li>• Produce position stands on current and future issues</li> </ul>
WS3:	Work with key partners to identify and develop/refine education, training and CPD products that meet employer and workforce needs	<ul style="list-style-type: none"> <li>• Review all accreditation programmes to ensure processes are streamlined and Gold standards are maintained</li> <li>• Establish Task &amp; Finish Groups to consider the Physical Activity for Health agenda and opportunities and to review the requirements for elite sport</li> <li>• Continue to endorse partner CPD events</li> </ul>

# Strategic Objective 2 (SO2)



The British Association of  
Sport and Exercise Sciences

2021-25 Work Strand	2021-25 Focus	High level 2021-22 (Year 1) Priorities
WS4:	Develop and engage network(s) of key employers and industry stakeholders to consult on professional standards in sport and exercise science to ensure fit-for-purpose and to drive recognition and legitimacy of BASES accreditations	<ul style="list-style-type: none"> <li>• Host a quality annual Heads of Department Forum</li> <li>• Develop the concept of convening a quality event for high performance institutions, partners, employers and deployers</li> </ul>
WS5:	Develop strategic framework for stakeholder management; define BASES value proposition, strategic priorities and partnership development process	<ul style="list-style-type: none"> <li>• Implement a new stakeholder management framework</li> <li>• Develop and Communicate a strong BASES value proposition</li> <li>• Strengthen relationships with existing partners</li> <li>• Increase our social media presence</li> </ul>
WS6:	Enhance BASES leadership role in the sector through partnerships, advocacy, sharing of knowledge / expertise and flagship events	<ul style="list-style-type: none"> <li>• Deliver outstanding Annual- and Student Conference</li> <li>• Provide authoritative and cutting-edge workshops, webinars and events</li> <li>• Develop an engagement strategy for BASES Fellows and senior members, to build BASES' reputation and lever credibility</li> </ul>

# Strategic Objective 3 (SO3)



The British Association of  
Sport and Exercise Sciences

2021-25 Work Strand	2021-25 Focus	High level 2021-22 (Year 1) Priorities
WS7:	Conduct market research to gain insight about drivers and barriers to, and perceptions of, BASES membership.	<ul style="list-style-type: none"> <li>• Commission market research to gain insight about drivers, barriers and retainers to BASES membership (for both recruitment and retention)</li> <li>• Undertake research regarding student membership drop-off and how BASES can better support students</li> <li>• Review membership categories and benefits</li> </ul>
WS8:	Apply learnings to enhance value proposition of membership to professionals working in applied context	<ul style="list-style-type: none"> <li>• Consider key elements from the market research</li> </ul>
WS9:	Apply learnings to enhance value proposition of membership to professionals working in academia.	<ul style="list-style-type: none"> <li>• Consider key elements from the market research</li> </ul>
WS10:	Marketing campaign to drive industry-wide awareness of BASES membership proposition	<ul style="list-style-type: none"> <li>• Develop and deliver a successful Brand Awareness Strategy to help members buy into the vision and become an active member</li> <li>• Seek member satisfaction levels</li> </ul>

# Strategic Objective 4 (SO4)



The British Association of  
Sport and Exercise Sciences

2021-25 Work Strand	2021-25 Focus	High level 2021-22 (Year 1) Priorities
WS11:	Set parameters (net surplus/deficit) for existing income and expenditure streams and develop implementation plans for targeted revenue growth or cost reduction	<ul style="list-style-type: none"> <li>• Agree annual budgets (income targets, staff expenditure and operational expenditure)</li> <li>• Full review of BASES suppliers to identify cost savings in major expenditure areas (artwork and print, travel, conference)</li> <li>• Conduct reviews of current accreditation / endorsement schemes and of membership subscription to identify potential changes to fees or costs</li> </ul>
WS12:	Identify, assess and develop plans for new investment and revenue streams	<ul style="list-style-type: none"> <li>• Seek sponsorship / commercial opportunities and target advert revenue opportunities</li> <li>• Identify, develop and implement Division CPD events (Workshops, Webinars)</li> <li>• Develop and deliver workshops relating to expert statements to other countries to extend BASES' exposure</li> </ul>
WS13:	Develop a fit-for-purpose risk and financial planning, reporting and monitoring framework to support financial decision-making	<ul style="list-style-type: none"> <li>• Create a new Risk Management Policy, Procedures and Register, rolling out training to staff and the Board</li> </ul>

# Strategic Objective 5 (SO5)



The British Association of  
Sport and Exercise Sciences

2021-25 Work Strand	2021-25 Focus	High level 2021-22 (Year 1) Priorities
WS14:	Explore and assess options for BASES future organisational status; develop roadmap for change	<ul style="list-style-type: none"> <li>• Consider the entity status of the organisation</li> <li>• Consider any mergers or acquisitions</li> </ul>
WS15:	Review and evaluate BASES Board structure, process and effectiveness	<ul style="list-style-type: none"> <li>• Review the Governance structure, including the structure of the Board, and the recruitment and appointment process to the Board</li> <li>• Review the key policies and documents</li> <li>• Review Board effectiveness</li> <li>• Establish a Task and Finish Group to review the organisational values</li> </ul>
WS16:	Review and evaluate BASES sub-committee structure, processes and roles and responsibilities, for greater accountability	<ul style="list-style-type: none"> <li>• Review and evaluate the structure of the sub-committees (divisions and structure)</li> <li>• Review and evaluate the roles, responsibilities and functions of the sub-committees</li> <li>• Promote diversity, inclusion and equality by advancing the key actions within the Diversity Action Plan</li> </ul>

# Pause and any questions from members

---



The British Association of  
Sport and Exercise Sciences

Any questions from this part of the  
session?

# Special resolution to update the Articles of Association



The British Association of  
Sport and Exercise Sciences

- Articles of Association set out the rules by which an organisation operates, including how its AGM's are held
- The current BASES Articles of Association are based on the articles that were compliant with Companies Acts 1985 and 1989. A key constraint with the current articles does allow for virtual AGMs to be held\*. Whereby the meaning of 'place' is read as a physical location and 'present' requires a physical presence in the meeting at the location.
- Since May 2020, work has taken place to review of our Articles in relation to basing them on the new articles (Companies Act 2006) to provide this flexibility in addition updating and adding new sections to reflect BASES as it is.
- Recommendation: to adopt the new Memorandum and Articles of Association (poll)
- If approved, the *Special Resolution to adopt new Memorandum and Articles of Association* will be completed and submitted to Companies House, with a copy of the new Memorandum and Articles of Association

\*Current AGM is being held virtually due to temporary national legislation which overrides the restriction



# Any other business



# Final questions from members

---



The British Association of  
Sport and Exercise Sciences

Any final questions from the virtual floor?

Thank you for attending and for your support  
of BASES