

The British Association of Sport and Exercise Sciences  
Annual Report and Financial Statements  
2017-2018





## The Board Report

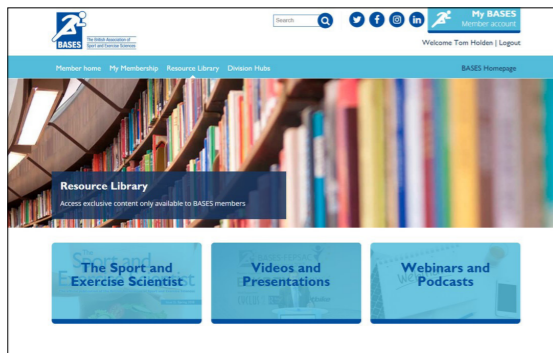
The Board has pleasure in presenting the British Association of Sport and Exercise Sciences (BASES) annual report (September 2017 - August 2018) and the financial statements for the year ended 31 March 2018. The main attention of the Board has been given to the items identified in the 2015-2020 Strategic Plan, which has four strategic imperatives: membership, professional standards, events and publications.

### Communications

BASES launched its new website in June 2018. This project began in 2017, with the objectives of improving the website's quality, usability and design. With simpler navigation, clearer layouts and a revamped Members' Area, the new website will improve the presence of the Association online, providing clear, accurate and easy to find information to visitors, and enhancing the experience of BASES members via the online resource library.

In conjunction with the development and launch of the new website, BASES has also made the transition to a new database and Customer Relationship Management (CRM) system. In addition to improving BASES data management and reporting capabilities, the new CRM system also sets the foundation for delivering BASES member engagement strategy by enabling the customisation of member communication and the development of tailored member products and services.

BASES continues to grow its social media presence, with 26,900 Twitter followers (+10% vs. August 2017) and 4,493 Facebook likes (+11% vs. August 2017), 2,193 LinkedIn members (+25% vs. August 2017) and 375 Instagram followers (+109% vs. August 2017).



Above: BASES new website features an extensive resource library featuring videos, webinars and more

### Membership

The BASES membership satisfaction survey, conducted in January 2018, showed member satisfaction remained unchanged from the prior year at 77% ('satisfied' or 'very satisfied' with BASES membership). The survey helps BASES to understand the demographics of its membership and obtain members' views on BASES membership packages, products and benefits.

The Sport and Exercise Scientist, webinars and Division Days were rated by members as the most valued membership benefits. The least valued member benefit

was the BASES Members' Area; with the launch of the new website and plans in place for further development of the online resource library, it is hoped perceptions of this member benefit will improve. Survey results also showed the importance of engaging with the Association, with members who have engaged with BASES (attending events, undertaking committee roles, etc.) reporting significantly higher satisfaction than members who have not engaged.

Average membership in 2017-18 has remained stable, with total membership standing at 2,416 (Sept 2017 - Aug 2018) compared to 2,435 (Sept 2016 - Aug 2017). More clearly defined member category eligibility rules has resulted in a drop in the number of student members (-12%), but has supported growth in graduate members (+129%) and professional members (+3%), resulting in a year on year increase in overall membership income of +13%.

BASES Fellowship recognises esteemed professional achievement, skills, knowledge and service to BASES and the sport and exercise science community made by BASES professional members. Six BASES members have been awarded Fellowship in 2018: Prof Barry Drust, Dr Jonathan Katz, Prof Derek M Peters, Dr Garry Tew, Prof Dylan Thompson and Dr Matthew Weston, bringing the total number of BASES Fellows to 112.

BASES continues to engage and develop relationships with stakeholders in the UK and abroad. Following the signing of a Memorandum of Understanding (MOU) with Exercise and Sports Science Australia (ESSA) in 2017, BASES is now close to finalising similar MOU agreements with the Canadian Society for Exercise Physiology (CSEP) and Sport and Exercise Science New Zealand (SESNZ). Once in place, BASES members will benefit from exclusive resources and receive discounts to a range of online courses and in-person events.

In January 2018, BASES and the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) signed a MOU formally recognising a shared commitment to developing a professional standards framework for the sport and physical activity sector. The MOU affirms BASES status as the leading authority governing professional standards in sport and exercise science.

### Professional Standards

There are 172 BASES members undertaking Supervised Experience (up from 166 in 2016) with 160 registered supervisors and 123 reviewers supporting the scheme. All of BASES accreditations have seen increases in numbers over the last year: there are now 311 BASES Accredited Sport and Exercise Scientists, 202 Chartered Scientists, 41 Certified Exercise Practitioners, 31 members holding High Performance Sport Accreditation and 20 accredited physiology laboratories. In 2018, the Swedish Winter Sports Research Centre at Mid Sweden University became the first physiology laboratory from outside of the British Isles to gain BASES laboratory accreditation; Mid Sweden University were joined by the University of Brighton and the University of Winchester as new additions to the list of BASES accredited laboratories in the last year.

The BASES Undergraduate Endorsement Scheme (BUES) has 56 registered courses at 39 higher education institutions. Plymouth Marjon University, St Marys University, the University of Gloucestershire and the University of Surrey all had courses endorsed or re-endorsed this year. The BUES Review Task Group has now completed its review of the current BUES scheme resulting in the development of a revised set of criteria and new application documents. The recommended changes will require applicant institutions to evidence how their undergraduate programmes provide students with the opportunity to develop core knowledge, technical skills and professional competencies. The aim of the re-vamped scheme will be to continue the rigorous and robust quality assurance of sport and exercise science degrees, while allowing for more flexibility in how undergraduate programmes are structured and delivered.

### Events

The Association continues to provide a regular and varied calendar of continuing professional development (CPD) opportunities, including conferences, webinars and workshops.

The BASES-FEPSAC Annual Conference 2017 was held on 28-29 November at the East Midlands Conference Centre in Nottingham. The Scientific Programme Committee, chaired by Prof Greg Whyte OBE, FBASES developed a world-class programme, including keynote lectures from Dr Angus Mugford, Prof Cathy Craig and Prof Sir Muir Gray CBE, who helped to make the event one of the most successful conferences in BASES history. There were 423 conference attendees, 246 abstracts submitted and 26 exhibitors. Abstracts of all presentations were published in an online supplement of the *Journal of Sports Sciences*. Thanks to our platinum conference partners, BLK BOX and Renew Health Limited; and gold conference supporters, Cyclus2, Routledge and Wattbike.

BASES Annual Conference 2018 will be held on 27-28 November 2018 at Harrogate Convention Centre in North Yorkshire. The Scientific Programme Committee, chaired by Prof John Saxton FBASES, has put together an exciting, eclectic programme that will explore a multitude of topics under the conference theme *Sport and exercise science: from insight to impact*.

The BASES Student Conference 2018 - *Contemporary issues in sport and exercise sciences: translating research into human performance* - was hosted by the Department of Sport, Exercise, and Rehabilitation at Northumbria University. The conference was attended by 250 delegates representing 38 UK institutions and eight elite sporting organisations. Conference abstracts were published in the June 2018 issue of the *Graduate Journal of Sport, Exercise and Physical Education Research*. Keynotes were delivered by Esme Matthew, Laura Needham, Dr Jon Leeder, Dr Jess Hill, Luke Gupta, Nick Grantham, Prof Graeme Close FBASES, Michael Naylor and Dr Steve Ingham FBASES. The BASES Student Conference 2019, titled *Sport and Exercise Science - Transforming Lives*, will be held at the University of Dundee and Abertay University on 17-18 April 2019.

The 15th annual BASES Heads of Department forum (HoDs) was hosted by Staffordshire University in March 2018, welcoming 52 delegates from 37 universities. Following feedback, the forum adopted a new panel-style approach, which included six short presentations with questions



Above: Dr Angus Mugford delivers the opening keynote lecture at the BASES-FEPSAC Conference 2018 in Nottingham





and discussion, covering the events key themes: working with industry and student engagement. Greater time was then spent discussing these themes in break-out workshops, enhancing the networking opportunities and sharing of good practice between delegates.

BASES ran 21 workshops and Division events over the past year, attended by a total of 522 delegates. 14 of the workshops were linked with the Supervised Experience programme. BASES hosted 10 webinars, with 1,490 delegates attending live. The BASES CPD endorsement scheme, introduced in 2017, has proved successful; seven CPD events and courses received endorsement in the last year, with further applications in the pipeline. The CPD endorsement scheme enables BASES to expand its CPD offering, while it continues to encourage members to organise and host workshops through their Division CPD representatives.

## Publications

The *Journal of Sports Sciences* continues to progress and to perform well. 1,827 papers in total were submitted for publication in 2017 (+28% vs. 2016), with 9% of submissions accepted for publication in the journal. The impact factor for the journal has risen to a historic high of 2.73 (up from 2.53 in 2016-17), resulting in it being ranked 19 out of 81 journals in the sport sciences field. The changes to the Editorial Board structure in 2016, involving a move from 12 sections to five sections, each led by an Executive Editor and supported by Associate Editors, have been successful, particularly in alleviating heavy workloads. Some concerns remain over workload and the journal's future impact factor, particularly given the loss of the Science and Medicine in Football supplement, which is now published separately.

The Sport and Exercise Scientist continues to be rated highly by members in the BASES membership feedback survey. This year there has been a good mixture of sourced articles and those submitted by BASES members. In the past year there have been a number of changes to the composition of the Editorial Advisory Board, which now comprises of 11 members. BASES published three new expert statements in 2018 on the following topics: *The Process and Outcomes of Developing Exercise*; *Guidelines for Adults with Spinal Injury*; *Exercise Training for People with Intermittent Claudication due to Peripheral Arterial Disease*; and *The Role of Breakfast-Physical Activity Interactions for Energy Balance and Metabolic Health*.



**Above:** BASES launched its new Guide to Careers in Sport and Exercise Science in 2018, providing guidance, information and advice

## Divisions

The Division of Biomechanics and Motor Behaviour held another successful Biomechanics Interest Group (BIG) meeting, hosted at the University of Salford in April. Notable highlights included keynote lectures from Dr Paul Barratt and Dr Daniel Fong. BIG 2019 will be hosted by Loughborough University. The Division committee has had a number of personnel changes this year, as it continues its efforts to organise workshops, webinars and events for members. As a Division, we have a number of initiatives underway that aim to increase the attendance and participation of biomechanists at the annual conference; and increase numbers undertaking BASES Accreditation and Supervised Experience. Finally, Dr Mark Robinson and his team

at Liverpool John Moores University have been awarded the hosting of the International Society of Biomechanics in Sport conference in 2020 (ISBS2020) and BASES is exploring how the Division of Biomechanics and Motor Behaviour can play a key role in the success of this event.

The Division of Physical Activity for Health held its annual Division Day at Coventry University in February, with keynote talks from Prof Tracey Devonport FBASES and Dr Alex Rowlands, alongside opportunities for early career researchers to present their work. A further Division event was held in June, in conjunction with the University of Cumbria, focusing on the topic of active ageing. The Division hosted two webinars, presented by Dr Charlotte Edwardson and Dr Thomas Yates on sitting and sedentary behaviour; and Dr Paul Kelly on validity and reliability issues in physical activity and sedentary behaviour research. The Division took a lead role in writing an international consensus statement on the role of sport, exercise and physical activity in closing the life expectancy gap. This statement comprises collaborative work by BASES, Exercise & Sports Science Australia (ESSA), the American College of Sports Medicine (ACSM) and Sport and Exercise Science



**Above:** BASES Division Days have been very popular, with over 300 members taking advantage of our annual free members-only events

New Zealand (SESNZ) and was recently published in the *Translational Journal of the ACSM*.

The Division of Physiology and Nutrition held a successful Division Day in May with speakers covering various areas of interest, ranging from the physiology underpinning sports such as rugby and hockey, transplant athletes and reflections on randomised control trials examining high intensity training in Crohn's Disease. The addition of a specific postgraduate student section at the Division Day was well received.

There was encouraging interest from delegates in hosting the next Division Day, with numerous speakers volunteering their time. A number of physiology and nutrition-focused BASES endorsed CPD events have been approved by the Division's CPD representative, including: the ISSN Graduate Diploma in Applied Sports and Exercise Nutrition and the Certificate of Integrative Sports Nutrition course.

The Division of Psychology has forged ahead with a number of key initiatives, with a focus on high quality professional development and continuing education opportunities for members. A core project has been the development of the Sport and Exercise Psychology Accreditation Route (SEPAR), which will lead to BASES members having the opportunity to earn rights to the title 'Sport and Exercise Psychologist'. The visit by the Health and Care Professions Council (HCPC) will take place in November. Division events have continued to be popular with an oversubscribed pre-conference workshop prior to BASES-FEPSAC Conference 2017, and a successful Division Day hosted by Nottingham Trent University in May 2018. Over 120 delegates subscribed for this free-to-members event, with excellent keynotes and workshops representing the three core strands of the Division. In an effort to encourage member engagement and increase value for money around the BASES Conference, the Division is again staging a pre-conference day hosted by Leeds Beckett University. The Division continues to focus on maximum benefit for members by drawing on the great expertise from the body of experts that BASES has.

The Division of Sport and Performance held a marquee event in April 2018. Two leading researchers, Prof Samuele Marcora and Prof Alan St Clair Gibson, participated in a much-anticipated debate examining the brain regulation of exercise performance. After 3 years of Twitter sparring, Dr Ibrahim Akubat brought together these two heavyweights, sparking great interest on social media and prompting plans for future debates in other sport and performance topics. The Division also organised two webinars, with Dr Paul Comfort investigating weightlifting derivatives and Dr Iain Duncan exploring sleep in elite sport. Lastly, the Division is in the process of formulating plans for how to develop its offer to members based on feedback received from delegates and members, with a specific focus on early career practitioners, internships and establishing fair pay and working conditions in elite sport environments.

## Finance

BASES reported a deficit for the year ended 31 March 2018 of £29,410, driven by investment in capital projects including improvements to BASES IT infrastructure and website. 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 2018 were £317,560. Further investment is planned for the year 2018-19, as the Association seeks to build its capabilities and develop new opportunities and benefits for members.

## Acknowledgements

The success of BASES relies heavily on members engaging and volunteering in activities. Consequently, the Board wholeheartedly thanks those individuals who have contributed their time and energy to the Association over the past year. In particular, the Board would like to thank Dr Keith Tolfrey FBASES, who steps down as Chair of the Association this year, in recognition of the many years of dedicated service he has given to BASES during his 3-year tenure as Chair of the Association and 8 years serving on the BASES Board.

As the outgoing Chair of BASES, Dr Keith Tolfrey FBASES would like to express his gratitude and appreciation to all members of the Association for their support during his tenure as Chair.





## Company Information and Report of the Directors for the year ended 31 March 2018

### Company Information for the year ended 31 March 2018

#### Directors

Dr K Tolfrey FBASES (Chair) • Prof C Harwood FBASES (Deputy Chair)  
Mrs R Brougham • Prof M Duncan FBASES • Dr A Grainger • Mr A Hawkey  
Mr T Holden (Executive Director) • Dr M Price FBASES • Mr P Scott.

#### Secretary

Miss J A Bairstow.

#### Registered office

Rooms G07 & G08 Fairfax Hall, Leeds Beckett University, Headingley Campus,  
Headingley, Leeds, West Yorkshire, LS6 3QS.

#### Registered number

05385834 (England and Wales).

#### Accountants

Kirk Newsholme, Chartered Accountants, 4315 Park Approach,  
Thorpe Park, Leeds, West Yorkshire, LS15 8GB.

### Report of the Directors for the year ended 31 March 2018

The directors present their report with the financial statements of the company for the year ended 31 March 2018.

#### Principal activity

The principal activity of the company in the year under review was that of promoting evidence-based practice and research in sport and exercise sciences through conferences, workshops and publications.

#### Directors

The directors shown below have held office during the whole of the period from 1 April 2017 to the date of this report:

Dr K Tolfrey FBASES (Chair) • Mrs R Brougham • Prof M Duncan FBASES • Dr A Grainger  
Prof C Harwood FBASES (Deputy Chair) • Mr A Hawkey • Dr M Price FBASES • Mr P Scott

Other changes in directors holding office are as follows:

Dr C Hitchings FBASES .....resigned 3 May 2017  
Mr T Holden (Executive Director).....appointed 30 May 2017  
Prof R Tong FBASES (Chair Elect).....appointed 30 January 2018

#### Company objectives

The objects of the company are the promotion of research in sport and exercise sciences, the encouragement of evidence-based practice in sport and exercise sciences, the distribution of knowledge in sport and exercise sciences, the development and maintenance of high professional standards for those involved in sport and exercise sciences and the representation of the interests of sport and exercise sciences both nationally and internationally and the company is a 'not for profit' organisation.

## Company Information and Report of the Directors for the year ended 31 March 2018

### Statement of directors' responsibilities

The directors are responsible for preparing the financial statements in accordance with applicable law and regulations.

Company law requires the directors to prepare financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The financial statements are required by law to give a true and fair view of the state of affairs of the company and of the income and expenditure of the company for that period. In preparing these financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

#### On behalf of the Board:

**Dr K Tolfrey FBASES - Director  
Chair**

15 August 2018





## Income and Expenditure Account for the year ended 31 March 2018 and 31 March 2017

		2018	2017
	Notes	£	£
<b>Income</b>	3	322,449	326,069
Expenditure		<u>122,936</u>	<u>101,143</u>
<b>Gross surplus</b>		199,513	224,926
Office expenses		<u>228,948</u>	<u>188,714</u>
<b>Operating (deficit)/surplus</b>		(29,435)	36,212
Interest receivable and similar income		<u>46</u>	<u>61</u>
<b>(Deficit)/surplus before taxation</b>		(29,389)	36,273
Tax on (deficit)/surplus		<u>21</u>	-
<b>(Deficit)/surplus for the financial year</b>		<u>(29,410)</u>	<u>36,273</u>

## Balance Sheet at 31 March 2018 and 31 March 2017

		2018		2017	
	Notes	£	£	£	£
<b>Fixed assets</b>					
Tangible assets	5		1,238		1,223
<b>Current assets</b>					
Debtors	6	126,525		90,776	
Cash at bank and in hand		<u>346,007</u>		<u>381,675</u>	
		472,532		472,451	
<b>Creditors</b>					
Amounts falling due within one year	7	<u>156,210</u>		<u>126,704</u>	
<b>Net current assets</b>			<u>316,322</u>		<u>345,747</u>
<b>Total assets less current liabilities</b>			<u>317,560</u>		<u>346,970</u>
<b>Reserves</b>					
Income and expenditure account			<u>317,560</u>		<u>346,970</u>
			<u>317,560</u>		<u>346,970</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2018.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2018 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements have been prepared in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the Board of Directors on 15 August 2018 and were signed on its behalf by:

**Dr K Tolfrey FBASES - Director  
Chair**





## Statement of Changes in Equity for the year ended 31 March 2018

	Retained earnings £	Total equity £
<b>Balance at 1 April 2016</b>	310,697	310,697
<b>Changes in equity</b>		
Total comprehensive income	<u>36,273</u>	<u>36,273</u>
<b>Balance at 31 March 2017</b>	<u>346,970</u>	<u>346,970</u>
<b>Changes in equity</b>		
Total comprehensive income	<u>(29,410)</u>	<u>(29,410)</u>
<b>Balance at 31 March 2018</b>	<u><u>317,560</u></u>	<u><u>317,560</u></u>

## Notes to the Financial Statements for the year ended 31 March 2018

### 1. Statutory information

The British Association of Sport and Exercise Sciences is a private company, limited by guarantee, registered in England and Wales. The company's registered number and registered office are as below:

Registered Number: 05385834

Registered Office: Rooms G07 & G08 Fairfax Hall, Leeds Beckett University  
Headingley Campus, Headingley, Leeds, West Yorkshire LS6 3QS

### 2. Accounting policies

#### Basis of preparing the financial statements

These financial statements have been prepared in accordance with Financial Reporting Standard 102 "The Financial Reporting Standard applicable in UK and Republic of Ireland" and the Companies Act 2006 as applicable to companies subject to the small companies regime. The disclosure requirements of section 1A of FRS 102 have been applied other than where additional disclosure is required to show a true and fair view.

The financial statements have been prepared under the historical cost convention.

#### Turnover

Membership fees are recognised in the income and expenditure account over the period of membership.

All other income is recognised as it is earned and the company has obtained the right to the consideration.

#### Tangible Fixed Assets

Tangible fixed assets are stated at purchase cost together with any incidental expenses of acquisition, net of depreciation and any provision for impairment.

Depreciation is provided on all tangible assets at rates calculated to write off the cost less estimated residual value of each asset on a straight line basis over its expected useful life.

Fixtures and fittings - 10% on cost  
Computer equipment - 10% and 50% on cost

Residual value represents the estimated amount which would currently be obtained from disposal of an asset after deducting estimated costs of disposal, if the asset were already at an age and in the condition expected at the end of its estimated useful life.

The need for any fixed asset impairment write down is assessed by comparison of the carrying value of the assets against the higher of realisable value and value in use.

The gain or loss arising on the disposal of an asset is determined on the difference between the sale proceeds and the carrying value of the asset, and is recognised in the profit and loss account.





## Notes to the Financial Statements for the year ended 31 March 2018

### 2. Accounting policies (continued)

#### Financial Instruments

Financial assets and financial liabilities are recognised when the company becomes a party to the contractual provisions of the instrument.

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the company after deducting all of its liabilities.

All financial assets and liabilities are initially measured at transaction price (including transaction costs), except for those financial assets classified as at fair value through profit and loss, which are initially measured at fair value (which is normally the transaction price excluding transaction costs), unless the arrangement constitutes a financing transaction. If an arrangement constitutes a financing transaction, the financial asset or financial liability is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

The following assets and liabilities are classified as basic financial instruments - trade debtors, other debtors, cash and bank balances, trade creditors and other creditors.

Trade debtors, other debtors, cash and bank balances, trade creditors and other creditors are measured at the amortised cost equivalent to the undiscounted amount of cash or other consideration expected to be paid or received.

#### Taxation

As the company's activities are undertaken not with a view to realising a profit but to advance the promotion of research into sports sciences and the other objectives set out in the Directors' Report, HMRC have agreed that only the company's other income is subject to corporation tax.

#### Pension costs and other post-retirement benefits

The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to profit or loss in the period to which they relate.

#### Impairment of assets

Assets, other than those measured at fair value, are assessed for indicators of impairment at each balance sheet date. If there is objective evidence of impairment, an impairment loss is recognised in profit and loss as described below.

#### Non financial assets

An asset is impaired when there is objective evidence that, as a result of one or more events that occurred after initial recognition, the estimated recoverable value of the asset has been reduced. The recoverable amount of an asset is the higher of its fair value less costs to sell and its value in use.

#### Financial assets

For financial assets carried at cost less impairment, the impairment loss is the difference between the asset's carrying amount and the best estimate of the amount that would be received for the asset if it were sold at the reporting date.

Where indicators exist for a decrease in impairment loss, and the decrease can be related objectively to an event occurring after the impairment was recognised, the prior impairment loss is tested to determine reversal. An impairment loss is reversed on an individual impaired financial asset to the extent that the revised recoverable value does not lead to a revised carrying amount higher than the carrying value had the impairment loss not been recognised.

## Notes to the Financial Statements for the year ended 31 March 2018

### 3. Income

The company's income is mainly derived from membership fees. This income is recognised in the income and expenditure account so as to match the costs as and when they are incurred.

Membership fees	2018	2017	2016
	£	£	£
Deferred income b/fwd	62,003	53,251	53,529
Receipts in the year	163,091	146,778	131,902
Deferred income c/fwd	(65,535)	(62,003)	(53,251)
<b>Income per accounts</b>	<b><u>159,559</u></b>	<b><u>138,026</u></b>	<b><u>132,180</u></b>

### 4. Employees and Directors

The average number of employees during the year was 7 (2017 - 6).

### 5. Tangible fixed assets

	Fixtures, fittings and computer equipment
	£
<b>Cost</b>	
At 1 April 2017	28,088
Additions	<u>693</u>
At 31 March 2018	<u>28,781</u>
<b>Depreciation</b>	
At 1 April 2017	26,865
Charge for year	<u>678</u>
At 31 March 2018	<u>27,543</u>
<b>Net book value</b>	
At 31 March 2018	<u>1,238</u>
At 31 March 2017	<u>1,223</u>

### 6. Debtors: amounts falling due within one year

	2018	2017
	£	£
Trade debtors	16,759	25,051
Other debtors	128	-
Prepayments and accrued income	<u>109,638</u>	<u>65,725</u>
	<u>126,525</u>	<u>90,776</u>





## Notes to the Financial Statements for the year ended 31 March 2018

### 7. Creditors: amounts falling due within one year

	2018	2017
	£	£
Trade creditors	5,428	1,120
Tax	9	-
Social security and other taxes	1,763	9,148
Other creditors	4,724	3,910
Accruals and deferred income	<u>144,286</u>	<u>112,526</u>
<b>Net surplus</b>	<u>156,210</u>	<u>126,704</u>

### 8. Capital

The Company is limited by guarantee and has no share capital. The liability of the members in the event of a winding up is limited to £1 per member.

## Chartered Accountants' Report to the Board of Directors on the Unaudited Financial Statements of The British Association of Sport and Exercise Sciences

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the financial statements of The British Association of Sport and Exercise Sciences for the year ended 31 March 2018 which comprise the Income and Expenditure Account, Balance Sheet, Statement of Changes in Equity and the related notes from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Institute of Chartered Accountants in England and Wales (ICAEW), we are subject to its ethical and other professional requirements which are detailed within the ICAEW's regulations and guidance at <http://www.icaew.com/en/membership/regulations-standards-and-guidance>.

This report is made solely to the Board of Directors of The British Association of Sport and Exercise Sciences, as a body, in accordance with our terms of engagement. Our work has been undertaken solely to prepare for your approval the financial statements of The British Association of Sport and Exercise Sciences and state those matters that we have agreed to state to the Board of Directors of The British Association of Sport and Exercise Sciences, as a body, in this report in accordance with ICAEW Technical Release 07/16AAF. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than The British Association of Sport and Exercise Sciences and its Board of Directors, as a body, for our work or for this report.

It is your duty to ensure that The British Association of Sport and Exercise Sciences has kept adequate accounting records and to prepare statutory financial statements that give a true and fair view of the assets, liabilities, financial position and loss of The British Association of Sport and Exercise Sciences. You consider that The British Association of Sport and Exercise Sciences is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the financial statements of The British Association of Sport and Exercise Sciences. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory financial statements.

Kirk Newsholme,  
Chartered Accountants,  
4315 Park Approach,  
Thorpe Park,  
Leeds,  
West Yorkshire,  
LS15 8GB.

Date: 28 August 2018







## Detailed Income and Expenditure Account for the years ended 31 March 2018 and 31 March 2017

	2018		2017	
	£	£	£	£
<b>Income</b>				
Membership	159,559		138,026	
Job advertising	16,467		37,273	
The Sport and Exercise Scientist	15,398		17,284	
Workshops	23,950		29,315	
Conferences	33,802		24,575	
Sponsorship	1,000		11,000	
Course finder	3,433		4,367	
BASES Undergraduate Endorsement Scheme	7,285		7,302	
Accreditation	13,200		14,072	
Supervised experience	6,675		10,680	
<i>Journal of Sports Sciences</i>	33,252		27,121	
Publications and other	583		2,569	
Chartered Scientist - administration fee	2,575		1,920	
Division income	4,459		-	
External grant	811		565	
		<u>322,449</u>		<u>326,069</u>
<b>Expenditure</b>				
The Sport and Exercise Scientist	26,281		20,894	
Workshops	16,253		19,463	
Conferences	26,508		16,662	
BASES Undergraduate Endorsement Scheme	1,100		900	
Accreditation	8,423		5,607	
Supervised experience	1,357		3,004	
Consultancy	13,660		5,752	
Conference grants	1,498		3,326	
Early career grants	2,000		-	
Expert statement grants	1,000		2,131	
Awards	1,203		114	
Heads of Department Forum	3,855		2,946	
Public relations and marketing	6,597		7,078	
External grant	-		565	
Division expenditure	4,052		-	
Meetings and travel	9,149		12,701	
		<u>122,936</u>		<u>101,143</u>
<b>Gross surplus</b>		<u>199,513</u>		<u>224,926</u>
<b>Other income</b>				
Deposit account interest		<u>46</u>		<u>61</u>
		<u>199,559</u>		<u>224,987</u>

## Detailed Income and Expenditure Account for the years ended 31 March 2018 and 31 March 2017

	2018		2017	
	£	£	£	£
<b>Office expenses</b>				
Rent and utilities	3,650		3,650	
Directors' salaries	31,684		39,772	
Directors' social security	3,006		4,639	
Directors' pensions	2,622		1,887	
Salaries and National Insurance	100,627		96,469	
Pensions	7,104		2,482	
Telephone and internet	3,279		4,756	
Printing, postage and stationery	1,996		3,705	
Computer support and maintenance	5,168		4,922	
Insurance	344		837	
Sundry expenses	903		1,244	
Subscriptions	4,761		3,730	
Training and development	1,385		1,319	
Legal, professional and accountancy	10,238		11,481	
Website development	37,659		-	
Irrecoverable VAT	10,095		3,132	
		<u>224,521</u>		<u>183,755</u>
		(24,962)		41,232
<b>Finance costs</b>				
Bank charges		<u>3,749</u>		<u>4,487</u>
		(28,711)		36,745
<b>Depreciation</b>				
Fixtures and fittings	34		30	
Computer software and equipment	644		442	
		<u>678</u>		<u>472</u>
<b>Net surplus</b>		<u>(29,389)</u>		<u>36,273</u>





## Awards and Grants

The Association awarded a number of awards and grants to its members.

### Annual Awards

**Prof Tom Reilly Doctoral Dissertation of the Year Award sponsored by Routledge**

Dr Robert Noonan, Edgehill University/Liverpool John Moores University

**BASES Masters Dissertation of the Year Award**

Ed Maunder, University of Birmingham

**BASES Applied Practitioner Award**

Prof Graeme Close FBASES, Liverpool John Moores University

### Annual Conference Awards

**Sportesse Sport and Exercise Science Free Communication Presentation Award**

Prof Craig Twist FBASES, University of Chester

**BASES Sport and Exercise Science 5 Slides in 5 Minutes Free Communication Award**

Dr Anne Sillars, University of Glasgow

**Routledge Recently Qualified Researcher Free Communication Presentation Award**

Dr Daniel Bailey, University of Bedfordshire

**Cranlea Poster Presentation Award**

Dr Anna Myers, Sheffield Hallam University

**Routledge/Taylor & Francis Sport and Exercise Science Impact Award**

Neil Dallaway, University of Birmingham

**Human Kinetics Student Free Communication Presentation Award**

Alex Hodge, Durham University

**Human Kinetics Student Poster Presentation Award**

Lisa Schafer, University of Brighton

### Student Conference Awards

**Undergraduate Free Communication Presentation Award**

Miffey Macey, Liverpool John Moores University

**Undergraduate Poster Presentation Award**

Liam Corr, University of Huddersfield

**Postgraduate Free Communication Presentation Award**

Alex Hodge, Durham University

**Postgraduate Poster Presentation Award**

Louise Capicotto, Leicester City FC

### BASES International Conference Grants

Prof Brendan Cropley FBASES, University of South Wales

Dr Keith Tolfrey FBASES, Loughborough University

### BASES Early Career Practitioner Grants

Dr Isabel Moore, Cardiff Metropolitan University

Dr Mark Ross, Edinburgh Napier University

## BASES Undergraduate Endorsed Courses

Aberystwyth University • Anglia Ruskin University • Birmingham City University • Bucks New University  
 Cardiff Metropolitan University • Coventry University • Edge Hill University • Leeds Beckett University  
 Liverpool John Moores University • Oxford Brookes University • Manchester Metropolitan University  
 Northumbria University • Sheffield Hallam University • Southampton Solent University  
 St Mary's University College • Swansea University • University of Bedfordshire • University of Birmingham  
 University of Bolton • University of Brighton • University of Central Lancashire • University of Chester  
 University of Chichester • University of Derby • University of Edinburgh • University of Gloucestershire  
 University of Hertfordshire • University of Huddersfield • University of Portsmouth  
 University College Plymouth St Mark & St John • University of Salford • University of Sunderland  
 University of Surrey • University of Staffordshire • University of South Wales • University of Ulster  
 University of Winchester • University of Wolverhampton • University of Worcester • York St John University.

## Fellows of the Association

BASES fellowships recognise esteemed professional achievement, skills, knowledge and service to BASES and the sport and exercise science community. The following individuals have been awarded BASES fellowships:

1993	Prof Craig Sharp
1994	Prof Les Burwitz • Prof Lew Hardy • Prof Tom Reilly • Prof Clyde Williams OBE
1997	Prof John Annett • Prof Neil Armstrong • Prof Tudor Hale
1998	Prof Roger Bartlett • Prof Steve Bird • Dr Steve Bull • Prof Ken Fox Prof Don MacLaren • Dr Sarah Rowell • Prof Neil Spurway • Dr Jean Whitehead Prof Edward Winter • Prof Fred Yeadon
1999	Prof Stuart Biddle • Prof Dave Kerwin • Prof Adrian Lees
2000	Prof Jo Doust • Prof Roger Eston • Prof Jim Watkins
2001	Dr Jan Graydon • Prof Adrienne Hardman • Prof Nanette Mutrie MBE Associate Prof Gaynor Parfitt • Prof Peter Terry
2002	Prof Andy Jones • Prof Andy Smith MBE • Prof Adrian Taylor • Dr Sandy Wolfson
2004	Prof Ian Maynard
2008	Prof Tom Mercer • Prof Craig A Williams
2009	Prof Richard Davison • Prof John Saxton • Prof Kevin Thompson
2010	Prof Celia Brackenridge • Prof John Buckley • Prof Dave Collins • Prof Carlton Cooke Dr Jason Gill • Prof Michael Gleeson • Dr Richard Godfrey • Dr Brian Hemmings Dr Costas Karageorghis • Prof Andy Lane • Prof Craig Mahoney • Prof Alison McConnell Prof Marie Murphy • Prof Richard Tong • Dr Ken van Someren • Prof Greg Whyte OBE
2011	Prof Keith George • Dr Nigel Gleeson • Dr Chris Harwood • Dr Tim Holder Dr Zoe Knowles • Dr Kevin Lamb • Prof Lars McNaughton • Prof Joanna Scurr Prof Martin Sellens • Prof Gareth Stratton • Dr Richard Thelwell • Dr Keith Tolfrey Prof Vicky Tolfrey
2012	Prof Michael Duncan • Prof Glyn Howatson • Dr Joanne Hudson • Dr Andrew Miles Dr Michael Price • Dr Roger Ramsbottom • Dr Lee Romer • Dr Aki Salo • Dr Rhys Thatcher
2013	Prof A Mark Williams
2014	Dr Brendan Cropley • Dr Phil Graham-Smith • Dr Stephen Ingham Dr Dominic Micklewright
2015	Prof Susan Backhouse • Prof Bill Baltzopoulos • Dr Gary Brickley • Dr David Broom Prof Graeme Close • Dr Tracey Devonport • Dr Lance Daggart • Dr Emma Ross
2016	Dr Stuart Beattie • Prof Colin Boreham • Dr Peter Brown • Prof Ian Campbell Dr Stewart Cotterill • Dr Claire Hitchings • Prof Louis Passfield • Dr Charles Pedlar Dr Paul Smith • Prof Keith Stokes
2017	Dr Grant Abt • Dr Lisa Board • Dr Val Cox • Dr Kevin Currell Dr Caroline Sunderland • Prof Craig Twist
2018	Dr Barry Drust • Dr Jonathan Katz • Prof Derek M Peters • Dr Garry Tew Prof Dylan Thompson • Dr Matthew Weston





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