CHARTERED

CASES
The Chartered Association of Sport and Exercise Sciences

The Chartered Association of Sport and Exercise Sciences

Annual Report and Financial Statements 2024-2025

FAIRNESS PROFESSIONALISM HONESTY RESPONSIBILITY EXCELLENCE

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CHARTERSHIP - A NEW ERA

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Photo: Charter boxed

Introduction

The Board has pleasure in presenting the Chartered Association of Sport and Exercise Sciences (CASES) annual report (September 2024 - August 2025) and the financial statements for the year ended 31 March 2025. In May 2024, BASES was delighted to be granted the Charter of Incorporation by His Majesty King Charles III, and on 1 April 2025 was proud to become The Chartered Association of Sport and Exercise Sciences (CASES).

In April 2025, the Board launched the 2025-2028 Strategy. This report includes updates on the five strategic objectives included within the 2021-2025 Strategy: i) Enhance BASES status as the professional standards body for sport and exercise sciences in the UK; ii) Grow BASES reputation as the leading expert body for sport and exercise sciences through strategic partnerships and advocacy; iii) Drive step-change in membership by enhancing our value proposition to sport and exercise science professionals; iv) Establish financial sustainability through new and existing secure and long-term income streams; and v) Develop our governance model and define our organisational status to support the effective delivery of the BASES mission, and the three strategic objectives included within the 2025-2028 Strategy: i) Support the careers of sport and exercise scientists through professional development, setting standards and promoting excellence within the sector; ii) Champion sport and exercise sciences through targeted advocacy and strategic partnerships; and iii) Improve representation of sport and exercise sciences by growing and diversifying a membership that is more reflective of society and the communities we serve.

2025 was once again another challenging year as the cost-of-living crisis continued. The Board has navigated this with transparency, sound decision making and planning for the future being mindful of any anticipated impact.

SUPPORTING OUR MEMBERS

SUPPORTING OUR MEMBERS

Strategic Objective 1:

Support the careers of sport and exercise scientists through professional development, setting standards and promoting excellence within the sector.

The number of CASES Accredited Sport and Exercise Scientists has increased from 413 in 2024 to 437 in 2025 (+6%). These members may use the post-nominal MCASES and may use the full descriptor of Member of the Chartered Association of Sport and Exercise Sciences. There are currently 157 Chartered Scientists (-3% on last year). On our Register, there are 55 Exercise Science Certified Practitioners (+15%) who may use the post-nominal TechCASES and may use the full descriptor of Technical Member of the Chartered Association of Sport and Exercise Sciences. There are 30 members holding High Performance Sport Accreditation (+7%) who may use the post-nominal MCASES and may use the full descriptor of Member of the Chartered Association of Sport and Exercise Sciences. There are 24 CASES Accredited Physiology Laboratories, (+26% on last year). The CASES Accredited Consultant Finder assists individuals and organisations in finding accredited Sport and Exercise Scientists. Accredited members opt into this service, for which there are currently 290 active individuals (+2%). Those CASES Accredited Sport and Exercise Scientists listed in the directory who are also Health and Care Professions Council (HCPC) Registered Sport and Exercise Psychologists are denoted as such in their specialisms section.

CASES is a member of the Science Council and continues to be licensed to award Chartered Scientist status. Early discussions took place in 2025 regarding license requirements to award Registered Scientist and Registered Science Technician as part of our support to the Technical Special Interest Group.

The Accreditation Advisory Group (AAG) is responsible for reviewing accreditation (including applicants via the Supervised Experience route) and reaccreditation applications twice yearly. Over the last 12 months, the AAG has continued to review and update accreditation and reaccreditation guidance as well as develop initiatives, like webinars, to support potential applicants with the aim to improve the number and quality of applications, and to improve the success rate of first-time applications. The completion to accreditation process for Supervised Experience has been updated to help further improve success rates for these applications. The number of direct applicants during winter and summer application windows remains consistently healthy. However, to continue to improve application numbers discussion with related organisations such as Academy of Health Care Sciences has been undertaken to help improve the attraction of CASES accreditation to our members.

There are currently 161 CASES members undertaking Supervised Experience (SE), with 72 new members joining the scheme in 2024-2025. There are 110 registered supervisors and 128 registered reviewers supporting the scheme.

SUPPORTING OUR MEMBERS

Sport and Exercise Psychology Accreditation Route (SEPAR)

The CASES Sport and Exercise Psychology Accreditation Route (SEPAR) is a programme of professional development, skill acquisition and supervised practice to ensure that candidates acquire the knowledge, skills, and experience required to be eligible to apply for registration with the Health and Care Professions Council (HCPC) as a Practitioner Psychologist. This year, a further 20 candidates were confirmed by the SEPAR Advisory Group (SEPAR AG) as being SEPAR complete and eligible to apply to the HCPC register. This brings to 90 the number of candidates who have 'graduated' through SEPAR since its launch in January 2020. 86 candidates enrolled on SEPAR in August 2024, and 44 candidates enrolled in February 2025. To date there are 64 Reviewers (+10%) and 89 Supervisors (+10%) who are active on the SEPAR Directory, a service that was developed for members. In June 2024, 25 Candidates registered for, and 19 then successfully completed, the Open University DE200 module (Investigating Psychology 2) to support the necessary entry requirements onto SEPAR regarding evidencing 'underpinning psychology knowledge'.

SEPAR has continued to flourish over the past year, demonstrating robust growth and continuous development in line with CASES' strategic objectives. The programme currently supports 245 active candidates. Over the past year, significant efforts have been focused on quality assurance to ensure consistency and fairness within reviewer feedback, including the introduction of a Quality Assurance Moderator role to address discrepancies and enhance feedback consistency. Additionally, informal meetings between reviewers and candidates at key submission points have been proposed to enhance transparency and collaboration, aiming to reduce formal appeals. The demand for reviewers remains high, highlighting the need for increased reviewer recruitment and training. There was an increase in the fee paid to Reviewers in 2025. Actions are being undertaken to streamline and enhance reviewer training, considering both online and face-to-face sessions to better support reviewers and maintain high assessment standards. Additionally, the programme has prioritised addressing ethical, safeguarding, and well-being challenges encountered by candidates, emphasising supportive environments and comprehensive guidance. Efforts include developing clear signposting for ethical concerns, whistleblowing, and safeguarding resources.

Looking ahead, the Advisory Group is looking to improve engagement with candidates and alumni, including developing exemplar portfolios for the SEPAR website, conducting regular surveys at different submission points, to gauge programme experience, and creating alumni networks to facilitate continuous improvement. The impact of AI and technology in professional practice will also remain a continued area of focus, with guidelines being developed to manage and integrate these resources effectively within SEPAR processes. Overall, the SEPAR programme continues to uphold high standards, contributing positively to the professional journey of aspiring Sport and Exercise Psychologists. Any Sport and Exercise Psychologist HCPC-registered professional members who are interested in joining the SEPAR reviewer register, please email education@cases.org.uk.

SUPPORTING OUR MEMBERS

Clinical Exercise Physiology UK (CEP-UK)

Clinical Exercise Physiology UK (CEP-UK) was established in September 2021 and is the group setting the standards for UK Clinical Exercise Physiologists. Over the past 12-months, CEP-UK, an Advisory Group of CASES, has been working to further advocate and promote Clinical Exercise Physiology as a healthcare profession. The key developments include:

Registration: Over the past 12 months, the number of registered CEPs has increased to 146 effective registrants (+55% on 2024), with a further five due for renewal, 321 open equivalence applications (+35% on 2024) and 187 open graduate applications. There are plans to increase CPD provision for CEPs and develop resources to assist with registration via targeted events which will generate income over the next year. This approach will target individuals with open applications on the equivalence routeway.

Accreditation: There are now five universities that have MSc Clinical Exercise Physiology courses accredited by the AHCS: Liverpool John Moores University, Manchester Metropolitan University, Salford University, University of Birmingham, and University of Portsmouth. There are also a further eight Universities that have started the accreditation process. Two universities have accessed the CASES accreditation assistance programme.

Advocacy: CEP-UK secured £5,000 funding from the Biomedical Research Centre (BRC) to support the development of a Cancer Career Framework for clinical exercise services, including NHS job descriptions and person specifications from Bands 4-8c. Work has also begun on developing an equivalent framework for the pulmonary rehabilitation exercise workforce. CEP-UK has developed online content to demonstrate the value of Clinical Exercise Physiologists working in the NHS and Private Sector. These will be shared and promoted widely during the autumn of 2025.

CPD: CASES and CEP UK Continuing Professional Development Grants were awarded to two CEPs (Abigail Clark (University Hospitals of Leicester) and Harry Roberts TechCASES (University of Surrey)).

CEP-UK / CASES memberships

CEP-UK has continued to promote CASES membership at events and in communications. In the past 12 months, 50 new CASES members indicated they had joined to support their AHCS registration.

Photo: CEP-UK

Photo: CEP-UK

CEP-UK Conference

122 delegates attended the 2025 conference in Birmingham, including Clinical Exercise Physiologists working in the NHS and private sector, students and academics. After a conference held in the North in 2024 and Midlands in 2025, the 2026 conference will be held in the Southeast. This will provide an opportunity for engagement with professionals and teams based in the South, e.g. University Hospital Southampton's prehabilitation service that are actively promoting the CEP profession and developing novel services for patients. The 2027 conference will be held in Manchester to align with European College of Sport Science (ECSS) Annual Congress and provide an opportunity for international engagement.

Plans for 2025-26:

Advocacy Working Group tasks:

a. Career framework development for different conditions, including job descriptions and person specifications

b. Promoting the work of CEP-UK and members though the CEP-UK website and new case study videos

c. Promoting recognition of Clinical Exercise Physiologists with different funding bodies

Standards and Education Working Group tasks:

a. Reviewing the CEP Scope of Practice and Curriculum Framework

b. Developing an apprenticeship standard

c. Working on position and consensus statements

Practitioners Working Group tasks:

a. Patient and public involvement (PPI) work

b. Developing and promoting new CPD opportunities

c. Promoting the work of Clinical Exercise Physiologists through online written articles

Higher Education Endorsement Scheme Advisory Group

Following the appointment of co-chairs Dr Ian Sadler FCASES and Prof Matthew Timmis FCASES, the HE Endorsement Scheme Advisory Group has expanded its membership.

The Advisory Group has undertaken a comprehensive review of the Undergraduate Endorsement Scheme, and, after a successful pilot, launched the Postgraduate Endorsement Scheme. The Group has focused on enhancing endorsement quality assurances processes, including reviewer training, application clarity, and integration of AI, EDI and sustainability themes within the endorsement process. Work has also been undertaken to explore the similarities between our Undergraduate Endorsement Scheme and CIMSPA awards. Over the coming year, CASES is looking to collaborate on the development of global professional standards in sport and exercise to show commitment to the maintenance of high standards. The Group also wishes to recognise here the leadership and dedication from former Advisory Group Chair, Dr Lisa Board FCASES.

The Undergraduate Endorsement Scheme awards endorsement to sport and exercise science degree courses that provide undergraduates with the opportunity to develop the knowledge and skills essential to enter into the profession. There are currently 78 endorsed courses (same as 2024) at 53 UK higher education institutions (Accredited Universities) (same as 2024), details of which can be found below:

Abertay University, Aberystwyth University, Anglia Ruskin University, Birmingham City University, Bournemouth University, Brunel University of London, Buckinghamshire New University, Cardiff Metropolitan University, Coventry University, Edge Hill University, Health Sciences University, Kingston University, Lancaster University, Leeds Beckett University, Liverpool Hope University, Liverpool John Moores University, London South Bank University, Loughborough University, Manchester Metropolitan University, Northumbria University, Nottingham Trent University, Oxford Brookes University, Plymouth Marjon University, Prifysgol Wrecsam / Wrexham University, Sheffield Hallam University, St Mary's University, Twickenham, Staffordshire University, Swansea University, Teesside University, University of Bath, University of Bedfordshire, University of Brighton, University of Chester, University of Chichester, University of Derby, University of East London, University of Edinburgh, University of Gloucestershire, University of Hertfordshire, University of Huddersfield, University of Kent, University of Central Lancashire, University of Lincoln, University of Northampton, University of Portsmouth, University of Roehampton, University of Salford, University of Stirling, University of Sunderland, University of Surrey, University of the West of Scotland, University of Worcester, York St John University.

The Postgraduate Endorsement Scheme has been designed to allow students to evidence, expediently, the completion of an appropriate M-level qualification and aligns well for those wishing to become accredited as a CASES Accredited Sport and Exercise Scientist. In essence, this scheme will support future Sport and Exercise Scientists choose an MSc. programme that is CASES endorsed, and which will appropriately position them for application to direct Accreditation upon completion. There are currently three endorsed courses: Brunel University of London, St. Mary's University Twickenham, and University of Portsmouth.

SUPPORTING OUR MEMBERS

CASES Postgraduate SEPAR Endorsement Scheme

Back in January 2022, the CASES Postgraduate SEPAR Endorsement Scheme (PSES) was launched to allow registrants to evidence, expediently, the completion of an appropriate M-level qualification for entry onto the Sport and Exercise Psychology Accreditation Route (SEPAR), which covers the relevant knowledge-based HCPC Standards of Proficiencies. This Endorsement Scheme will support future Sport and Exercise Psychologists choose an MSc. programme that is CASES endorsed, and which will appropriately position them for application to SEPAR upon completion. The following 14 universities (+17%) all have M-level Psychology courses that are endorsed by CASES: Anglia Ruskin University, Brunel University of London, Liverpool John Moores University, Middlesex University, Setanta College, Sheffield Hallam University, Swansea University, St Mary's University Twickenham, University of Bolton, University of Chichester, University of Derby, University of East London, University of Gloucestershire, and University of Portsmouth.

Degree Accreditation Working Group

The Degree Accreditation Working Group, led by Dr Andy Scott HonFCASES, was formed in January 2025 to bring together the Chairs of the various CASES Advisory Groups to develop an Accreditation Framework to allow graduates from such courses to become CASES accredited. This is based on the work progressing with the International Confederation of Sport and Exercise Science Practice who are developing International Professional Standards for Clinical Exercise Physiology, Sport Science and Sport and Exercise Science. The working group has started to develop draft scopes of practice for High Performance Sport, Sport Science and Sport and Exercise Science, and are now looking to adapt the CASES Undergraduate Endorsement Scheme to allow degrees to map to, similar to Australia and USA, allowing students to graduate with industry-recognised knowledge and technical skills, with a view to progressing this to postgraduate specialisms too, similar to Clinical Exercise Physiology.

Laboratory Advisory Group

The Laboratory Advisory Group has been working to modernise the accreditation process and strengthen collaboration with other CASES Advisory Groups. A revised accreditation framework will be presented to the CASES Board at the September 2025 meeting. In partnership with the Climate Action and Sustainability Advisory Group (CASAG), the group has also launched the CASES Equipment Flip Scheme, designed to help laboratories recycle or repurpose surplus equipment. To support these initiatives, alongside on-going laboratory accreditation visits, the Advisory Group has expanded from seven to ten members with the addition of Dr Chelsea Batty MCASES, Romain Dennis MCASES, and Nicola Rawlinson.

There are currently 24 Registered Laboratories: Anglia Ruskin University, Canterbury Christ Church University, Inspire Institute of Sport India, Liverpool John Moores University, Mid Sweden University, Northumbria University, Oxford Brookes University, Plymouth Marjon University, Sheffield Hallam University , Southampton Solent University, St Mary's University, Twickenham, UKSI Bisham Abbey, UKSI Loughborough University, UKSI Manchester, University of Central Lancashire, University of Chichester, University of East London, University of Hertfordshire, University of Lincoln, University of West of Scotland, University of Worcester, Welsh Institute of Sport, and Wrexham Glyndwr University.

Photo: Registered Laboratory Sheffield Hallam University

SUPPORTING OUR MEMBERS

Continuous Professional Development (CPD)

CASES ran 36 workshops online, the majority of which were linked with the Supervised Experience and SEPAR programmes, attended by a total of 510 delegates. CASES hosted 26 webinars, with a combined 1,141 delegates registering and a total of 666 attending. Those webinars that took place this year had a total of 143 hits in the member resources pages.

Five Division Days were delivered this year, all in person except for the Psychology Division Day which was a hybrid event. At each of the events, CASES' updates were presented to delegates. Across all five Division Days, 424 delegates registered, with 373 live attendees: The Biomechanics and Motor Behaviour Day was the Biomechanics Interest Group (BIG) Conference, on 16 April 2025 at the University of Gloucestershire; the Sport and Performance Day took place on 28 April 2025 at UA92 Manchester; the Psychology Day took place at Liverpool John Moores University / Hybrid on 21 May 2025; the Physical Activity for Health Day took place on 2 June 2025 at the Alexander Stadium, Birmingham; and the Physiology and Nutrition Day took place on 4 June 2025 at Sheffield Hallam University. Feedback from all Division Days was positive.

Photos: Division Days 2025

The CASES CPD Endorsement Scheme, introduced in 2017, continues to gain momentum, enabling CASES to offer a wider range of CPD opportunities to members. A total of 44 courses and workshops have been endorsed since the inception of the scheme, including four new endorsements and three renewals this year. The members' area of the CASES website continues to develop with a host of useful and beneficial resources which include recordings of recent webinars for members to access and revisit in their own time.

CASES is working in partnership with Dr Andy Borrie and Dr Andy Miles HonFCASES to develop a new Leadership and Management CPD opportunity for CASES members. Initial market research confirmed the need, and the concept was presented at the CASES Heads of Department Forum where additional refinements to the plan were suggested. The final dates and content are being planned a launch in the autumn of 2025.

SUPPORTING OUR MEMBERS

Excellence

Awards and Grants

The Association awarded several awards and grants to its members:

Annual Awards

Prof Tom Reilly Doctoral Dissertation of the Year: Dr Connor Stead (Liverpool John Moores University)

CASES Masters Dissertation of the Year: Amy Dent (University of Portsmouth)

CASES Undergraduate Dissertation of the Year: Rachel Woods (University of Portsmouth)

Photo: CEP-UK Prof David Broom HonFCASES

CASES Conference Awards

2024 Conference Awards:

Human Kinetics Student Free Communication Presentation Award: Fenja Deister (London South Bank University)

Human Kinetics Student Poster Presentation Award: Sandy Wilson (Hartpury University)

BASES Sport and Exercise Science 5 Slides in 5 Minutes Free Communication Presentation Award: Phillip Heritage MCASES (Health Sciences University, Bournemouth)

Sportesse Sport and Exercise Science Free Communication Presentation Award: Dr Hayley McEwan MCASES (University of the West of Scotland)

Cranlea Poster Presentation Award: Dr John Parker (Hartpury University)

Routledge Recently Qualified Researcher Free Communication Presentation Award: Hannah Foladi (University Of Bedfordshire)

Grants

CASES Expert Statement Grants

CASES Expert Statement Grants were awarded to those authors whose expert statements were published (please see here). Some author teams produced the statements for free and did not access the grant. Others may consider using some of the funds to attend the annual conference.

Prof Edward Winter Early-to mid-Career Researcher Project Grant: Dr James Newman (Sheffield Hallam University)

CASES Conference Grants: Dr Alan Barker HonFCASES (University of Exeter); Dr Hayley McEwan MCASES (University of the West of Scotland)

CASES and Clinical Exercise Physiology UK Continuing Professional Development Grants: Abigail Clark (University Hospitals of Leicester) and Harry Roberts TechCASES (University of Surrey).

SUPPORTING OUR MEMBERS

Fellows of the Association

CASES Fellowships recognise esteemed professional achievement, skills, knowledge and service to CASES and the sport and exercise science community. The following individuals have been awarded CASES 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 Adrianne Hardman • Prof Nanette Mutrie MBE • Associate Prof Gaynor Parfitt • Prof Peter Terry
2003	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 • Prof Jason Gill • Prof Michael Gleeson • Dr Richard Godfrey • Dr Brian Hemmings • Prof 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 • Prof Chris Harwood • Dr Tim Holder • Prof 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 • Prof David Broom • Prof Graeme Close • Dr Tracey Devonport • Dr Lance Doggart • 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
2019	Chris Barnes • Prof Andrew Edwards • Dr Adam Gledhill • Assoc Prof Adam Hawkey • Dr Kiara Lewis • Dr Ailsa Niven
2020	Dr Lindsay Bottoms • Dr Neil Clarke • Prof John Dickinson • Dr Sarah Gilchrist • Dr Adam Grainger • Dr John Iga • Dr Simon Nichols • Dr Alan Ruddock • Dr Christopher Spray
2021	Dr Ibrahim Akubat • Dr Neil Gibson • Dr Denise Hill • Dr Paul Jones • Dr Neil Maxwell • Dr Jonathan Sinclair • Dr Alun Williams
2022	Dr Stephen Atkins • Dr Helen Collins • Dr Jo Corbett • Dr Audrey Duncan • Prof Stuart Fairclough • Dr Matthew Green • Prof Florentina Hettinga • Dr Emma Kavanagh
2023	Prof Lynne Boddy • Dr Andrew Mitchell • Dr Andrew Scott
2024	Dr Daniel Bailey • Dr Alan Barker • Prof Mark De Ste Croix • Dr Faye Didymus • Dr Damian Harper • Prof Andrew Hill • Prof Camilla Knight • Dr Robert Morris • Dr Andrew Murray • Dr Matthew Timmis
2025	Dr Alex Bliss • Dr Patricia Jackman • Dr Christopher Kirk • Dr Caroline Jane Lomax • Dr Ian Sadler

SUPPORTING OUR MEMBERS

The total number of CASES Fellowships now awarded is 160. Two on-line Fellows' Gatherings took place this year (3 December 2024 and 16 June 2025), which welcomed new Fellows and discussed topics and projects within CASES. 31 Fellows attended the recent event in June. Eight members registered for a pre submission webinar in June in which Fellows walked through the application process, outlining the benefits and expectations of become a CASES Fellow. Over the last year, many Fellows have helped to drive forward a number of key projects for the Association. Given the expertise and knowledge of the Fellows, CASES would very much welcome their input and assistance in delivering the Operational Plan. Any Fellow who is interested in contributing to the deliverables within the Operational Plan, please contact enquiries@cases.org.uk.

In 2025, the CASES Board launched the new award of the CASES Medal of Achievement which is reserved for those individuals making sustained and highly significant contributions to the sport and exercise sciences in the UK and beyond.

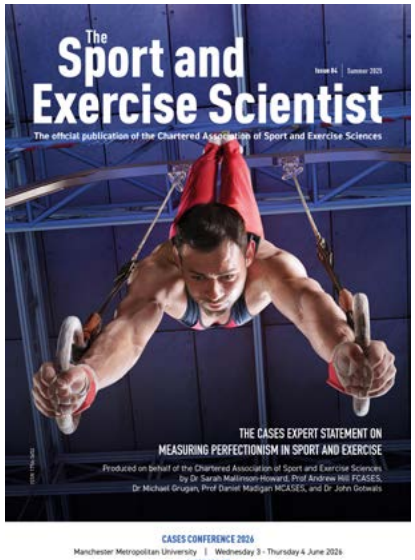
Photos: BASES Annual Conference 2024

SUPPORTING OUR MEMBERS

Expert Statements

CASES published four new expert statements in 2024-25: Affective Responses to Exercise, produced by Dr Leighton Jones MCASES, Prof Panteleimon Ekkekakis, Prof Costas I. Karageorghis FCASES, Prof Jasmin C. Hutchinson and Dr Zachary Zenko;

Measuring Perfectionism in Sport and Exercise, produced by Dr Sarah Mallinson-Howard, Prof Andrew Hill FCASES, Dr Michael Grugan, Prof Daniel Madigan, and Dr John Gotwals;



Using a behavioural approach to prevent problematic low energy availability (LEA)/Relative energy deficiency in sport (REDS), produced by Dr Meghan Bentley, Prof Susan Backhouse HonFCASES, Kathryn Brown, Dr Lindsay Macnaughton, and Dr Laurie Patterson;

Creating Effective Holistic Talent Development Environments in Football by Dr Adam Gledhill FCASES, Dr Stacey Emmonds, Dr Dale Forsdyke, Dr Tom Mitchell MCASES, Prof Sergio Lara Bercial, Dr Carsten Larsen, Dr Jamie Salter MCASES, and Dr Barnaby Sargent Megicks.

All CASES expert statements are open access and are available to download from the CASES website. The Board is currently considering a new approach regarding the number of Expert Statements published each year and the funding model to support the development of the Expert Statements, whilst maintaining the high standards that are expected.

CHAMPIONING OUR PROFESSION

CHAMPIONING OUR PROFESSION

Strategic Objective 2:

Champion sport and exercise sciences through targeted advocacy and strategic partnerships.

Advocacy:

An overview of the focus and achievements of the CASES' Divisions:

The Division of Biomechanics and Motor Behaviour

Dr Andrew Mitchell HonFCASES, Chair

The Division has had a number of member changes this year, with some extensions and new members joining. Rachel Mason stepped down as Division CPD Rep and Dr Arezoo Amirpourabasi, a Research Fellow in Human Locomotion and Neuromechanics from the University of Hertfordshire, was confirmed in the role. Julia Suchanecka confirmed that she would serve a second term as Student Representative (UG) and Diana Soares, a Biomechanics Researcher at the University of Bedfordshire, joined as the new Student Representative (PG). Four members of the Division attended the 2024 BASES Annual Conference in Coventry.

The Division hosted the 2025 Biomechanics Division Day and BIG event "Chartering BIG Possibilities in Biomechanics" at the University of Gloucestershire Cheltenham Campus on 16 April 2025. We had over 150 attendees from across the UK and Europe, and it was great for the six Division members present to spend time with CASES members. More detail can be found in the Biomechanics Interest Group annual review.

Prof Nassos Bissas is working with Prof Carl Payton and Dr Adrian Burden as a third editor on the new Biomechanical Evaluation of Movement in Sport and Exercise textbook. In addition, Dr Andrew Mitchell HonFCASES and Dr Theo Bampouras will be contributing to chapters within the new textbook. Division member Dr Romanda Dillon is working on a number of projects with a focus on outreach and EDI. These will include reaching out to schools and colleges to promote CASES and for potential webinars.

Photo: Biomechanics Division Day Committee BIG25

The Division of Physical Activity for Health

Dr Daniel Bailey HonFCASES, Chair

Dr Daniel Bailey HonFCASES was appointed Chair of the Division, with Dr Miranda Armstrong taking up the role of Deputy Chair. This follows their tenures as Deputy Chair and Membership Rep, respectively. Two new members were welcomed to the Division Committee: Dr Stephanie Stockwell as Membership Rep and Dr Sophie Carter MCASES as a Co-opted Member.

The annual Division Day took place in-person for the first time since the COVID-19 pandemic on 2 June at the Alexander Stadium, Birmingham. There were two excellent keynotes from Prof John Saxton FCASES on exercise for prehab and rehab in cancer and Prof Kiara Lewis FCASES on Physical Literacy - what is it and why does it matter? There were a series of high-quality 10-minute orals, 5-in-5 and poster presentations throughout the day where students and professionals shared their research and practice. Dr Adam Runacres won prize for best 10-minutes oral, Jenni Chambers best 5-in-5 and David Thomas best poster. We also welcomed invited talks from Dr Noemi Vadaszy providing insights into the clinical exercise physiology profession, as well as Dr Mark Elliott and Dr Danae Arroyos-Calvera discussing the value of an active day. A networking session took place in the afternoon where delegates brainstormed ideas to help address the Division's objectives.

Four successful webinars were delivered that included 'Evaluating Body Metrics in Health and Sport' (Dr Alice Bullas), 'Nil by Mouth – The Ramadan Effect!' (Dr Irfan Khawaja), 'Trauma Informed Practice in Sport and Exercise' (Dr Melissa Day MCASES) and 'The role of physical activity during pregnancy in moderating future disease risk' (Dr Marlize Devivo and Dr Kathryn Hesketh).

The Division led a new member benefit which provides members the opportunity to have Letters of Support from CASES to aid with grant applications, promotion applications and HEA Fellowship applications. The Division's partnership with Diabetes UK informed a funding highlight notice for Diabetes UK's June grant round focused on physical activity and health inequalities in diabetes.

Photo: Physical Activity For Health Division Day 2025

The Division of Physiology and Nutrition

Dr Alan Ruddock FCASES, Chair

Our first in-person Division Day on 4 June 2025 at Sheffield Hallam University was a success, attracting experts and students to explore the future of sport and exercise science. The event highlighted technological advancements, particularly AI's role in physiology and nutrition, aligning with our strategy to embrace exponential growth responsibly. The presentation by Dr Alan Ruddock FCASES on the Division's vision transitioned into discussions on AI integration, supported by our Autumn 2023 position stand.

Guest speaker Kim Collinson, a record-setting ultra-trail runner, shared invaluable insights on training, nutrition, and mental resilience in a Q&A led by Dr Nicola Arjomandkhah. Undergraduate and postgraduate presentations showcased high-calibre research, from caffeine gum's impact on tennis to eating disorders in female powerlifters. Networking opportunities were provided through the popular 'Coffee Morning Bake Off', featuring ergogenic-inspired bakes and the 'Is this a good idea?' session further encouraged collaborative innovation.

Progress against strategic objectives included acceptance of our 2026 expert statement on Physiological Reporting Guidelines, attendance at Fellows' gatherings, and planning an AI webinar with Dr Andy Smith MBE FCASES. EDI principles were embedded throughout, with initial talks on improving female recruitment in research. Looking ahead, webinars on blood flow restriction and rowing, plus a Winter Olympics-themed Division Day at UEL, promise a continued focus on key aspects of physiology and nutrition. Student representative Lily Matthias captured the sentiment on the Division well: a vital reconnection amid rapid change. Overall, the Division has strengthened member experiences, championed advocacy, and grown inclusively, positioning us for impactful contributions to the sector.

Photo: Physiology and Nutrition Division Day 25

The Division of Psychology

Dr Trish Jackman FCASES, Chair

The Division has had a busy year and is currently in a period of transition. Dr Amy Whitehead stepped down as Division Chair and Dr Trish Jackman FCASES was appointed into this role from the Deputy Chair and CPD Roles, both of which are currently out for advert. The Undergraduate Representative role will also be advertised at the start of the academic year. We will work together to navigate the transition in roles and come together as a fully formed Committee in September.

Four online webinars were provided to members free of charge across the year, with positive feedback; two webinars – with international speakers – are already booked for next year. We hope that one of these upcoming webinars will be delivered jointly with AASP, in line with the MoU that is set for renewal at the end of the year. The Division delivered the Free to Members Division Day in a hybrid format at Liverpool John Moores University, with four excellent speakers delivering talks on a wide range of research and applied practice areas.

An MoU has been finalised with the International Society for Sport Psychology, and we are exploring further ways of working with other organisations. The SEPAR programme continues to grow and develop under the leadership of Dr Rob Morris FCASES. Three external events received CASES Endorsements, namely the Psychological Insights into Coaching Practice showcase, Global Alliance for Mental Health in Sport Conference and the Northern Research and Applied Psychology Showcase.

We have continued to promote Division activity and engage members on various social media channels. We plan to invest efforts into bolstering membership in the new academic year, with growing student membership an important area of focus. In addition, we will work with Dr Tracy Donachie as planning continues for the 2026 CASES Conference.

The Sport and Performance Division

Dr Mitch Finlay MCASES, Chair

Another productive year for the Sport and Performance Division. We thank Dr Laura Needham MCASES and Dr Adam Grainger FCASES for their contributions as they came to the end of their terms with the Division. We were delighted to add Dr Christina Langley to the Committee, who will be advising on para sport.

This year's Division Day was a break from the norm, and consisted of an excellent day of CPD and networking in the form of a mini-conference. Over 50 attendees plus sponsors and exhibitors attended the event in April, hosted by UA92 Manchester. Attendees were met with a host of talks and practical sessions from Profs, Heads of Performance, practitioners and athletes from GB Boxing and GB Taekwondo, and established researchers across football, netball, and more. The event also provided a fantastic opportunity for undergraduate and post-graduate students to present their work. We look forward to the next event.

In January, Dr Ross Cloak, Deputy Chair of the Division, hosted the annual Combat Sport Workshop. This event continues to be a great CPD and networking opportunity for combat sport enthusiasts, and our sport performance community as a whole. Thank you to Ross, the University of Wolverhampton, and British Judo.

Photo: Sport and Perfoemance Division Day

Collaborative work is ongoing with a number of existing partner organisations, whilst we are also working many new organisations. We were delighted to sign an MoU with the International Universities Strength and Conditioning Association (IUSCA). CASES and IUSCA have supported each other's events this year, with plans to also work together to develop educational resources and CPD opportunities, merging the worlds of sport and exercise science, and strength and conditioning. Our Division has played a part in the Leaders in Sport (LiS) survey, and ongoing collaborative efforts with LiS, and aligned work with stakeholders of elite sport organisations and governing bodies, continues.

Once again, a big thank you to the members of our committee. We look forward to seeing you at the 2026 CASES Annual Conference.

An overview of the focus and achievements of the CASES Advisory Groups:

Artificial Intelligence (AI) Advisory Group

Dr Andy Smith MBE FCASES, Chair

Following the Position Stand on AI and Assessment, this Group was formed to advance CASES' work in this area. The core purpose of the Group is to produce a resource for CASES membership on AI. The online version will be published in winter 2025 and will include content on:

- **How AI is transforming SES**: This will provide an overview of current and emerging AI technologies relevant to SES.
- **CASES' values and ethical considerations in the use of AI:** This section will reflect on the ethical issues raised by AI in SES.
- **AI in professional practice:** Real-world vignettes of the use of AI in Sport and Exercise Sciences (SES) will be presented to illustrate how systems are currently being used in the sector.
- **AI systems that members can use:** Links and commentary will be provided to AI systems that can be used in research; learning, teaching and assessment; sports performance and health enhancing physical activity.
- **An implementation framework:** A practical model for evaluating and implementing AI tools will be provided.

Once online, this practical toolkit will be shared via webinars, videos, and an infographic, and will be updated regularly as AI evolves.

Climate Action and Sustainability Advisory Group (CASAG)

Dr Ash Willmott MCASES, Chair

Major achievements and developments by the Group over the year include:

- CASAG members and Dr Andy Smith MBE FCASES have worked with the Board to ensure that the Association meets the obligations it made in signing the Pledge to Net Zero, with further discussions about the practice of this, how we continue the process and also seeking "offsetting procedures" in attempts to reach neutrality (if possible).
- Spring edition article in TSES: The role of BASES in helping tackle the climate change emergency: A case study, which explored CASES' role in tackling climate change.
- Summer edition article in TSES: First steps towards CASES' Sustainable Laboratory Practices, which introduced three sustainability pillars to help implement and support sustainable laboratory practices in SES.
- Meetings between CASAG and Laboratory Accreditation AG Chairs continue to work on the refinements to the lab accreditation process to include aspects of sustainability.
- Second-hand equipment sharing process – Equipment Flip Scheme – was set up, promoted online and has already been used with some equipment being "flipped" worth in excess of £20k.
- CASES Postgraduate Endorsement Scheme now includes aspects of climate / sustainability.
- CASAG members have created exemplar slides to support CASES Undergraduate Endorsement Scheme implementation and are shared online.
- Meetings between CASAG and HE Endorsement Scheme AG Chairs continue to work on the refinements to the UG endorsement process to include aspects of climate change and sustainability.
- Dr Ash Willmott MCASES attended the Thermal Physiology in Health and Disease: Mechanisms and Therapeutic Applications Physiological Society event at Brunel University of London in June 2025 with a CASES stand, where he presented CASAG's work to date and lots of engagement occurred with members/non-members from UK and abroad.
- Memorandum of Understanding signed between CASES and The Physiological Society, including work aligned to climate change and heat resilience.

Photo: CASAG at The Physiological Society event Ash Willmott June 25

Equity, Diversity and Inclusion (EDI) Advisory Group

Dr Kotryna Lewis MCASES, Chair

The EDI Advisory Group (AG) recruited one student and two professional members to increase representation and expand its scope. In doing so, the Group continued to celebrate our members as part of the Diversity Calendar initiative, raising awareness of EDI-related topics through the quarterly TSES articles, and increasing our understanding of CASES members via the Annual Member Diversity Infographic. The infographic was shared with our national and international partners to increase transparency across our industry.

The EDI AG also collaborated with other AGs, SIGs and structures across CASES to build stronger working relationships and support CASES on EDI-related matters. Some examples include collaborating with the Education and Teaching SIG to present at the Heads of Department Forum in May, working with the Expert Statement AG to strengthen the EDI component of the application and the final statement in response to an inquiry received from a non-member, or attending an online discussion during the Physiology and Nutrition Division Day. The EDI AG continued to support the CASES Board on arising matters, including updating its EDI recruitment statement, completing the Science Council Diversity and Inclusion Progression Framework 3.0, and endorsing the #PeriodsAreNotPenalty campaign.

Heads of Department Forum

Dr Martyn Morris MCASES, Chair

Through the Heads of Department Advisory Group, on 13 November, CASES hosted an online Heads of Department event which was attended by over 30 Heads of Department, with over 20 HEIs represented. CASES then hosted the 21st Heads of Department (HoD) Forum on 26 March 2025 at the University of Hertfordshire. The theme of the event was Leading change in the HE sector and developing curriculum for student success in SES and provided an excellent day of information, insights and discussions for those with leadership roles within sport and exercise sciences academia. Prof Zoe Knowles FCASES provided an informative update session, and there were several presentations and breakout group discussions throughout the day. 33 delegates registered for the event, representing 16 UK institutions.

Photo: Heads of Department event 2025

CHAMPIONING OUR PROFESSION

Integrity Advisory Group

Dr James Newman, Chair

The Integrity Advisory Group (IAG) has continued to carry out several projects linked to matters of integrity and the role of CASES, including:

- The contribution by Dr Emma Kavanagh FCASES and Dr Andy Miles HonFCASES to the FEPSAC position statement on safeguarding athletes in sport.
- As part of a review of the wider education and training of SE and SEPAR candidates, the current safeguarding workshop has been reviewed by specific members of the IAG (Dr Andy Miles HonFCASES, Dr Emma Kavanagh FCASES and Dr James Newman). The recommendations provided by the subgroup members were approved by the CASES Board, and the action plan is being implemented.
- The development of an expert statement on unintentional doping to be submitted to TSES by the Clean Sport Subgroup.
- The completion of work undertaken by Dr Phil Clarke MCASES to allow the public to understand the required qualifications of sport and exercise science practitioners. An informational PowerPoint has been developed and signed off by all the strategic partners involved

Overall, the CASES IAG continues to raise awareness, educate members and be positive role models on matters of integrity in the sport and exercise sciences.

Photo: Biomechanics Division Day 2025

Membership Reps Advisory Group

Matthew Ellis, Chair

The Membership Representatives Advisory Group acts as a voice for the members to influence CASES strategy and review and improve the membership package and communications.

In 2024, the Group introduced a new CASES Letter of Support which is now available as a new membership benefit for professional members. The Group launched and piloted a 'Journal Club', aimed at offering a new membership benefit, specifically for student members. This project is currently being reviewed in partnership with the Student Advisory Group and as part of the CPD offer for students to ensure that CASES provides appropriate content and opportunity for the target audience.

In 2025, CASES appointed a new Chair, Matthew Ellis, to the Group following Dr Miranda Armstrong's (previous Chair) move to become Deputy Chair of the Physical Activity for Health Division. Matthew is the Membership Representative for the Sport and Performance Division, one of five Membership Reps from each Division who make up the Advisory Group.

The Group is currently evaluating the current membership benefits and reviewing the communication of these. The group is working with the CASES MarComms Manager to develop messaging strategies to support recruitment and retention based on the benefit offer.
Focus for the next year includes supporting a CASES Careers Event, linking with the Outreach Panel, Education and Teaching SIG and Student Advisory Group to plan and progress this initiative.

Photo: Outreach Poster Winner 2025 Ross Munro

Outreach Panel

Prof John Dickinson FCASES, Chair

Over the last year, the Panel's work has focused on the following projects:

CASES Outreach Hubs

There have been two cycles of recruiting more CASES Outreach Hubs. Over this time, the number of hubs have grown from 10 in 2023/24 to 36. We now have Outreach Hubs in every one of the four Home Nations in the UK.

CASES school and college poster Competition

Over 2024-2025, we ran the second edition of the CASES school and college poster competition. This involved all our Outreach Hubs delivering outreach days with local schools targeting students aged between 14 and 19 studying sport and exercise science related subjects. This year, we had over 100 schools and colleges engage with an outreach day at a CASES Outreach Hub. The winning poster came from the University of West Scotland Outreach Hub. A reflection day with the Outreach Hubs was held in May, which allowed us to share some examples of good practice and effective outreach from some of our hubs. This was well received by those that attended.

Embedding outreach activity into the CASES annual conferences

For the third time, we held a public lecture at the 2024 BASES conference. The topic was on applied psychology in elite sport and was delivered by Dr Andy Hill from the UKSI. The talk was the most engaged with public yet, for which the slides are available on the website.

The Outreach Panel's projects for 2025-26 include:

- Deliver the CASES schools and colleges poster competition.
- Restart the Teacher Advisory Panel.
- Look to start delivering regular series of outreach webinars
- Develop an explainer animation video for sport and exercise sciences
- Explore collaborations with organisations such as Youth Sport Trust

CHAMPIONING OUR PROFESSION

Policy and Advocacy Advisory Group

Dr Andy Smith MBE FCASES, Chair

The Policy and Advocacy Advisory Group has advocated for CASES and its members by:

- **Championing the HE sector:** In the past 12 months, growing financial pressures on universities have posed risks to our members. To push for positive reform, we have i) written to the Secretary of State for Education and to the Chair of the Office for Students, ii) responded to UUK's Transformation and Efficiency Taskforce report, Transformation and Efficiency: Towards a New Era of Collaboration and iii) submitted evidence to the Parliamentary Education Select Committee inquiry on Higher Education and Funding: Threat of Insolvency and International Students.
- **Lobbying for SES in Health:** To advance evidence-based SES interventions, the Group i) drafted the CASES response to the NHS Survey and ii) submitted evidence to the Health and Social Care Select Committee on Healthy Ageing: Physical activity in an ageing society.
- **Making the case for PE, Physical Literacy and Active Childhoods:** To support this area, evidence was submitted to the i) Culture, Media and Sport Select Committee Inquiry on Grassroots and School Sport and ii) the Education Select Committee inquiry on the National Curriculum and Assessment Review.
- **Arguing for the role SES in Economic Growth:** We made the case for the economic impact of the sports sector through written evidence to the Department for Business & Trade on Industrial Strategy - Invest 2035.

Student Advisory Group

Victoria Tidmas, Chair

The Student Advisory Group (SAG), consisting of 10 student representatives from diverse academic backgrounds across the five Divisions, has made considerable progress during the 2024–2025 period in supporting CASES' strategic objectives. Our activities have focused on enhancing student engagement, increasing brand visibility, and gaining a better understanding of what students want from CASES. Those who have consistently attended the Group meetings, plus the continued support from Lucy Davies, CASES MarComms Manager, have provided good engagement and vital ideas and contributions to the Group's focus and content creation.

In April, the role of Vice-Chair was appointed to Annabelle Skidmore alongside her role as the Postgraduate Representative for the Physical Activity for Health Division to assist with Group communications and reflecting her increasing input and engagement with the Group's tasks and plans. The Group thanks Michael Penketh for his contributions during his role as the Undergraduate Rep for the Physical Activity for Health Division and has recently welcomed Holly Taylor to fill this position.

One of the key initiatives successfully implemented this year was the launch of a quarterly student newsletter. This newsletter, designed and distributed by the Group and Lucy Davies, provided regular updates on CASES activity, highlighting Division Day events and key CASES CPD, and links to useful resources tailored to students. Engagement analytics demonstrated a strong and increasing open rate, with subsequent rises in website logins and resource downloads following each release.

Photos: Student Conference 2024

In addition to the newsletter, the Group continued to develop and expand the Student Insider Series, an initiative that offers practical, student-focused guidance through infographics, blog posts, and downloadable leaflets. Topics included academic advice, placement preparation, and well-being tips, all timed to support students throughout key stages of the academic year. It is hoped that this will also be an effective tool not only in providing value to current members but also in attracting interest from non-members, helping to grow the student base.

Looking ahead, the SAG aims to explore possible collaborative projects with university societies and course representatives, conducting a targeted student member vs non-member survey to gather deeper insights into member interests and challenges, and piloting a student-led podcast based on feedback from the survey and aligning with the Student Insider series content.

An overview of the focus and achievements of the CASES Special Interest Groups

CASES Special Interest Groups (SIGs) provide an active forum for networking, discussion, activities, knowledge sharing and debate among CASES members who share an interest in an identified area. Details of the SIGs can be found here.

The Biomechanics Interest Group (BIG)

Dr Andrew Mitchell HonFCASES, Convenor

Since 2022, BIG has moved under the leadership of the Division of Biomechanics & Motor Behaviour. On 16 April 2025, the Division hosted its second in-person BIG event and members' Division activity (since lockdown) at the University of Gloucestershire Cheltenham Campus. The event "Chartering BIG Possibilities in Biomechanics" had over 150 attendees from more than 50 institutions including 35 CASES Members. Deputy Division Chair Prof Nassos Bissas hosted the event at his own institution and led the local organising committee impeccably. He was assisted by Dr Theo Bampouras and Dr Romanda Dillon. Feedback from the attendees and nine exhibitors was positive.

The keynote lecture was from Prof Andrea Cereatti from the Polytechnic University of Torino. He gave a fascinating presentation on "To wear or not to wear? Everything you always wanted to know about inertial sensors... but were afraid to ask." Dr Andrew Mitchell HonFCASES hosted an innovative invited session with Tom Cresswell, who is Head of Sports Science & Medicine at GB Basketball. The session was a conversation on how "Biomechanics dominates every conversation Tom has at work, from director to coach to athlete to staff to parent." The session had a Q&A period, which explored meetings with various stakeholders, early-stage injury treatment, late-stage rehabilitation and return to play sessions with athletes.

The final invited speaker was Scott Simpson, who is a world leading pole vault coach, who gave a presentation on "The application of biomechanical data in performance coaching in the pole vault." There were also two sessions of oral presentations (12 in total) and a poster session with 12 posters, with a number of prizes awarded for presenters, with one awarded for research that had an EDI focus.

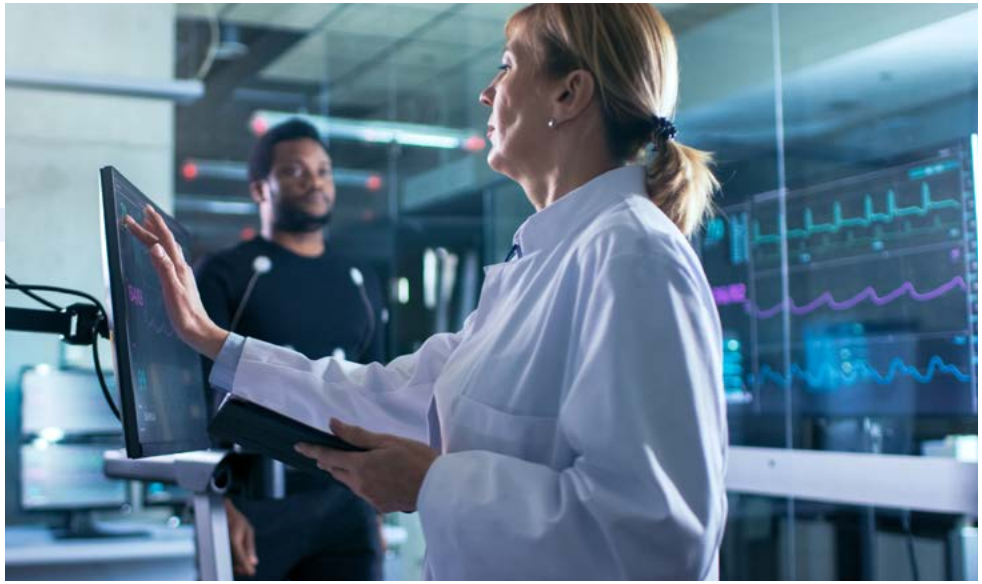
The Education and Teaching (E&T) SIG

Prof Joanne Hudson FCASES, Convenor

In 2024-25, we continued to advance our strategic priorities and the CASES' 2025 Annual Plan Deliverable to offer resources to HEIs in Learning and Teaching, working alongside the Learning and Development Committee, the HE Endorsement Scheme Advisory Group and the Accreditation Advisory Group. The SIG Steering Group (SG) delivered workshops on Course Endorsement and Pedagogy Accreditation of Staff to the CASES Head of Department Forums and on Pedagogic Accreditation to the UK Higher Education in Sport (HESP) Conference. SIG SG members published an article on pedagogy accreditation in The Sport and Exercise Scientist to encourage CASES members to apply for accreditation via this route.

The SIG SG members are producing resources for CASES members on Generative AI as part of the CASES AI Advisory Group, and the CASES Graduate Recognition Project for students graduating from CASES Endorsed programmes remains on schedule for introduction this year. Work on Academic Standards in Sport and Exercise Sciences has continued with a workshop at the UK HESP Conference. The SG are: Dr Eddie Bradley MCASES, Dr Kath Burgess MCASES, Dr Charlotte Chandler, Dr Katie Dray MCASES, Lucy Hale, Prof Joanne Hudson FCASES, Dr Melanie Leggate, Dr Kelly Marrin MCASES, Dr Laura Mason, Dr Sarah Powell MCASES, Dr Oliver Runswick MCASES, Dr Ian Sadler FCASES, Dr Mark Smith MCASES, Dr Laura Thomas and Prof Matthew Timmis FCASES. Huge thanks to Oli as he leaves the group.

CHAMPIONING OUR PROFESSION



The Occupational Performance SIG (OPSIG)

Dr Nicola Armstrong MCASES and Dr Mitch Lomax MCASES, Co-Convenors

The Occupational Performance Special Interest Group (OPSIG) aims to promote evidence-based practice amongst those undertaking research and/or scientific support with occupational groups in physically demanding job roles. In support of this aim, the OPSIG has three core objectives to (i) cohere the scientific community, (ii) to support training and development of practitioners, and (iii) to enhance the scientific evidence base. Within the last 12 months, the OPSIG has hosted a webinar on breast health and bra design for women in occupational roles. The Steering Group has continued its work in support of the OPSIG strategy, but engagement from wider CASES community has been limited. To increase engagement, the OPSIG plans to become more active on social media. This will be achieved in collaboration with the CASES MarComms team. The OPSIG is currently planning an event focussed on occupational psychology and a face-to-face meeting in the new calendar year.

The Paediatric Exercise Science (PES) SIG

Dr Ash Cox, Convenor

The Paediatric Exercise Science (PES) Special Interest Group (SIG) has made further strides in enhancing engagement, visibility, and impact throughout 2024–2025. The PES podcast has continued to grow, adopting a new format that simplifies research papers into accessible discussions. This shift supports a diverse listener base, including early-career professionals, students, and families affected by paediatric conditions. The podcast has now surpassed 3,115 downloads and maintains a 5/5 rating on Apple Podcasts. Significant progress has also been made in reviewing and updating the PES SIG's expert statements. Revisions are underway, and in preparation for the next phase, a collaborative meeting has been pencilled in at the 2026 CASES Conference. This session will bring together SIG members to finalise updated statements and plan dissemination strategies.

To further support national visibility and knowledge exchange, the SIG will launch an innovative webinar series titled "Land's End to John O'Groats: Paediatric Exercise Science Across the UK". Starting in November 2025, this virtual tour will visit universities across the country, showcasing the breadth of paediatric exercise research through live discussions with institutional representatives. This will result in a webinar series, allowing exposure for students, early career researchers and established academics in sharing their work. These initiatives reflect the PES SIG's ongoing commitment to advancing paediatric exercise science, supporting its members, and driving forward inclusive knowledge translation. Dr Cox encourages all members to continue contributing to this shared mission in the year ahead.

Skill Acquisition Interest Group

Dr Malcolm Fairweather MCASES, Convenor

The CASES Board approved the Skill Acquisition Interest Group (SAIG) in February 2023. Since then, SAIG's Steering Group has focused attention on the professional recognition and understanding of Skill Acquisition expertise requirements and the work delivered by Skill Acquisition specialists. Dr Ollie Runswick MCASES (Kings College London), several SAIG Steering Group colleagues and ESAN (Expertise and Skill Acquisition Network) colleagues, completed a Delphi study titled 'Expert consensus on skill acquisition in sport: A Delphi study'. The study captured and confirmed expert Skill Acquisition specialists' contemporary experience, knowledge and shared understanding of the Skill Acquisition area. Findings will be presented at the ESAN conference in September 2025 and published in the Journal of Sports Sciences.

SAIG's Steering Group has also piloted a practitioner/coach developer workshop format. This work commenced through interactive mural board engagement with a cohort of UK Coach Developers and sportscotland Coach Developer managers. The Coach Developers noted their delivery to numerous sports with many associated requests for Skill Acquisition knowledge and practical guidance. Coach Developers also emphasised their own professional needs for Skill Acquisition development and support. The mural board approach helped us address their needs through shared discussion and feedback sessions. We are presently investigating the value of supporting a specific Coach Developer/Coach pairing. This activity will help shape and confirm our future workshop format(s). In September 2025, the SAIG will present an update of our work to CASES Board. We will summarise our activity to date and communicate our future goals and intentions.

Sport, Exercise and Health Analytics SIG

Prof Tony Myers, Convenor

Members of the SIG continue working towards its overall aims to provide direction, advice, and resources for researchers, reviewers, editors, practitioners, students, and those involved in teaching data analysis methods. Prof Tony Myers delivered a webinar titled "Winning with Data: Transforming Research and Teaching Methods" on 5 February 2025, focusing on AI applications in sports and exercise science research. SIG members continue exploring statistics teaching in UK sport and exercise science undergraduate programmes through a mixed-methods audit of curricula, teaching resources, and academic perspectives. A paper from this project has been drafted and is ready for submission.

The SIG's annual meeting addressed three key areas. Firstly, Prof Grant Abt HonFCASES presented his editorial on sample size estimation, highlighting the need for researchers to include dedicated methods

sections justifying sample size through power analyses or Bayesian approaches to ensure reproducibility and transparency. Secondly, the group discussed artificial intelligence in data analysis, sharing examples of AI-assisted coding and simulation whilst assessing the benefits and pitfalls of black-box outputs. Thirdly, the SIG discussed workshop proposals for the next CASES conference, focusing on sample size calculation and AI in teaching research methods, emphasising interactive sessions bridging theory and practice.

Technical Special Interest Group

Amelia Dingley MCASES and Ash Osborne, Co-convenors

Formally approved by the CASES Board in November 2024, the Technical Special Interest Group (TSIG) has rapidly gained momentum. With 28 active members and 79 on the mailing list, the TSIG is working to embed the principles of the Technician Commitment - visibility, recognition, career development, and sustainability - within CASES.

The TSIG made its conference debut at the 2024 CASES Conference, presenting Revealing the Hidden Workforce: Empowering Technicians within CASES. This led to CASES becoming a supporter of the Technician Commitment in April 2025. That same month, TSIG Co-Chair Amelia Dingley MCASES represented CASES at the national signatory event, presenting on TSIG's progress.

Since its formation, the group has delivered two well-attended webinars on TSIG's aims and technical career development, with plans to host bi-monthly webinars going forward. A national launch event is planned for September 2025 to foster wider engagement and collaboration. Ongoing projects include: developing technical skills training days, creating fair attribution guidelines, and conducting a national survey to map the technical workforce in sport, health, and exercise sciences, Technician of the Year award and more. Monthly Steering Group meetings continue to shape this work as TSIG champions the vital role of technicians across the sector.

There are two other SIGs – the Molecular Exercise Physiology (MEP) SIG, convened by Dr Georgina Stebbings MCASES, and Performance Analysis SIG, convened by Louis Langdown, whose updates were not available at the time of publication.

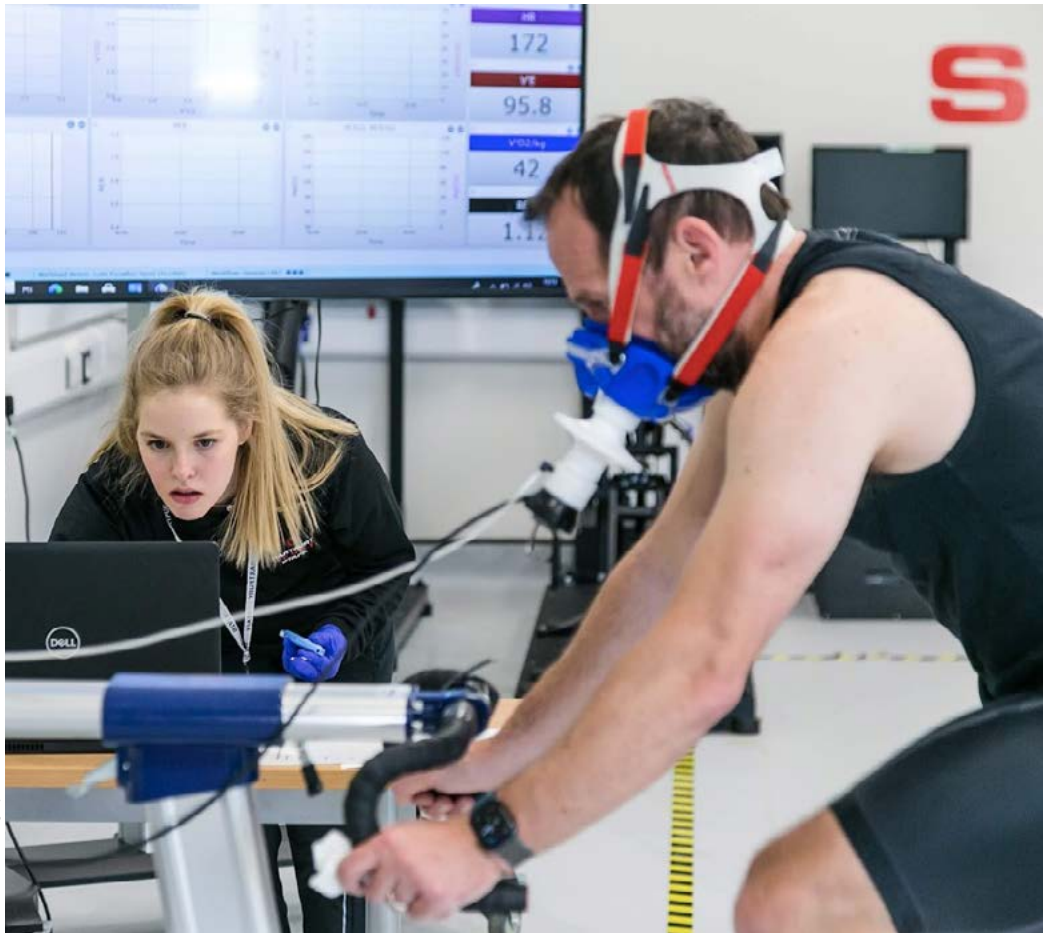


Photo: Amelia Dingley MCASES Technician Commitment April 2025

CHAMPIONING OUR PROFESSION

Partnerships

CASES continues to engage and develop relationships with stakeholders in the UK and abroad. The International Confederation of Sport and Exercise Science Practice (ICSESP) has gained a new member association; the Norwegian Association for Health and Exercise Physiologists, who have invited Dr Andrew Scott HonFCASES, the CASES nominated Director of the ICSESP, to present at their national conference in Oslo in February.

The development of international professional standards for clinical exercise physiology is nearing full completion, with the publication of these standards soon. Members of CASES Accreditation Advisory Group are involved in the expert working group for auditing and developing international professional standards for Sport Science to support the alignment of education and practice between nations. These provide an exciting opportunity for CASES to develop postgraduate degree accreditations based on these standards to enhance student recruitment, quality of experience and employability prospects in postgraduate sport science courses, and to support CASES to develop its membership.

Relationships and developments continued with American College of Sports Medicine, Association for Applied Sport Psychology, Association for Physical Education, the Association of Colleges Sport, Association of Chartered Physiotherapists in Cardiovascular Rehabilitation, and the British Association for Cardiovascular Prevention and Rehabilitation, British Association for Sustainable Sport, British Dietetics Association, British Psychological Society, Careers in Sport, Clinical Exercise Physiology Association, Canadian Society for Exercise Physiology, Chartered Institute for the Management of Sport and Physical Activity, Diabetes UK. Exercise and Sport Science Australia, Expertise and Skill Acquisition Network, Human Kinetics, Football Medicine and Performance Association (FMPA). International Society for Performance Analysis of Sport, International Society for Sports Psychology, International Universities Strength and Conditioning Association, Leaders In Sport, MIND, Newcastle United Football Club, Nutrition Society, Open University, Pearson Education Limited, the Physiological Society, the Premier League, the Professional Footballers' Association, Sport and Exercise Science New Zealand, Sport Northern Ireland, Sporting Edge, sportscotland Institute of Sport, Supporting Champions, UK Anti Doping, The UK Sports Institute, UK Strength and Conditioning Association and Yakult.

Significant work has been done to maintain key existing strategic partnerships such as the Premier League, where collaborative coffee mornings have been held to support practitioners to apply for CASES accreditation. Work has taken place with UKAD and CIMSPA to renew existing MoUs. New partnerships have been formed with The Physiological Society and ISSP which will create more collaborative CPD and research opportunities. To support CASES' desire to expand the membership base within Further and Secondary Education, MoUs have been signed with Pearsons, the AoC Sport and AfPE.

In February, CASES Partnerships Manager, Sue Watson, and Dr Lynsey James MCASES, (CASES Network Representative, Loughborough University) both delivered presentations at the Association of Colleges (AoC) Sport Curriculum Conference 2025. Sue Watson also delivered a short presentation at two AoC regional hubs meetings in June. In June, CASES sponsored the 'Best science based oral presentation' award within the 2025 WiSEAN Conference.

Photo: Wisean winner Eloise Kirby

REPRESENTING OUR PEOPLE

REPRESENTING OUR PEOPLE

Strategic Objective 3:

Improve representation of sport and exercise sciences by growing and diversifying a membership that is more reflective of society and the communities we serve.

Membership

Despite the ongoing global cost of living crisis, the Association has almost maintained its membership over the last year. The average total membership for the period (September 2024 - August 2025) was 2,537 compared to 2,575 in the previous year (September 2023 - August 2024). Positively, there has been a 29% increase in Affiliate members, ending the year at 31, a 10% increase in Professional members, ending the year at 1,472, and a 6% increase in Graduate members, ending the year at 425. However, there have been slight declines in the other membership categories; Overseas down to 47 (-14%), and Student down to 478 (-34%).

Every two years, we ask our members to complete a membership survey so we can better understand our members and can hear what is important to them. The last survey was issued in December. An infographic of the summary of the feedback can be found here, which was also included within TSES Summer 2025 (pages 22-23).

The Annual General Meeting took place on 20 November 2024 at the CBS Arena, Coventry and online via Zoom. Members can access the minutes of the meeting and the accompanying slides via the Governance area of our website. The 2025 AGM will take place at 4:30 pm on Wednesday 12 November 2025. CASES Chair, Prof Zoe Knowles FCASES will deliver a short presentation outlining the Association's activities over the last 12 months. Members of the Board will attend the meeting. Details will be shared with members in due course.

In October 2022, the Association applied to the HMRC and was included on the list of professional organisations and learned societies so eligible members can claim tax relief on their fees or subscriptions.

REPRESENTING OUR PEOPLE

Values, Commitment and Behaviours

Members continue to strive to align their work to the CASES Values, Commitments and Behaviours, details of which can be found here. There is now a short section within application forms (Grant and Awards applications; Accreditation / Endorsement programmes, Fellowship applications, etc.) on how members are committed to and living the CASES' values.

Member Recruitment and Retention:

CASES has been working with the education and further education sector to increase CASES reach and membership base. With new Partnership agreements and MoUs signed with AfpE, the AoC Sport and Pearsons, this is leading to more exposure and engagement with these groups. The Partnerships Manager has presented to over 100 FE colleges at the AoC national conference and to further organisations when presenting at AoC regional events. This has allowed promotion of the benefits of CASES membership to this new target group.

Work continues to review, update and promote current member benefits.

2024 Conference

The BASES Conference 2024 took place on 20-21 November at Coventry Building Society Arena; two inspiring days filled with world-leading insight and expertise. The event also celebrated BASES being granted Royal Charter status. Dr Kevin Currell HonFBASES, Director of Science and Technical Development at the UK Sports Institute, opened the conference with the invited keynote: Reflections on Sports Science Support for Team GB at the 2024 Paralympic and Olympic Games. Following this was a day of thought-provoking poster presentations, free communications and parallel invited symposiums.

The Outreach Project Team planned a free to access public talk, entitled 'Applied psychology in elite sport'. This was presented by Dr Andy Hill, a senior sport psychologist and Technical Lead at the UK Sports Institute. Within the Annual General Meeting, members were shown a short promo video and the new logo for when BASES would be incorporated as CASES from 1 April 2025. Following the 2024 AGM, the first day ended with a Gala Drinks Reception and Conference Dinner where the 2024 CASES Fellows were awarded their official certificate and badge. The second day showcased a variety of rich content. Prof Catherine Ross, Scotland's Chief Scientific Officer, closed the conference with her Keynote: 'Science in Health – ensuring sustainable NHS services for the future.'

Members were informed last autumn that the Association was taking a strategic pause from its student and annual conference programme in 2025, to allow a reimagined combined conference to be held in June 2026. Manchester Metropolitan University will host the event, 3 to 4 June 2026, as we pilot how the CASES combined conference will look in the future, with delegates from a range of career stages interacting, a return to a university base, a wide choice of city centre accommodation to suit all budgets, and a range of conference ticket options. The aim is to offer delegates an inclusive and innovative experience. Please save the date!

Photo: BASES Annual Conference 2024

REPRESENTING OUR PEOPLE

Fellows' engagement

Fellows' online meetings took place in December and June. Lots of information was shared, and there were several requests for Fellows' support to advance the operational plan projects.

The Sport and Exercise Scientist

The Sport and Exercise Scientist (TSES) remains the #1-member benefit for CASES members. This year, we have seen an increase in articles from first time contributors. Continued contributions of this nature will help develop the next generation of sport and exercise scientists and facilitate the continued development of TSES. There has been greater collaboration between TSES and the CASES Fellows, which will result in a greater contribution to TSES by our Fellows. It was pleasing to see the enthusiasm of some of the Fellows for writing in TSES.

There has also been an increased number of organised submissions to TSES, with a range of article proposals being received for the publication. This also bodes well for the future of TSES and indicates an enthusiasm for contributing. However, despite the guidelines being produced and promoted, we have yet to receive any video article or video advert submissions.

We have promoted the digital version of TSES over different social and professional media platforms, as a minimal amount of member feedback has indicated that TSES has become another hyperlink in an e-mail mailshot, which decreases the chances that they will read the e-mail, see the link, and click on it to read. The social and professional media promotion is designed to facilitate engagement with the readership. We have also more widely promoted the Expert Statements and Editor's Choice articles in the same way, and the impact of this will be monitored with the MarComms team at an appropriate date. This promotion has also resulted in article debate, and we are exploring ways that we can further engage the readership with the articles (e.g., having QR codes on articles and inviting comments; introducing a Reader's Choice feature where readers vote for their favourite article using a polling function). We encourage CASES members to contribute to TSES via submitting articles, and via discussion and debate.

Photo: TSES Cover image

REPRESENTING OUR PEOPLE

Resources

The Taylor & Francis Group publishes the Journal of Sports Sciences (JSS) in affiliation with CASES. In 2024, JSS published over 300 research articles and received 1.5 million downloads/views in. The Journal's Impact Factor (2023) is 2.3, placing it 42 out of 127 journals in the Sport Sciences JCR category; and the CiteScore (2024) is 5.3, placing it 40 out of 254 in the Physical Therapy, Sports Therapy and Rehabilitation category, and 59 out of 332 Orthopedics and Sports Medicine category. The Journal's metrics tab can be viewed here.

The BASES Career Guide: A Guide to Careers in Sport and Exercise Science was updated and launched in August 2024. The 58-page Guide includes a wealth of guidance and information about choosing courses at school and college, choosing undergraduate and postgraduate courses, career opportunities and how to get ahead, and how to pursue popular career paths and occupations. 10 months since being published, the hits and downloads of the full guide in the member-only website was 2,468 and hits and downloads of the non-member version was 25,134.

Eighteen months ago, the Education and Teaching Special Interest Group, in collaboration with both the HE Endorsement Scheme Advisory Group and Student Advisory Group, began working on a project aimed at Raising Aspirations in Sport and Exercise Sciences (RAISES). On 1 August 2025, the project brought two key milestones to life: (i) a new Graduate recognition scheme, acknowledging those students who have graduated from a CASES endorsed degree (undergraduate or postgraduate) with an official graduate recognition certificate and graduate digital logo, and (ii) a new CASES Endorsed Scheme Graduate survey, which seeks to enhance the support that graduates receive immediately after completing their studies, following any tailored resources that are developed and provided based upon the survey responses.

Photo: Careers Guide Front page - 2024

REPRESENTING OUR PEOPLE

Social Media

CASES continues to grow its social media presence. As of August 2025, CASES has 12,753 LinkedIn members (+15% versus August 2024), 3,945 Instagram followers (+7%), 6,096 Facebook likes (+1%), and 31,189 followers (-3%). In addition, CASES has 3,947 followers across the respective five Division X accounts, making a total X reach of 35,136 followers (-3%).

Annual Donation

A £100 donation, on behalf of the Association, was split between Move Against Cancer and The Multi Bank in December 2024, in lieu of sending festive greeting cards.

Corporate Sponsorship

CASES is keen to enhance the promotion of the Association through obtaining corporate sponsorships and commercial opportunities. We are keen to attract new commercial opportunities and to sustain the support from existing commercial opportunities, which would ultimately benefit the membership. In October, Catapult, a global leader in sports science technology, delivering data-driven insights to enhance athlete performance and reduce injury risk, joined CASES as a Bronze commercial partner. In March, HaB Direct, a UK and Ireland leading supplier of sport and exercise science equipment, extended its Bronze commercial partnership. Details of current Gold, Silver and Bronze sponsorship packages can be found here. If members have any contacts that could help in this area, please email enquiries@cases.org.uk.

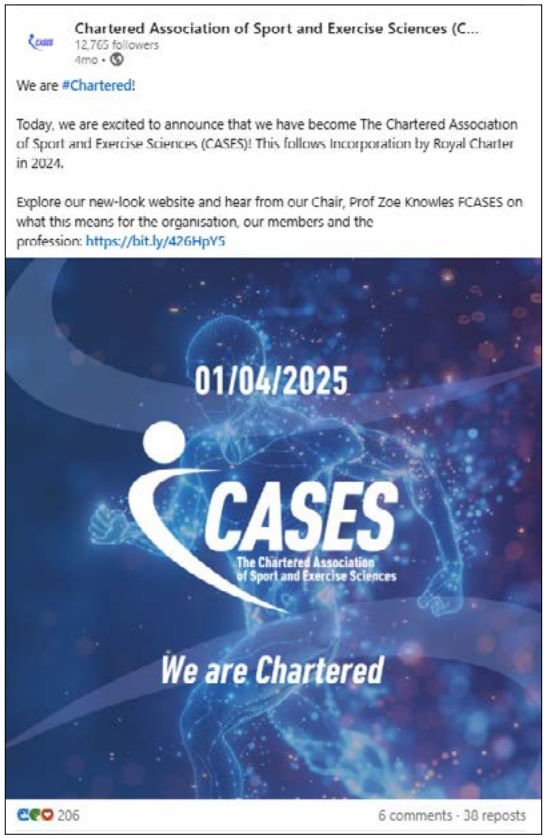


Photo: LinkedIn we are chartered post

GOVERNANCE STRUCTURE AND POLICY REVIEW

Governance Structure

The Governance Structure and Terms of Reference document can be found here.

The Board continues to share an overview of each Board meeting, and overviews of the Board meetings since 2022 can be found on the Governance page of the website, within the 'Board meeting updates' section.

Policy Review

Significant work took place this year to review several key policies and documents. The current documents are on the CASES website and can be viewed here (within the "CASES Policies" section).

Composition: Board, Standing Committees and Advisory Groups (as of August 2025)

Board:

Prof Zoe Knowles FCASES (Chair), Dr Mitch Finlay MCASES (Deputy Chair), Dr Daniel Bailey HonFCASES, Chris Davison (Non-Executive Director), Dr Trish Jackman FCASES, Dr Andrew Mitchell HonFCASES, Dr Helen Rippon (Non-Executive Director), Dr Alan Ruddock FCASES, James Tugwell (Non-Executive Director), Susan Went (Senior Non-Executive Director).

CASES Operations Team (1.0 FTE unless otherwise stated)

Jane Bairstow, Senior Administration Officer (0.6), Angus Boyle, Administrative Officer and MarComms Assistant, Lucy Davies, MarComms Manager (0.8), Jane Gillott, SEPAR Officer, Sue Watson, Head of Operations (0.8), Ian Wilson, Chief Executive Officer, Alex Windwood, Professional Standards Officer.

Standing Committees:

Division of Biomechanics and Motor Behaviour

Dr Andrew Mitchell FBASES (Chair), Dr Arezoo Amirpourabasi, Prof Athanassios Bissas, Dr Theodoros Bampouras, Dr Romanda Dillon; Dr Lauren Forsyth, Diana Soares, Julia Suchanecka.

Division of Physical Activity for Health

Dr Daniel Bailey HonFCASES (Chair), Dr Miranda Armstrong, Dr Sophie Carter MCASES, Hayley Mills, Michael Penketh, Annabelle Skidmore, Dr Stephanie Stockwell, Holly Taylor.

Division of Physiology and Nutrition

Dr Alan Ruddock FCASES (Chair), Dr Nicola Arjomandkhah, Dr Andy Galbraith, Lily Matthias, Victoria Tidmas, Dr Laura Wilson MCASES.

Division of Psychology

Dr Patricia Jackman FCASES (Chair), Manisha Aggarwal, Molly Banks, William Dodd, Richard Simpson.

Division of Sport and Performance

Dr Mitch Finlay MCASES (Chair), Dr Ross Cloak, Matthew Ellis, Dr Christopher Kirk FCASES, Dr Christina Langley, Patrick Mannix, Josh Till.

Finance and Risk Committee

James Tugwell (Chair), Chris Davison, Dr Helen Rippon, Ian Wilson.

Governance Committee

Susan Went (Chair), Dr Kotryna Lewis MCASES, Dr Andrew Mitchell HonFCASES, Dr Helen Rippon.

Human Resources, Appointments and Remuneration Committee

Prof Zoe Knowles FCASES (Chair), Dr Mitch Finlay MCASES, Dr Helen Rippon, Susan Went.

Learning and Development Committee

Dr Daniel Bailey HonFCASES (Chair), Prof Lindsay Bottoms FCASES, Dr Adam Gledhill FCASES, Dr Alan Ruddock FCASES.

Professional Standards Committee

Dr Trish Jackman FCASES (Chair), Dr Mitch Finlay MCASES, Dr David Green MCASES, Dr Paul Jones FCASES, Dr Robert Morris FCASES, Dr James Newman, Dr Matthew Timmis FCASES, Dr Ian Sadler FCASES.

Stakeholder Committee

James Tugwell (Chair), Dr Martyn Morris MCASES, Dr Alan Ruddock FCASES, Victoria Tidmas, Ian Wilson.

GOVERNANCE STRUCTURE AND POLICY REVIEW

Advisory Groups/Panels: *CASES operational staff

Accreditation Advisory Group

Dr Paul Jones FCASES, (Chair), Chris Barnes FCASES, Dr Gary Brickley FCASES, Dr Tom Clifford MCASES, Thomas Craig MCASES, Dr Sarah Gilchrist FCASES, Dr Mary-Margaret Meade, Dr Ian Sadler FCASES, Prof John Saxton FCASES, Jonathan Taylor MCASES, Alex Windwood*, Dr Matthew Wright MCASES.

Awards Advisory Group

Dr Lee Taylor MCASES (Chair), Jane Bairstow*, Prof Alan Barker HonFCASES, Sarah Coakley, Dr Andy Galbraith, Dr Anastasiya Khomutova, Prof Andy Lane FCASES, Prof Lars McNaughton HonFCASES.

Artificial Intelligence Advisory Group

Dr Andy Smith MBE FCASES (Chair), Dr Eddie Bradley MCASES, Tim Donovan, Prof Joanne Hudson FCASES, Abdullah Khalid, Dr Sarah Powell MCASES, Dr Clare Strongman, Dr Mark White, Ian Wilson*.

Climate Action and Sustainability Advisory Group

Dr Ash Willmott MCASES (Chair), Dr Mia Burleigh MCASES, Dr Bryna Chrismas MCASES, Romain Denis MCASES, Louise Ellis MCASES, Dr Andrew Garrett, Dr Lee Graves, Dr Carl James MCASES, Dr Stephen Mears, Dr Jessica Mee MCASES, Ian Wilson*, Alex Windwood*, Dr Julia Zakrzewski-Fruer.

Clinical Exercise Physiology UK Group

Prof Helen Jones (Chair), Matthew Annals TechCASES, Dr Chris Askew, Dr Stefan Birkett, Dr Lisa Board FCASES, Prof David Broom HonFCASES, Prof John Buckley HonFCASES, Prof Anna Campbell, Anthony Crozier, Prof Keith George HonFCASES, Prof Daniel Green, Dr Amy Harwood, Prof Sandy Jack, Dr Gordon McGregor, Dr Gemma Miller, Joanna Rycroft, Dr Andrew Scott HonFCASES, Lizanne Steenkamp.

Conference Scientific Planning Group

Dr Adam Grainger FCASES, (Chair), Dr Dan Bailey HonFCASES, Dr Theodoros Bampouras, Prof Lindsay Bottoms FCASES, Dr Richard Buscombe, Prof Tim Cable, Prof John Dickinson FCASES, Dr Tracy Donachie, Dr Mike Price HonFCASES, Dr Georgina Stebbings MCASES, Victoria Tidmas, Sue Watson*, Ian Wilson*.

Continuing Professional Development (CPD) Advisory Group

Chair TBC, Angus Boyle*, Dr Patricia Jackman FCASES, Dr Christopher Kirk FCASES, Rachel Mason, Dr Andy Miles HonFCASES, Hayley Mills, Dr Laura Wilson MCASES, Alex Windwood.

Equity, Diversity and Inclusion Advisory Group

Dr Kotryna Lewis MCASES (Chair), Gayatri Bhushan, Dr Richard Buscombe MCASES, Dr Romanda Dillon, Nia Evans, Dr John Fernandes, Emily Hansell, Dr Laura Johnson MCASES, Dr Eleri Jones, Dr Helen Rippon, Dr Tori Sprung, Ian Wilson*, Alex Windwood*, Oriana Wong.

Expert Statement Advisory Group

Prof Lindsay Bottoms FCASES (Chair), Jane Bairstow*, Dr Valerie Gladwell, Dr Matt Jewiss, Dr Daniel Low MCASES, Prof Craig Twist FCASES.

HE Endorsement Scheme Advisory Group

Dr Ian Sadler FCASES and Dr Matthew Timmis FCASES (Co-chairs), Dr Lisa Board FCASES, Dr Katherine Burgess MCASES, Dr Charlotte Chandler, Dr Katie Dray MCASES, Dr Adam Gledhill FCASES, Dr Denise Hill FCASES, Dr Mel Leggate, Dr Helen Matthews, Dr Kelly Marrin MCASES, Dr Emma Neupert MCASES, Dr Sarah Powell MCASES, Alex Windwood*.

Heads of Department Advisory Group

Dr Martyn Morris MCASES, (Chair), Angus Boyle*, Dr Stewart Bruce-Low MCASES, Dr Jessica Hill MCASES, Steve Hunter MCASES, Dr Clare Pheasey MCASES, Sue Watson*.

High Performance Sport Accreditation Advisory Group

Chris Barnes FCASES, Dr Malcolm Fairweather MCASSES, Dr Matthew Green FCASES, Dr Andrew Murray FCASES, Kevin Paxton MCASES, Dr Matthew Taberner MCASES, Alex Windwood*.

Integrity Advisory Group

Dr James Newman (Chair), Prof Sue Backhouse HonFCASES, Dr Neil Chester, Dr Phil Clarke MCASES, Dr Emma Kavanagh FCASES, Jinal Mehta, Dr Andy Miles HonFCASES, Niall Murphy, James Platt, Jack Sharkey MCASES, Ian Wilson*, Alex Windwood*.

GOVERNANCE STRUCTURE AND POLICY REVIEW

Journal of Sports Sciences Editorial Board

Prof A Mark Williams HonFBASES (Editor-in-Chief), Dr Grant Abt HonFCASES, Dr Sarah Aldred, Dr Paul Appleton, Prof Colin Boreham HonFCASES, Prof Gareth Davison, Dr Massimiliano Ditroilo, Prof Michael Duncan FCASES, Dr David Fletcher, Prof Jason Gill HonFCASES, Olivier Girard, Prof Stuart Gray, Sirius Huang, Robin Jackson, Prof Melitta McNarry, Jean-Benoît Morin, David Mullineaux, Dr Andrew Murray FCASES, Prof Tony Myers, Prof Alan Nevill, Dr Michalis Nikolaidis, Dr Jamie North, Sam Robertson, Kristin Sainani, Dr Caroline Sunderland FCASES, Paul Swinton, Prof Craig Twist FCASES, Pieter Van den Berghe, Prof Eric Wallace.

Laboratory Endorsement Advisory Group

Dr David Green MCASES (Chair), Dr Chelsea Batty MCASES, Romain Denis MCASES, Dr Sarah Gilchrist FCASES, Prof Glyn Howatson FCASES, Prof Andy Jones HonFCASES, Dr Charles Pedlar HonFCASES, Dr Jamie Pringle, Nicola Rawlinson, Dr Rhys Thatcher FCASES, Alex Windwood*.

Membership Rep Advisory Group

Matthew Ellis (Chair), Dr Nicola Arjomandkhah, Dr Theodoros Bampouras, Lucy Davies*, William Donald, Dr Stephanie Stockwell.

Outreach Panel

Prof John Dickinson FCASES (Chair), Mastveer Ghatahora, Dr Lynsey James MCASES, Dr James Johnstone MCASES, Dr Emma Mosley MCASES, Savannah Sturridge, Ian Wilson*, Dr James Wright MCASES.

Policy and Advocacy Advisory Group

Dr Andy Smith MBE FCASES (Chair), Prof Lynne Boddy FCASES, Prof David Broom HonFCASES, Dr Rita de Oliveira, Prof John Dickinson FCASES, Dr Mark Faghy, Prof Kiara Lewis FCASES, Dr Mark Ross, Dr Nikita Rowley, Dr Lauren Struszczak, Ian Wilson*.

Sport & Exercise Psychology Accreditation Route Advisory Group

Dr Robert Morris FCASES (Chair), Dr Danielle Adams Norenberg, Simon Crampton, Dr Misia Gervis, Jane Gillott*, Prof Chris Harwood HonFCASES, Zach Hickmore, Dr Denise Hill FCASES, Dr Karen Howells, Dr Patricia Jackman FCASES, Dr Nichola Kentzer, Rebecca Levett**, Dr Hayley McEwan, Dr Claire Rossato, Dr Mark Uphill**, Dr Paula Watson.

**External Examiners

Sport and Exercise Psychology Accreditation Route Criminal Convictions and Applications Review Panel

Dr James Newman (Chair), Dr Robert Morris FCASES, Dr Patricia Jackman FCASES, Ian Wilson.

Student Advisory Group

Victoria Tidmas (Chair), Manisha Aggarwal, Molly Banks, Lucy Davies*, Patrick Mannix, Lily Matthias, Michael Penketh, Diana Soares, Annabelle Skidmore, Julia Suchanecka, Josh Till.

The Sport and Exercise Scientist Editorial Advisory Group

Dr Adam Gledhill FCASES (Editor), Dr Theodoros Bampouras, Prof Lynne Boddy FCASES, Dr Eddie Bradley MCASES, Dr Neil Clarke FCASES, Dr Lauren Forsyth, Dr Paul Gorczynski, Dr Christopher Kirk FCASES, Prof Kiara Lewis FCASES, Dr Kotryna Lewis MCASES, Dr Robert McCunn MCASES, Dr Shaun McLaren MCASES, Dr Claire Rossato, Dr Jonathan Taylor MCASES, Gavin Thomas MCASES.

Members who are interested in applying for any vacancies within the respective groups, please email enquiries@bases.org.uk.

ACKNOWLEDGEMENTS

Acknowledgements

The success of CASES relies heavily on members responding to calls for engagement and volunteering in activities. As such, the Board wholeheartedly thanks those individuals who have contributed their time, energy, and expertise to the Association over the past year.

Publisher

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UNAUDITED FINANCIAL STATEMENTS

The Chartered Association of Sport and Exercise Sciences Limited

previously known as The British Association of Sport and Exercise Sciences

Report of the Directors and Unaudited Financial Statements for the Year Ended 31 March 2025

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Balance Sheet	#4
Statement of Changes in Equity	#5
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Chartered Accountants' Report	#10
Detailed Income and Expenditure Account	#11

UNAUDITED FINANCIAL STATEMENTS

The Chartered Association of Sport and Exercise Sciences Limited

previously known as The British Association of Sport and Exercise Sciences

Report of the Directors for the Year Ended 31 March 2025

The directors present their report with the financial statements of the company for the year ended 31 March 2025.

CHANGE OF NAME

The company passed a special resolution on 30 August 2024 changing its name from The British Association of Sport and Exercise Sciences to The Chartered Association of Sport and Exercise Sciences Limited.

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 2024 to the date of this report.

Prof Z Knowles

Ms S Went

Mr J O Tugwell

Dr A C S Mitchell

Dr H J Rippon

Other changes in directors holding office are as follows:

Mr I Wilson - resigned 20 November 2024

Dr L M Bottoms - resigned 20 November 2024

Dr K A Lewis - resigned 20 November 2024

Dr D Bailey - appointed 20 November 2024

Mr C A Davison - appointed 1 July 2024

Mr M J Finlay - appointed 31 May 2024

Dr A D Ruddock - appointed 20 November 2024

Dr A E Whitehead ceased to be a director after 31 March 2025 but prior to the date of this report.

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.

UNAUDITED FINANCIAL STATEMENTS

The Chartered Association of Sport and Exercise Sciences Limited

previously known as The British Association of Sport and Exercise Sciences

Report of the Directors for the Year Ended 31 March 2025

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 provisions of Part 15 of the Companies Act 2006 relating to small companies.

ON BEHALF OF THE BOARD:

Prof Z Knowles - Director

23 July 2025

UNAUDITED FINANCIAL STATEMENTS

The Chartered Association of Sport and Exercise Sciences Limited

previously known as The British Association of Sport and Exercise Sciences

Income and Expenditure Account for the Year Ended 31 March 2025

	Notes	2025 £	2024 £
INCOME	3	535,771	469,742
Expenditure		198,724	177,974
GROSS SURPLUS		337,047	291,768
Office expenses		325,253	297,231
		11,794	(5,463)
Other operating income		871	286
OPERATING SURPLUS/(DEFICIT)		12,665	(5,177)
Interest receivable and similar income		16,010	9,736
SURPLUS BEFORE TAXATION		28,675	4,559
Tax on surplus		3,261	1,850
SURPLUS FOR THE FINANCIAL YEAR		25,414	2,709

The notes form part of these financial statements

UNAUDITED FINANCIAL STATEMENTS

The Chartered Association of Sport and Exercise Sciences Limited

previously known as The British Association of Sport and Exercise Sciences

Balance Sheet 31 March 2025

	Notes	2025 £	2025 £	2024 £	2024 £
FIXED ASSETS					
Tangible assets	5		1,016		1,593
CURRENT ASSETS					
Debtors	6	84,274		56,863	
Cash at bank and in hand		657,203		659,590	
		741,477		716,453	
CREDITORS					
Amounts falling due within one year	7	292,484		293,451	
NET CURRENT ASSETS			448,993		423,002
TOTAL ASSETS LESS CURRENT LIABILITIES			450,009		424,595
RESERVES					
Income and expenditure account			450,009		424,595
			450,009		424,595

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2025 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

(a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and

(b) 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 applicable to companies subject to the small companies regime.

The financial statements were approved by the Board of Directors and authorised for issue on 23 July 2025 and were signed on its behalf by:

Prof Z Knowles - Director

The notes form part of these financial statements

UNAUDITED FINANCIAL STATEMENTS

The Chartered Association of Sport and Exercise Sciences Limited

previously known as The British Association of Sport and Exercise Sciences

Statement of Changes in Equity for the Year Ended 31 March 2025

	Retained earnings	Total equity
	£	£
Balance at 1 April 2023	421,886	421,886
Changes in equity		
Total comprehensive income	2,709	2,709
Balance at 31 March 2024	424,595	424,595
Changes in equity		
Total comprehensive income	25,414	25,414
Balance at 31 March 2025	450,009	450,009

The notes form part of these financial statements

The Chartered Association of Sport and Exercise Sciences Limited

previously known as The British Association of Sport and Exercise Sciences

Notes to the Financial Statements for the Year Ended 31 March 2025

1. STATUTORY INFORMATION

The Chartered Association of Sport and Exercise Sciences Limited is a private company, limited by guarantee, registered in England and Wales. The company's registered number and registered office address 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

The following fees are recognised in the income and expenditure account over the period of the membership or course:

- Membership fees
- Sport and Exercise Psychology Accreditation Route (SEPAR fees)
- Course Finder
- BASES Undergraduate Endorsement Scheme - BASES Postgraduate Endorsement Scheme

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

continued...

The Chartered Association of Sport and Exercise Sciences Limited

previously known as The British Association of Sport and Exercise Sciences

Notes to the Financial Statements for the Year Ended 31 March 2025

2. ACCOUNTING POLICIES - *continued*

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% on cost (software) and 50% on cost (equipment)

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.

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), 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.

continued...

The Chartered Association of Sport and Exercise Sciences Limited

previously known as The British Association of Sport and Exercise Sciences

Notes to the Financial Statements for the Year Ended 31 March 2025

2. ACCOUNTING POLICIES - continued

Impairment of assets

Assets 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.

3. INCOME

The company's income is mainly derived from membership fees and from application fees for SEPAR. This income is recognised in the income and expenditure account over the period of the membership or course.

Membership fees	2025	2024	2023
	£	£	£
Deferred income b/fwd	88,794	89,772	92,571
Receipts in the year	191,677	187,427	183,857
Deferred income c/fwd	(83,217)	(88,794)	(89,772)
Income per accounts	197,254	188,405	186,656

SEPAR fees	2025	2024	2023
	£	£	£
Deferred income b/fwd	41,075	64,040	43,702
Accrued income b/fwd	(13,607)	(6,543)	(3,509)
Receipts in the year	239,875	153,599	144,474
Accrued income c/fwd	16,555	13,607	6,543
Deferred income c/fwd	(65,215)	(41,075)	(64,040)
Income per accounts	218,683	183,628	127,170

4. EMPLOYEES AND DIRECTORS

The average number of employees during the year was 8 (2024 - 7).

continued...

The Chartered Association of Sport and Exercise Sciences Limited

previously known as The British Association of Sport and Exercise Sciences

Notes to the Financial Statements for the Year Ended 31 March 2025

5. TANGIBLE FIXED ASSETS

	Fixtures, fittings and computer equipment
COST	**£**
At 1 April 2024	30,771
Additions	565
At 31 March 2025	31,336
DEPRECIATION	
At 1 April 2024	29,178
Charge for year	1,142
At 31 March 2025	30,320
NET BOOK VALUE	
At 31 March 2025	1,016
At 31 March 2024	1,593

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Trade debtors	49,956	22,883
Prepayments and accrued income	34,318	33,980
	84,274	56,863

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

Trade creditors	1,366	12,428
Tax	3,207	1,850
Social security and other taxes	4,992	5,111
VAT	3,222	2,350
Other creditors	8,057	10,449
Accruals and deferred income	271,640	261,263
	292,484	293,451

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.

UNAUDITED FINANCIAL STATEMENTS

The Chartered Association of Sport and Exercise Sciences Limited

previously known as The British Association of Sport and Exercise Sciences

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

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 Chartered Association of Sport and Exercise Sciences Limited for the year ended 31 March 2025 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 Chartered Association of Sport and Exercise Sciences Limited, 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 Chartered Association of Sport and Exercise Sciences Limited and state those matters that we have agreed to state to the Board of Directors of The Chartered Association of Sport and Exercise Sciences Limited, 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 Chartered Association of Sport and Exercise Sciences Limited and its Board of Directors, as a body, for our work or for this report.

It is your duty to ensure that The Chartered Association of Sport and Exercise Sciences Limited 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 profit of The Chartered Association of Sport and Exercise Sciences Limited. You consider that The Chartered Association of Sport and Exercise Sciences Limited 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 Chartered Association of Sport and Exercise Sciences Limited. 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

23 July 2025

UNAUDITED FINANCIAL STATEMENTS

The Chartered Association of Sport and Exercise Sciences Limited

previously known as The British Association of Sport and Exercise Sciences

Detailed Income and Expenditure Account for the Year Ended 31 March 2025

	2025		2024	
	£	£	£	£
Income				
Membership	197,254		188,405	
Job Advertising	6,253		12,135	
The Sport and Exercise Scientist	4,666		8,576	
Workshops	9,495		2,586	
Conferences	4,636		3,786	
Sponsorship	9,329		1,308	
Course Finder	575		1,419	
BASES Endorsement Schemes	21,868		22,346	
Accreditation	19,764		17,410	
Supervised Experience	17,041		14,045	
Journal of Sports Sciences	10,000		10,000	
Publications and Other	286		498	
Chartered Scientist - Administration Fee	7,214		1,433	
Division Income	333		-	
Other Advertising	4,550		960	
Annual Awards	-		1,000	
SEPAR	218,683		183,628	
HoD Forum - Sponsorship	2,575		-	
BASES Exercise Science Certified Practitioner	307		207	
CEP-UK Projects	942		-	
		535,771		469,742

	2025	2024
	£	£
Expenditure		
The Sport and Exercise Scientist	10,728	23,575
Workshops	4,005	233
Conferences	15,455	16,030
BASES Endorsement Schemes	1,440	3,120
Accreditation	9,584	9,126
Supervised Experience	5,928	5,200
Consultancy	8,310	1,960
Conference Grants	1,150	1,411
Career Development Grants	4,959	-
Expert Statement Grants	4,314	1,099
Awards	1,049	3,664
Heads of Department Forum	508	105
Public Relations and Marketing	4,477	8,308
Division Expenditure	2,035	1,016
SEPAR	96,176	77,274
Other Advertising	3,763	-
New Grants and Awards	-	8,200
Special Projects	-	1,282

UNAUDITED FINANCIAL STATEMENTS

The Chartered Association of Sport and Exercise Sciences Limited

previously known as The British Association of Sport and Exercise Sciences

Detailed Income and Expenditure Account for the Year Ended 31 March 2025

	2025		2024	
	£	£	£	£
Outreach Project Team	-		4,000	
30th Anniversary Celebrations	-		1,121	
Clinical Exercise Physiology Manager	11,250		11,250	
CEP-UK Projects	942		-	
EDI Professional Development and Membership Programme	2,773		-	
Charter Incorporation	9,878		-	
		198,724		177,974
GROSS SURPLUS		337,047		291,768
Other income				
Sundry Receipts	871		286	
Deposit Account Interest	16,010		9,736	
		16,881		10,022
		353,928		301,790

	2025		2024	
	£	£	£	£
Offices expenses				
Rent and Utilities	3,650		3,650	
Directors' Salaries	36,135		51,486	
Directors' Social Security	3,731		5,849	
Directors' Pensions	2,168		3,089	
Salaries and National Insurance	202,303		161,057	
Pensions	11,349		9,158	
Telephone and Internet	277		455	
Printing, Postage and Stationery	706		955	
Computer Support and Maintenance	18,169		18,448	
Insurance	836		884	
Meeting Expenses and Travel Costs	4,186		3,688	
Sundry Expenses	2,024		1,759	
Subscriptions	5,508		5,611	
Training and Development	1,000		1,200	
Legal, Professional and Accountancy	15,651		14,614	
Bad Debts	-		(45)	
Irrecoverable VAT	6,056		6,488	
		313,749		288,346
		40,179		13,444
Finance costs				
Bank Charges and Interest		10,362		8,019
Carried forward		29,817		5,425

UNAUDITED FINANCIAL STATEMENTS

The Chartered Association of Sport and Exercise Sciences Limited

previously known as The British Association of Sport and Exercise Sciences

Detailed Income and Expenditure Account for the Year Ended 31 March 2025

	2025		2024	
	£	£	£	£
Brought forward		29,817		5,425
Depreciation				
Fixtures and Fittings	16		32	
Computer Software and Equipment	1,126		834	
		1,142		866
NET SURPLUS		28,675		4,559