Est. 1841 | YORK ST JOHN UNIVERSITY

Jowett, Gareth E., Forsdyke, Dale
ORCID: https://orcid.org/0000-0003-4283-4356 and Hill, Andrew P.
ORCID: https://orcid.org/0000-0001-6370-8901 (2015) The role of perfectionism in coping with injury in London Marathon runners. In: BASES Conference 2015, 1-2 December 2015, St. George's Park, England. (Unpublished)

Downloaded from: http://ray.yorksj.ac.uk/id/eprint/2560/

Research at York St John (RaY) is an institutional repository. It supports the principles of open access by making the research outputs of the University available in digital form. Copyright of the items stored in RaY reside with the authors and/or other copyright owners. Users may access full text items free of charge, and may download a copy for private study or non-commercial research. For further reuse terms, see licence terms governing individual outputs. Institutional Repository Policy Statement

RaY

Research at the University of York St John

For more information please contact RaY at ray@yorksj.ac.uk

Routledge
Taylor & Francis Group

Journal of Sports Sciences

ISSN: 0264-0414 (Print) 1466-447X (Online) Journal homepage: https://www.tandfonline.com/loi/rjsp20

Conference programme

To cite this article: (2015) Conference programme, Journal of Sports Sciences, 33:sup1, i1-i38, DOI: 10.1080/02640414.2015.1119435

To link to this article: https://doi.org/10.1080/02640414.2015.1119435

Published online: 25 Nov 2015.

Submit your article to this journal

Article views: 221

View related articles

View Crossmark data

Full Terms & Conditions of access and use can be found at
https://www.tandfonline.com/action/journalInformation?journalCode=rjsp20

Contents

Welcome *i*2
Dr Keith Tolfrey FBASES - Chair of the British Association of Sport and Exercise Sciences

Programme overview *i*3
Prof Clyde Williams OBE, DSc (Hon), FBASES - Chair of the Scientific Programme Committee

Conference programme *i*4

Day 1 Parallel free communication sessions *i*6

Day 2 Parallel free communication sessions *i*8

Getting around St. George's Park *i*12

Exhibitor information *i*14

A to Z help guide *i*16

BASES Fellowships *i*19

Day 1

Invited keynote: Sport England's journey from sport development to behavioural change *i*24

Invited symposium: Ready for Rio 2016? FUSION of evidence-based practice and practice-based evidence to support Olympic and Paralympic athletes *i*25

Invited symposium: Cutting edge approaches to behaviour changes *i*26

Invited symposium: Physiological and nutritional aspects of bone health: Implications for physical training *i*27

Invited symposium: Sports psychology - a round table discussion *i*28

Invited symposium: Ready for Rio - a biomechanical perspective *i*29

Invited symposium: Getting published - an insider's point of view *i*30

Invited symposium: Some reflections on the Research Excellence Framework 2014 ..... *i*31

Invited symposium: Training load management during periods of intensive conditioning *i*32

Day 2

Invited symposium: The demands of elite Rugby Union: Player development and player wellbeing *i*33

Invited symposium: Exercise programmes for cancer survivors: Putting evidence into practice *i*34

Invited keynote: Bad science *i*35

Invited symposium: Carbohydrate requirements for athletes: From laboratory to practice and back again *i*36

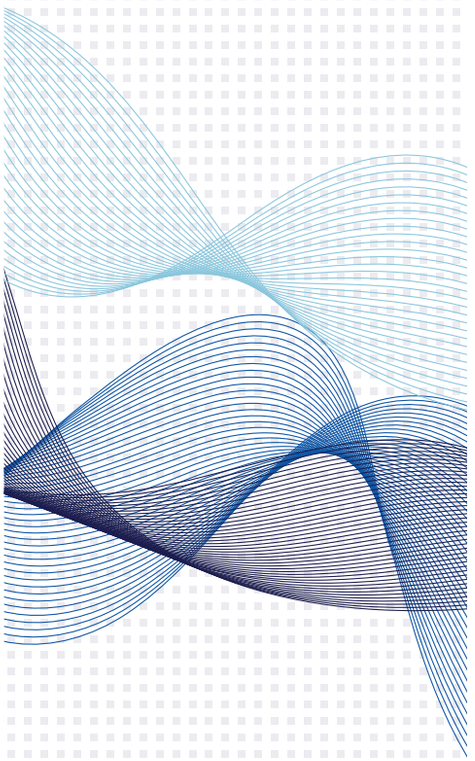
Invited symposium: Everything is good for you if it doesn't kill you: Some different perspectives on mental toughness in high performance settings *i*37

Invited symposium: Relevant foot and ankle biomechanics: Art, science or both? *i*38

Abstracts 1

Routledge
Taylor & Francis Group

The Programme and Abstracts booklet is published in association with *Journal of Sports Sciences*, published by Taylor & Francis, and will be available as a supplement issue on the journal website at: www.tandfonline.com/rjsp



5488_BAS_CONF DOC TEXT V7.indd 1 11/11/2015 11:08

Dr Keith Tolfrey FBASES

Welcome

from Dr Keith Tolfrey FBASES

Chair of the British Association of Sport and Exercise Sciences

On behalf of the British Association of Sport and Exercise Sciences, welcome to BASES Conference 2015. We aim to deliver the most exciting, cutting-edge BASES Conference since its inception in 1984.

Thank you to our conference sponsors, the GSK Human Performance Lab - a world-class science facility focused on discovery and applied research. Thank you also to the event's associate sponsors, Perform at St. George's Park. They are kindly providing delegate access to the Perform Strength and Conditioning Gym as well as interactive tours of the Perform sport science and medical facilities.

The event is packed with high quality content and insight, with an excellent variety of topics and presentation formats. Chaired by Prof Clyde Williams OBE, FBASES, the Scientific Programme Committee has selected expert speakers to deliver the most important and impactful content. I extend a special welcome to our international speakers Prof Kerry Courneya from the University of Alberta in Edmonton, Canada and Dr Panteleimon Ekkekakis from Iowa State University, United States of America.

BASES is delighted to return, by popular demand, to the prestigious St. George's Park - The FA's state-of-the-art talent development centre. This world-class venue provides the perfect space for you to meet friends and colleagues, learn new things and share ideas.

Opportunities for socialising and networking play a key part in this event. I hope you will renew acquaintances and make new friends. To facilitate this, we have deliberately scheduled plenty of breaks and extended lunch periods.

Day 1 will finish with a gala drinks reception sponsored by BASES and the *Journal of Sports Sciences.* This event honours the retirement of Profs Alan Nevill and Edward Winter FBASES who have announced their retirement from the *Journal of Sports Sciences*, which is published on behalf of BASES. The conference dinner welcomes guest speaker Nigel Walker, a former Welsh international high hurdler and rugby player, now working at the English Institute of Sport as National Director.

Day 2 starts with various options depending on your energy levels and interest in health and fitness. For the more energetic - delegates are invited to attend a group run on Wednesday morning. An on-site gym and spa are available for all guests staying at St. George's Park overnight on Tuesday evening and there will be opportunities for delegates to see Perform at St. George's Park sport science and medical facilities.

I extend a sincere thank-you to all of our exhibitors. The Conference Hub will house the exhibitors, refreshments and delegate social and networking activity, making it the place to be at our flagship event.

Five prestigious awards are to be contested by presenters at this year's conference. These awards seek to reward outstanding contributions to sport and exercise sciences by BASES members. We are very grateful to all the award sponsors - Cranlea, Human Kinetics, Routledge and Sportesse. I take this opportunity to thank the following individuals who have played a key role in BASES Conference 2015 - Dr Claire Hitchings, Prof Clyde Williams OBE, FBASES, Jane Bairstow and Jane Gillott, as well as Jon Gordon, Adrian Eyre and Liz Stenner from The Media Group.

Finally, thank you all for being part of BASES' most important annual event. I hope you take the time to share your extensive knowledge and wisdom with other delegates, enjoy the experience and leave feeling inspired and energised.

Scientific Programme Committee

- Prof Clyde Williams OBE, DSc (Hon), FBASES (Chair)
- Dr Peter Brown
  English Institute of Sport
- Dr Kevin Currell
  English Institute of Sport
- Dr Jason Gill FBASES
  University of Glasgow
- Dr Claire Hitchings
  BASES conference organiser
- Stafford Murray
  English Institute of Sport
- Prof Nanette Mutrie FBASES
  University of Edinburgh
- Dr Rich Neil
  Cardiff Metropolitan University
- Prof John Saxton FBASES
  Northumbria University
- Dr Ken van Someren FBASES
  GSK Human Performance Lab
- Dr Paul Worsfold
  English Institute of Sport.

5488_BAS_CONF DOC TEXT V7.indd 2 11/11/2015 11:08

Programme overview

from Prof Clyde Williams OBE, DSc (Hon), FBASES

Chair of the Scientific Programme Committee

Prof Clyde Williams OBE, DSc (Hon), FBASES

Welcome to BASES Conference 2015. After last year's successful conference at St. George's Park we have adopted the same in-house organisation and planning, relying heavily on our Scientific Programme Committee for their expertise, experience and wise counsel. The two-day programme includes themes and topics that are of current interest and are making significant contributions to the ever increasing body of knowledge in sport and exercise sciences. The programme adopts a wide range of delivery formats, including keynotes, invited symposium, round-table discussions, as well as free communication and poster communications.

Our aim is to continue to provide an environment that encourages interaction between you and the presenters as well as fellow delegates. We have again avoided scheduling BASES meetings, apart from the BASES AGM, so as not to compromise the full two-day programme.

With the 2016 Rio de Janeiro Olympics and Paralympics only months ahead of us and with the Rugby World Cup just a few months behind us, we will have the privilege of hearing about how the translation of sport and exercise science research contributes to the preparation of elite athletes for these world-class competitions.

'Exercise is Medicine' is a mission statement first promoted by the American College of Sports Medicine. Our colleagues studying the links between physical activity and health contribute much of the evidence to support the central role of exercise in promoting human well-being. They will share with us the results of recent studies on physical activity and health and will include a session on the role of exercise during the recovery from cancer.

This year's programme will also include the opportunity to gain greater insight into the process of 'getting published', which will certainly appeal to early career researchers. How our publications in particular and our productivity in general was assessed during the Research Excellence Framework 2014 are questions that will be addressed in the session on Reflections on the REF 2014.

We all recognise that a great amount of work goes into preparing free communication and poster communications, in order to present as clearly as possible the essence and impact of recently completed research. As is always the case at conferences, there is all too little time for questions following free communication presentations. Nevertheless, presenters are only too willing to discuss their work, therefore do take the opportunities to raise your questions not only during the designated 'question times' but also during the breaks between sessions. Poster presentations provide particularly unique opportunities for 'one-to-one' engagement with fellow authors of new research. These personal discussions can give in-depth insights into research studies that are rarely obtained from only reading published papers. Therefore, we recommend the poster sessions to you as an efficient and effective way of updating your awareness of recent research in your own and in a range of other related areas. At the very least do ensure that you have contact details of authors so that you can initiate or follow-up discussions about research of mutual interest. Abstracts of all presentations will be published in an online supplement of the *Journal of Sports Sciences* and so will be available not only to delegates but also to the wider readership of the Journal.

Finally on behalf of the Scientific Programme Committee, we hope that you have a worthwhile and enjoyable time during the next two days at St. George's Park.

Session definitions

- ***The exhibition*** in the Conference Hub will house companies exhibiting a range of products relevant to sport and exercise sciences practice. It will provide excellent opportunities for delegates to examine products and engage with suppliers.
- ***Parallel free communication sessions.*** These comprise 10-minute presentations of new research studies followed by questions, in a chaired session with other presenters. These parallel sessions normally comprise five or six presentations in similar topic areas.
- ***Poster presentations.*** Posters will be displayed in the Conference Hub and Sir Bobby Robson. The lead author will be available at set times to discuss his/her work with delegates.
- ***Invited symposium.*** The invited symposium will be presented by experts on each topic to bring a collective view on areas of current interest in sport and exercise sciences.
- ***Invited keynotes*** are plenary sessions that aim to bring world-leading insight on topics relevant to sport and exercise sciences.

Abstract Reviewers

- Prof Sue Backhouse FBASES
- Dr David Broom FBASES
- Dr Jenny Burbage
- Dr Neil Clarke
- Dr Stewart Cotterill
- Dr Brendan Cropley FBASES
- Prof Michael Duncan FBASES
- Dr Emma Eyre
- Dr Chris Harwood FBASES
- Adam Hawkey
- Dr Gerwyn Hughes
- Dr Costas Karageorghis FBASES
- Dr Zoe Knowles FBASES
- Dr Ian Lahart
- Prof Lars McNaughton FBASES
- Prof Mary Nevill
- Dr Rich Neil
- Dr Mike Price FBASES
- Prof John Saxton FBASES
- Dr Richard Thelwell FBASES
- Prof Clyde Williams OBE, DSc (Hon), FBASES.

5488_BAS_CONF DOC TEXT V7.indd 3 11/11/2015 11:08

Conference programme

DAY 1 - TUESDAY 1 DECEMBER 2015				Session Code/Venue
07.30-08.45	**Exhibitor set up**			
09.00	**Registration and drinks**			Conference Hub
10.10	**Opening address** - Dr Keith Tolfrey FBASES, Chair of BASES			Sir Bobby Robson
10.20-11.20	**Invited keynote: Sport England's journey from sport development to behavioural change** Jennie Price • Chair: Prof Mary Nevill This session will focus on Sport England's innovative approaches to growing participation, using insight to inform its actions and encourage behaviour change. It will feature the 'This Girl Can' campaign, celebrating active women up and down the country who are doing their thing regardless of ability, appearance or judgement.			**D1.S1.** Sir Bobby Robson
11.20-11.40	**Exhibition and refreshment break**			Conference Hub
11.40-12.55	**Parallel invited symposia**			
	Ready for Rio 2016? FUSION of evidence-based practice and practice-based evidence to support Olympic and Paralympic athletes Dr Emma Ross FBASES and Liz Sinton • Chairs: Stafford Murray and Dr PeterBrown *Supported by GSK Human Performance Lab* The aim of this session is to demonstrate how in elite sport science support, delivery of the trade is a carefully crafted fusion between scientific knowledge and experience at the coal face. There will be an explanation of the planning of the applied practitioner's journey throughout the Olympic and Paralympic cycle with detailed practitioner insight of applied sport science FUSION.		**Cutting edge approaches to behaviour change** Prof Susan Michie and Dr Panteleimon Ekkekakis • Chair: Prof Nanette Mutrie MBE, FBASES Prof Susan Michie will present a method for designing effective interventions, starting with a 'diagnosis' of the target behaviour in context using a model of behaviour, COM-B. This links to a framework for developing and evaluating interventions, the Behaviour Change Wheel, which comprises nine intervention functions and seven policy categories. Dr Panteleimon Ekkekakis will (a) highlight the need to consider pleasure as the third pillar of exercise prescriptions, besides effectiveness and safety, (b) summarise current evidence on the relationships between intensity, pleasure and adherence and (c) present ways in which exercise sessions can be restructured with the goal of promoting pleasure, based on behavioural-economic principles.	
	D1.S2.1. Sir Bobby Robson 1		**D1.S2.2.** Sir Bobby Robson 3	
12.55-14.00	**Lunch, networking, exhibition and poster sessions**			Conference Hub
14.00-15.30	**Parallel free communication sessions**			**D1.S3.**
15.30-15.50	**Exhibition and refreshment break**			Conference Hub
15.50-17.05	**Parallel invited symposia**			
	Physiological and nutritional aspects of bone health: Implications for physical training Dr Craig Sale and Dr Julie Greeves • Chair: Prof Lars McNaughton FBASES This session brings together evidence from collaborative work on the effects of exercise and nutrition on bone health, applied to athletic and military populations. The opening presentation will address the physiological responses of bone to arduous training, followed by the application of nutritional interventions to modulate bone turnover with exercise.	**Sports psychology - a round table discussion** Dr Brendan Cropley FBASES, Dr Andrea Faull, Dr Kate Hays and Dr Stephen D. Mellalieu • Chair: Dr Rich Neil In this session prominent practitioners offering psychological support in sport will discuss their views on contemporary themes, informed by delegates. If you have any topics or issues that you would like the panel to consider then please contact Dr Rich Neil - rneil@cardiffmet.ac.uk	**Ready for Rio - a biomechanical perspective** Dr Jon Wheat and Dr Paul Barratt • Chair: Dr Paul Worsfold This session will discuss how biomechanics is being utilised to assess and enhance the performance of our Olympic athletics. Experts will discuss how scientific theory and contemporary innovative methods and technologies are being implemented in the applied world and the challenges that this brings.	
	D1.S4.1. Sir Bobby Robson 1	**D1.S4.2.** Sir Bobby Robson 3	**D1.S4.3.** Lecture Theatre	

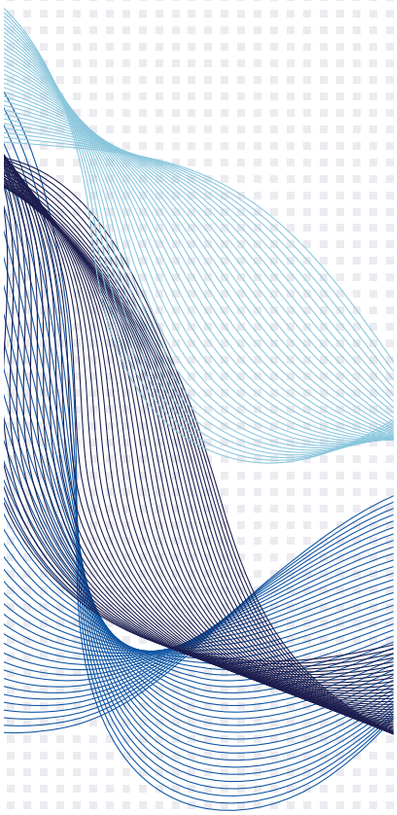
5488_BAS_CONF DOC TEXT V7.indd 4 11/11/2015 11:08

17.10-18.00	**Parallel invited symposia**			
	Getting published - an insider's point of view Prof Alan Nevill and Jonathan Manley • Chair: Prof Clyde Williams OBE, DSc (Hon), FBASES *Sponsored by the Journal of Sport Sciences* The talk will provide researchers with tips to help get their work published. It will go on to provide some suggestions as to how to maximise their work's impact once accepted. Finally, we will encourage all researchers to help contribute to the peer review process by helping with reviewing and eventually becoming members of the Journal's Editorial Board.	**Some reflections on the Research Excellence Framework 2014** Prof Lew Hardy FBASES • Chair: Dr Keith Tolfrey FBASES This presentation will provide a brief overview of how REF 2014 worked in practice, followed by some personal reflections about how researchers and units of assessments can best present their research for REF purposes.	**Training load management during periods of intensive conditioning** Dr Carl Wells • Chair: Dr Claire Hitchings *Supported by Perform at St. George's Park* The sport science team at St. George's Park have gained considerable experience and knowledge of providing support within elite football, from the National squads to professional clubs and academies. A key component of the sport science support is the effective and structured management of training load, specifically during periods of intensive conditioning where the aim is to accelerate improvements in physical condition for gains in performance.	
	D1.S5.1. Sir Bobby Robson 3	**D1.S5.2.** Sir Bobby Robson 1	**D1.S5.3.** Lecture Theatre	
18.30-19.30	**BASES Annual General Meeting**			Graham Taylor Room
19.30	**Gala drinks reception**			Conference Hub
20.00 for 20.30	**Conference dinner** After-dinner speaker: Nigel Walker, introduced by Dr Ken van Someren FBASES, GSK Human Performance Lab			Sir Bobby Robson Ballroom
DAY 2 - WEDNESDAY 2 DECEMBER 2015				**Session Code/Venue**
08.15	**BASES morning run (meet outside the main entrance)** **Interactive tours of the Perform at St. George's Park sport science and medical facilities**			
08.00-09.30	**Registration and drinks**			Conference Hub
09.30-10.45	**Parallel invited symposia**			
	The demands of elite Rugby Union: Player development and player wellbeing Dr Scott Drawer and Dr Keith Stokes • Chair: Dr Paul Worsfold This session will cover the landscape in which players develop to become elite performers and identify processes designed to maximise opportunities for development. The physical demands of elite rugby will also be discussed in the context of how training and playing load influences injury risk/player availability, with evidence from the men's and women's game.	**Exercise programmes for cancer survivors: Putting evidence into practice** Prof Kerry Courneya and Dr Anna Campbell • Chair: Prof John Saxton FBASES An expanding body of research supports the positive health effects of exercise in cancer survivors. This session will provide a concise overview of the field, before considering a framework for research and key research questions for the future. It will also explore practical considerations for exercise programme design and implementation.		
	D2.S1.1. Sir Bobby Robson 1	**D2.S1.2.** Sir Bobby Robson 3		
10.45-11.15	**Exhibition and refreshement break**			
11.15-12.30	**Parallel free communication sessions**			**D2.S2.**
12.30-13.30	**Lunch, networking, exhibitions and poster sessions**			
13.30-14.35	**Invited keynote: Bad science -** Dr Ben Goldacre • Chair: Dr Jason Gill FBASES How science, evidence and statistics can be twisted, rigged, distorted, hidden and ignored.			**D2.S3.** Sir Bobby Robson
14.35	**Closing address and award ceremony** - Dr Keith Tolfrey FBASES, Chair of BASES			Sir Bobby Robson
14.45-16.00	**Parallel invited symposia**			
	Carbohydrate requirements for athletes: From laboratory to practice and back again Dr Graeme L. Close FBASES and Dr James Morton • Chair: Dr Kevin Currell Recent research has suggested that high carbohydrate availability during training may be counter-productive for training adaptations. Additionally, our work from applied practice has also revealed unique insights into the carbohydrate intakes of elite athletes in real-world settings. We will review our latest thinking on the carbohydrate requirements of athletes whilst suggesting that although research informs practice, practice should also inform research.	**Everything is good for you if it doesn't kill you: Some different perspectives on mental toughness in high performance settings** Prof Lew Hardy FBASES • Chair: Dr Rich Neil This presentation will present evidence from research across a number of domains that speaks to a neuropsychological model of mental toughness in which negative events play a central role. Parallels will be drawn with the post traumatic growth literature.	**Relevant foot and ankle biomechanics: Art, science or both?** Prof Rami J Abboud • Chair: Adam Hawkey In this lecture I will present some cases that we have assessed at the Institute of Motion Analysis & Research at the University of Dundee that without the extensive plethora of equipment that we have, we would not have been able to inform the clinical decision.	
	D2.S4.1. Sir Bobby Robson	**D2.S4.2.** Lecture Theatre	**D2.S4.3.** Terry Venables Suite	

5488_BAS_CONF DOC TEXT V7.indd 5 11/11/2015 11:08

Day 1

Parallel free communication sessions



Physiology and Nutrition — Chair: Prof Lars McNaughton FBASES

14.00-15.30, **D1.S3.1.** Sir Bobby Robson 1

14.00	**D1.S3.1(1)**	**The physiological and perceptual responses to exercise using a variable resistance swing** Mike Price, Sean Lowton-Smith & Doug Cartwright
14.15	**D1.S3.1(2)**	**Dietary intakes differ across age groups in professional adolescent rugby league and rugby union players** Deborah Smith, Ben Jones, Louise Sutton, Roderick King & Lauren Duckworth
14.30	**D1.S3.1(3)**	**Nucleotide supplementation does not improve repeated sprint performance** Fui Yen Wong, Samuel Morris, Adam P. Sharples, David A. Low, Mark A. Scott & Dominic A. Doran
14.45	**D1.S3.1(4)**	**The effect of intermittent mechanical loading on acute bone remodelling** Will Evans, Eleanna Chalari, Massimiliano Ditroilo, Alan Nevill, Mark Fogarty & Grant Abt
15.00	**D1.S3.1(5)**	**Expectancy effect of dietary nitrate supplementation on 1500 m running performance** Lisa Board, Rachael Dawe, Shane McNamara & Craig O'Connor
15.15	**D1.S3.1(6)**	**Quantifying oxygen deficit and anaerobic energy expenditure during high-intensity, interval training** Paul M. Smith & James Allen

Sport and Performance — Chair: Dr Emma Ross FBASES

14.00-15.30, **D1.S3.2.** Sir Bobby Robson 3

14.00	**D1.S3.2(1)**	**Effect of hypoxia on joint-specific power production during maximal cycling** Owen Jeffries, Thomas Korff & Lee M. Romer
14.15	**D1.S3.2(2)**	**The effect of competition and practice climate on cognitive performance during moderate and high-intensity exercise. A bio-informational perspective** Mike Smith, Neil Clarke, Martin Cox & Michael Duncan
14.30	**D1.S3.2(3)**	**The effects of hypohydration and hot environmental conditions on cognitive performance following field hockey-specific exercise** Simon Cooper, Hannah Macleod & Caroline Sunderland
14.45	**D1.S3.2(4)**	**Knowledge of the exercise end point alters pacing during simulated rugby league match play** Thomas Mullen, Craig Twist & Jamie Highton
15.00	**D1.S3.2(5)**	**Ineffective and effective coping strategies associated with professional rugby union referees** Denise Hill, Ruth Senior & Tom Young
15.15	**D1.S3.2(6)**	**The effect of contact type on internal and external demands during a rugby league match simulation protocol** Jonathan Norris, Stephen Hughes, Jamie Highton & Craig Twist

Psychology I — Chair: Dr Zoe Knowles FBASES

14.00-15.30, **D1.S3.3.** Lecture Theatre

14.00	**D1.S3.3(1)**	**Do elite male cricket batsmen exhibit pre-delivery behavioural routines?** Adam Kelly, Marie Stopforth, Tim Holder & Oscar Mwaanga
14.15	**D1.S3.3(2)**	**Good- versus poor-trial feedback in golf-putting: the role of self-efficacy and intrinsic motivation across levels of task difficulty** Zara-Angela Abbas & Jamie S. North
14.30	**D1.S3.3(3)**	**Can brief psychological skills training enhance competitive performance? Findings of the BBC Science Lab psychological skills intervention study** Andrew M Lane, Peter Totterdell, Ian Macdonald, Tracey J. Devonport, Christopher J. Beedie, Damian Stanley, Andrew Friesen & Alan Nevill
14.45	**D1.S3.3(4)**	**Eye movement desensitisation and reprocessing for prospective imagery in golfers** Niall Falls & Jamie Barker
15.00	**D1.S3.3(5)**	**The relationship between multidimensional perfectionism and coping with injury in marathon runners** Gareth Jowett, Dale Forsdyke & Andrew Hill
15.15	**D1.S3.3(6)**	**The moderation role of transformational leadership behaviours in the impairing effects of personality traits upon training** Shuge Zhang & Stuart Beattie

5488_BAS_CONF DOC TEXT V7.indd 6 11/11/2015 11:08

Psychology 2 — Chair: Prof Nanette Mutrie FBASES

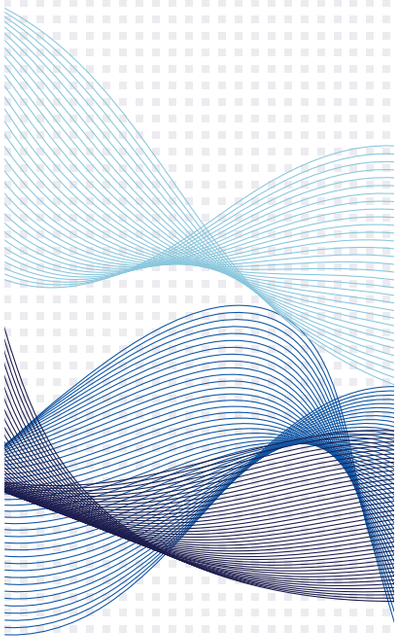
14.00-15.30, **D1.S3.4.** Terry Venables Suite

14.00	**D1.S3.4(1)**	**Identity and critical moments in elite youth football** Tom Mitchell, Martin Littlewood, Mark Nesti & Dave Richardson
14.15	**D1.S3.4(2)**	**Case conceptualisation and a neophyte practitioner: where do I start?!** Kotryna Grinkeviciute & Dave Collins
14.30	**D1.S3.4(3)**	**"That's the first time I've ever really been able to take the initiate as to what I wanted": the power of athlete self-representation through photography** Tracey J. Devonport
14.45	**D1.S3.4(4)**	**The influence of body language and expected competency on gaze behaviour while forming an initial impression of a tennis player** Richard Buscombe, Anita Potton, Lukas Volskis, Andrea Papageorgiou & Iain Greenlees
15.00	**D1.S3.4(5)**	**Going alone: stress, coping and solo expeditions** Danny Golding, Gail Kinman & Steve Kozub
15.15	**D1.S3.4(6)**	**The effect of an acute bout of aerobic exercise on cognitive performance and mood in young adults** Kathryn Cook, Arthur Jones, Rebecca Jenks, Samantha Birch & Michael Duncan

Physical Activity for Health — Chair: Prof Michael Duncan FBASES

14.00-15.30, **D1.S3.5.** Graham Taylor Suite

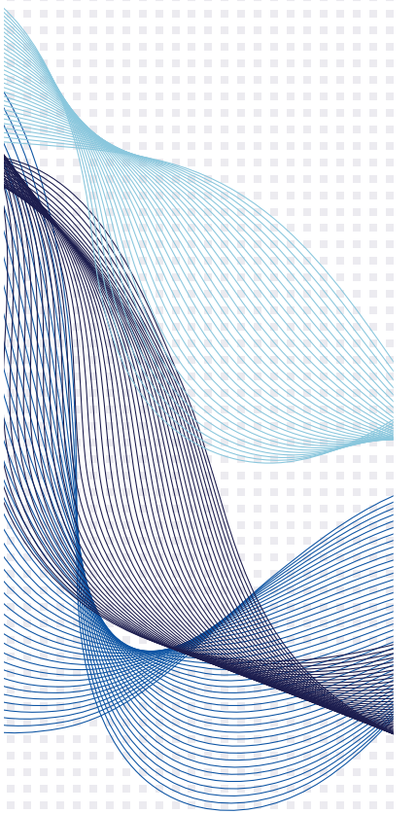
14.00	**D1.S3.5(1)**	**Sitting kills? Analysis of strength and dose-response effects for sedentary behaviour and all-cause mortality** Stuart Biddle, Jason Bennie & Jannique Van Uffelen
14.15	**D1.S3.5(2)**	**Preschool and parental influences on physical activity and fundamental movement skills in preschool children from low socio-economic backgrounds: a qualitative study** Clare Roscoe, Samantha Birch, Rob James & Michael Duncan
14.30	**D1.S3.5(3)**	**South Asian children have increased body fat in comparison to White children at the same body mass index** Emma Eyre, Michael Duncan & Alan Nevill
14.45	**D1.S3.5(4)**	**Metabolic responses to breaking up sitting time** Nabeha Hawari, Iqbal Alshayji, John Wilson & Jason Gill
15.00	**D1.S3.5(5)**	**Fat metabolism in response to feeding and exercise between West Africans and European women** Iqbal Al-Shayji, Chukwudi Emeh, Laura Mccrimmon, Nabeha Hawari, John Wilson & Jason Gill
15.15	**D1.S3.5(6)**	**Self-reported physical activity and sedentary behaviour in a large representative sample of third-level students in Ireland: the SASSI study** Marie Murphy, Neal Byrne, Catherine Woods, Ciaran Mcdonncha, Kyle Ferguson, Alan Nevill & Niamh Murphy



5488_BAS_CONF DOC TEXT V7.indd 7 11/11/2015 11:08

Day 2

Parallel free communication sessions



Physiology and Nutrition — Chair: Prof Keith George FBASES

11.15-12.30, **D2.S2.1.** Sir Bobby Robson 1

11.15	**D2.S2.1(1)**	**Which aspect of muscle performance exhibits the greatest diurnal variation?** Zulezwan A. Malik, Samuel A. Pullinger, Robert M. Erskin, Jos Vanrenterghe, Ben J. Edward & Jatin G. Burniston
11.30	**D2.S2.1(2)**	**Effects of timing of Montmorency tart cherry concentrate on recovery from repeated sprints** Joshua S. Jackman, Ian Varley, Craig Sale & Phillip G. Bell
11.45	**D2.S2.1(3)**	**Physical and cognitive observations during an Antarctic expedition** Ana Anton-Solanas, Barry O'neill, Tessa E. Morris & Joe Dunbar
12.00	**D2.S2.1(4)**	**Short-term versus medium-term heat acclimation in tropically acclimated males: performance and inflammation** Joshua H. Guy, Andrew M. Edwards, Glen B. Deakin, Catherine M. Miller & David B. Pyne
12.15	**D2.S2.1(5)**	**The effect of nitrate supplementation on muscle contractile characteristics following a high-intensity training bout** Ben Gibbons, Thomas O'Leary, John Jakeman & Martyn Morris

Psychology — Chair: Dr Tracey Devonport FBASES

11.15-12.30, **D2.S2.2.** Sir Bobby Robson 3

11.15	**D2.S2.2(1)**	**Sporty people play fair … until it gets *really* competitive** John Perry & Peter Clough
11.30	**D2.S2.2(2)**	**Development and validation of the Sport Supplement Belief Scale** Philip Hurst, Abby Foad & Damian Coleman
11.45	**D2.S2.2(3)**	**Developmental assets predict self-reported physical activity in British adolescents** Martin I. Jones, George Thomas & John K. Parker
12.00	**D2.S2.2(4)**	**The role of player-parent dyads in sports injury rehabilitation and the return to competition of elite female youth soccer players** Adam Gledhill, Dale Forsdyke & Georgie Sutton
12.15	**D2.S2.2(5)**	**Making a case for the importance of high-performance coach well-being** Abbe Brady

Sport and Performance — Chair: Prof Mary Nevill

11.15-12.30, **D2.S2.3.** Lecture Theatre

11.15	**D2.S2.3(1)**	**The effects of hypohydration on cognitive function in physically active males** Karah Dring, Simon Cooper, Ruth James, Robert Corney & Lewis James
11.30	**D2.S2.3(2)**	**The validity and reliability of an amateur boxing conditioning and fitness test** Edward Thomson, Kevin Lamb & Ceri Nicholas
11.45	**D2.S2.3(3)**	**Influence of team cohesion in sport in school-aged students: in relation to gender, age and type of sport** Maria Espada-Mateos & Enrique Fradejas Medrano
12.00	**D2.S2.3(4)**	**Between- and within-race variance in elite short-track speed skating: a new approach to analyse group behaviour during competition** Marco J. Konings & Florentina J. Hettinga
12.15	**D2.S2.3(5)**	**A retrospective analysis of the longitudinal development of physical qualities associated with career attainment in academy rugby league players** Kevin Till, Ben Jones & Tom Geeson-Brown

5488_BAS_CONF DOC TEXT V7.indd 8 11/11/2015 11:08

Physical Activity for Health — Chair: Prof Marie Murphy FBASES

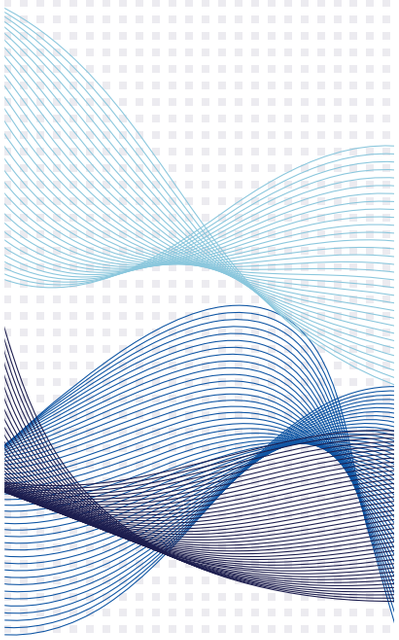
11.15-12.30, **D2.S2.4.** Terry Venables Suite

11.15	**D2.S2.4(1)**	**Physical fitness versus physical activity for cardiovascular health in adults aged 50-80 years: which basket do we put our eggs in?** Michael Duncan, Mike Price & Sheila Leddington Wright
11.30	**D2.S2.4(2)**	**Chronic heart failure and chronic obstructive pulmonary disease: two conditions one exercise therapy** Peter Wright
11.45	**D2.S2.4(3)**	**Cardiorespiratory fitness in post-adjuvant therapy breast cancer patients** Ian Lahart, George Metsios, Alan Nevill, George Kitas & Amtul Carmichael
12.00	**D2.S2.4(4)**	**The anthropometric and fitness impact of twelve weeks walking football: A pilot study** Josh Arnold, Stewart Bruce-Low, Luke Sammut & Matt Johnson
12.15	**D2.S2.4(5)**	**Assessment of physical activity at high altitude: a comparison of the FitBit Charge and Actigraph GT3x+ devices** James Denton, Rachael Dawe, Alice Fisher-Edwards, Stuart Dixon & Lisa Board

Biomechanics and Motor Behaviour — Chair: Adam Hawkey

11:15-12:30, **D2.S2.5.** Graham Taylor Room

11.15	**D2.S2.5(1)**	**The effect of knee pads on lower limb biomechanics during volleyball** Hannah Lawrie, Graham Arnold, Sadiq Nasir, Weijie Wang & Rami Abboud
11.30	**D2.S2.5(2)**	**The relationship between three-dimensional spinal kinematics and shoulder counter rotation during fast bowling in cricket** Billy Senington, Raymond Y. Lee & Jonathan M. Williams
11.45	**D2.S2.5(3)**	**Changing pivoting technique reduces knee valgus moments** Paul Jones, Olivia Barber & Laura Smith
12.00	**D2.S2.5(4)**	**Neuromechanical evaluation of lower-limb anticipatory postural adjustments early after ACL reconstruction** Luca Laudani, Luciana Labanca, Antonino Casabona, Federica Menotti & Andrea Macaluso
12.15	**D2.S2.5(5)**	**The effect of knee joint angle on the reliability of the maximal isometric back squat** Gareth Nicholson & Athanassios Bissas



5488_BAS_CONF DOC TEXT V7.indd 9 11/11/2015 11:08

Real milk for people who don't get on with milk*

Many people experience digestive discomfort such as bloating after they've consumed milk. This could be because they are intolerant to, and therefore struggling to digest the A1 protein found in most regular milk sold in the UK.

Our British dairy cows are carefully selected from existing herds because they naturally produce milk with only the A2 protein and no A1 protein. Nothing added, nothing taken away. So you may just find it naturally easier to digest. Welcome back to delicious lattes on a Sunday lie-in.

For more information visit: a2milk.co.uk

***Because you may be A1 protein intolerant. a2 Milk™ is not suitable for anyone medically diagnosed with lactose intolerance, galactosaemia or a cows' milk allergy.**

a2 Milk™

New...World Class Sports Science and Performance Training Equipment - Exclusively from HaB Direct

HaB Catalogue Issue 14 is available NOW!

PRODUCTS THAT PERFORM 25 YEARS FROM HaB

Delivering Products and Services that perform.

HaB Direct has over the past 24 years sourced Innovative, Best in Class Products from Partners around the World including:

h/p/cosmos®, Ganshorn, EKF – Lactate Scout & Biosen, Lactate Pro, Zephyr, Zebris, Brower, Fusion Sport, Marpo, Monark, Suunto, Sigma, CardioSport, SpeedLab, Check by FAM, Sensorize, T-Wall, POWERbreathe, Tanita, Seca, Bodystat, Maltron & POWERbreathe Altitude Systems.

HaB direct

Respiratory Training

POWERbreathe K5 – with Breathe-Link K5 Software opens new possibilities for testing, training and research in respiratory muscle training.

POWERbreathe

Blood and Lab Analysis

Biosen C_Line and S_Line Glucose & Lactate analysers are core devices in labs and sports medicine facilities. The hand held Lactate Scout+ monitor with Bluetooth offers fast, reliable performance.

EKF DIAGNOSTICS

Altitude Training Systems

- Innovative hypoxic generators
- Inflatables
- Sleeping tents
- Semi-permanent rooms
- Bespoke solutions

POWERbreathe ALTITUDE SYSTEMS

High Performance Testing & Training Solutions

"Best in Class" equipment for performance diagnostics, high performance training, therapy and rehabilitation with bespoke solutions for able bodied and wheelchair users.

h/p/cosmos

Body Composition

NEW – Tanita MC980MA Multi Frequency Segmental Body Composition Monitor is the ultimate professionals tool, for a full body composition analysis.

TANITA

High Performance & Clinical Ergometers

Developed for athletes and scientists looking for the highest level of performance, the LC7 sets a new standard in sports science.

MONARK EXERCISE AB

www.habdirect.co.uk ☎ +44 (0)1926 816100 @ sales@habdirect.co.uk

ASL Mobile Eye-5 Glasses

Real Time Wireless Data Transmission Available !!

Specifications

MOBILE EYE-5 SYSTEM	
Eye Tracking Technique	Dark Pupil
Eye Tracking	Monocular, Right Eye
Speed	30 Hz/60 Hz
Accuracy	0.5 degrees
Microphone	Yes
Firmware	Embedded
Calibration	Automatic
Calibration Validation	Yes
Post Calibration	Yes
Outdoor Enhancements	Yes
Synchronization w/ external source	Available

Observe your participants in real time!

S. Oliver Associates Ltd

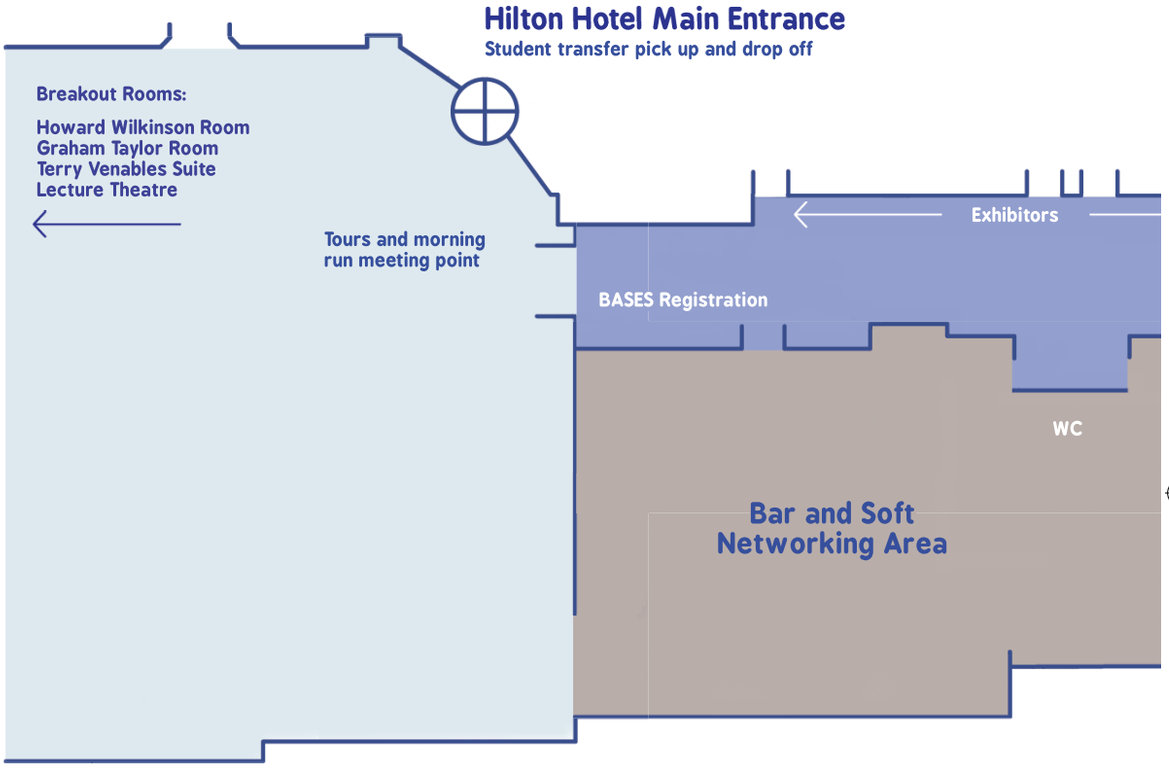
Applying Vision

Boundary House, Boston Road, London W7 2QE

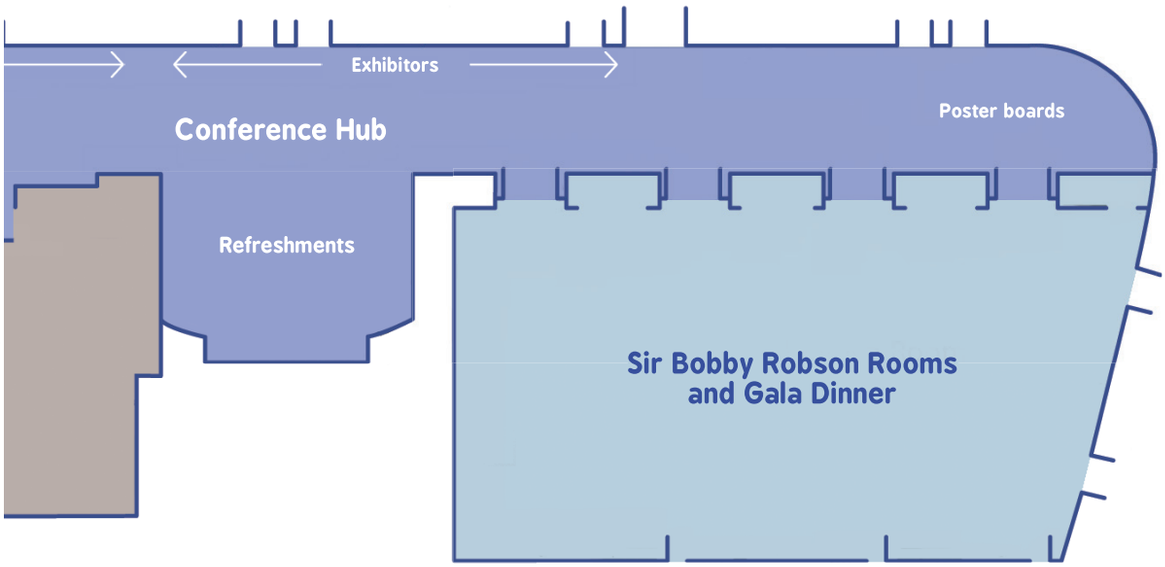
Tel/Fax: +44(0)20 8840 9910 Email: soliverassoc@btconnect.com

Web: www.s-oliver-associates.com www.eyetracker.co.uk

Getting around St. George's Park



5488_BAS_CONF DOC TEXT V7.indd 12 11/11/2015 11:08



Key

- Exhibitor Area
- Sir Bobby Robson Rooms
- Bar and Soft Networking Area
- Reception Area

5488_BAS_CONF DOC TEXT V7.indd 13 11/11/2015 11:08

Exhibitor information

The Conference Hub will house refreshments, poster presentations and delegate social and networking activity, making it the place to be at the flagship event of BASES. We are delighted that the following exhibitors will be at the event.

The British Association of Sport and Exercise Sciences is dedicated to promoting excellence in sport and exercise sciences. Build your network and open doors to opportunities using the largest sport and exercise science network in the UK. Continue your CPD by attending BASES workshops, webinars and conferences. Work collectively to enhance the profile and professionalism of sport and exercise sciences. Stay up-to-date with the latest news, events and careers opportunities with e-newsletters and The Sport and Exercise Scientist. Obtain professional recognition through BASES accreditation and Chartered Scientist Status.

www.bases.org.uk

The GSK Human Performance Lab (HPL) is the title sponsor of BASES Conference 2015. The GSK HPL Expert Community has been created to share the cutting-edge science taking place at our facility aiming to push the boundaries of human performance. We aim to share our discovery work, which is led by real performance questions in elite sports, and to support the progression of practice by converting this output into practical information for practitioners working in sport and exercise. By registering for the GSK Human Performance Lab Expert Community, experts will have free access to HPL research and development output, exclusive insights into our partnerships with elite athletes and access to exclusive live and online events.

www.gskhpl.com/registration

A2Milk is an easy to digest cows' milk. This is because it does not contain A1 beta casein which some people struggle to digest. Come and hear more about it at our stand.

www.a2milk.co.uk/health-professionals

Biosense Medical Ltd are the representatives in the UK and Ireland for a variety of manufacturers, providing products and solutions in the area of Biomechanics. These include but are not limited to; Pressure Measurement devices from Tekscan Inc., wired and wireless Surface EMG systems from Delsys Inc. and 2D/3D image-based Motion Capture solutions from Simi GmbH. Our experience and knowledge of these systems allows us to offer a wide range of solutions to meet clinical and research requirements with excellent after-sale product support. Visit our stand to discover the latest news and developments from all our partners.

www.biosensemedical.com

Class Learning has been representing Jones & Bartlett Learning in Europe since 1991. We understand how important it is for lecturers and those in the academic field to keep up-to-date with the changing face of sports science education and publish a wide range of academic titles suitable for courses of varying levels. Visit our stand for information about our range of new and bestselling titles.

www.classlearning.co.uk

Since 1980, **COSMED** have been world-leading suppliers of Cardio Pulmonary, Metabolic testing and Body Composition solutions to Sports Science, Health, Professional Sport and Wellness. During BASES Conference 2015, COSMED will introduce its new generation wearable metabolic system, a new leap forward for advanced and accurate metabolic testing in the field.

www.cosmed.it

Cranlea Human Performance Ltd is delighted to be supporting BASES Conference 2015 at St. George's Park. During the last 12 months we have continued to build relationships with our key suppliers. Look out for exciting new products from Cortex, Woodway, Lode, CorTemp, Hemocue and iCool. Keep up-to-date with our latest offers through our website. We hope all delegates have an enjoyable conference and look forward to catching up with you.

www.cranlea.co.uk

Equivital specialises in providing wireless physiological monitoring and data management. Our flagship equivital LifeMonitor is a multi-parametric monitor that has been designed specifically for use in highly ambulatory real world environments, ensuring data integrity and accuracy at all times. Our FDA approved and CE marked equivital LifeMonitor is trusted and used by hundreds of organisations and academic institutes throughout the world. We bring the ability to measure and manage human data to the professional and academic sports market.

www.equivital.co.uk

Over the past 25 years **HaB Direct** have established a reputation as market leaders for innovative, quality and world-class performance testing, monitoring and research products that perform including: POWERbreathe K5 with Breathe-Link S/w, POWERbreathe Altitude Systems (PBAS), HP Cosmos, MONARK, EKF, Fusion Sport, Ganshorn, Zebris, Zephyr, Lactate Pro, Marpo, Tanita and more, all supported by Industry Leading Customer Support.

www.habdirect.co.uk

Healthspan Elite® is the UK's most comprehensive range of competition safe, 'gold standard' vitamins and supplements. Working closely with some of the country's leading sports nutritionists the range has been specifically developed to support the nutritional requirements of athletes. Visit us at BASES Conference 2015 for new product updates, the latest news from our partners and an exclusive show promotion. Healthspan Elite® is committed to providing the highest quality, best value, Informed-Sport vitamins and supplements.

www.healthspanelite.co.uk

5488_BAS_CONF DOC TEXT V7.indd 14 11/11/2015 11:08

At **Human Kinetics**, our mission is to produce innovative, informative products in all areas of physical activity that help people worldwide lead healthier, more active lives. We are committed to providing quality informational and educational products in physical activity and health fields that meet the needs of our customers.

www.hkeurope.com

Magstim proudly supply ANT Neuro **eego**sports, a highly durable solution for researchers interested in the mechanisms underlying cognitive processes and body motion. **eego**sports offers complete freedom to collect high-density EEG data, bipolar EMG signals, and a variety of physiological sensor data, wherever and whenever required, with publish quality data in less than 15 minutes! Recordings can be done in nearly any environment on nearly any participant, even world-class athletes.

www.magstim.com

Nutritics provides an integrated platform where nutrition assessment reports, energy intake and expenditure tracking, meal planning and recipe analysis work hand in hand. Our extensive food and supplements database, with built in sports nutrition guidelines, allows you to create meaningful, evidence-based nutrition reports and actionable plans for client success and wellbeing.

www.nutritics.com

Perform at St. George's Park is an associate sponsor at BASES Conference 2015. Perform combines cutting-edge technology, research and elite sports science expertise to improve the wellbeing and performance of not only elite athletes but also the general population. Tours of the National Football Centre will be offered to showcase the state-of-the-art facilities including the BASES accredited Human Performance Laboratory, Functional Rehabilitation Area, Hydrotherapy Suite consisting of Vario depth pool and Hydroworx treadmill and Strength and Conditioning Gym.

www.spireperform.com/st-georges-park

Perform Better are the UK's most innovative supplier of Performance Monitoring and Training Equipment specialising in meeting the needs of the professional sports market by providing the latest and most cutting-edge equipment. We supply many of the UK's leading University sports science and strength and conditioning departments in addition to all Premiership Football and Rugby teams, NGBs and Institutes of Sport. We will have a number of key products at BASES Conference 2015 including: Catapult GPS, Optojump Next Jump system, Gymaware Power Testing system and the Witty Timing system.

www.performbetter.co.uk

Quintic Consultancy Ltd specialises in Premier Sports Biomechanics Video Analysis Software, Sports Biomechanics and Performance Analysis Consultancy. It is through our extensive biomechanics consultancy and constant liaison in the fields of elite sport, physiotherapy, podiatry and education that our three levels of premier sports video analysis software systems have evolved. We are attending the conference as it is a unique opportunity allowing us to showcase our specific sports and exercise science analytical software that is suitable for those attending the conference. It will enable us to update people on our products and developments that are due to be released soon.

www.quintic.com

As a leading publisher in the field of Sports and Leisure, **Routledge** proudly offers a wealth of highly-cited journal and books content and primary research. Routledge journals dominate the Hospitality, Leisure, Sport and Tourism category of the Social Sciences Citation Index® as well as hosting a prestigious book publishing program. To view our selection of books and journals just stop by our stand.

http://explore.tandfonline.com/sport
www.routledge.com/sport

S Oliver Associates has been exclusively supplying Eye Tracking equipment and software since 1984. Our Mobile Eye has been available since 2002 and the latest XG 60Hz model incorporates many of the features and capabilities asked for by sport scientists working with elite athletes.

www.s-oliver-associates.com
www.eyetracker.co.uk

Tracksys Ltd provide behavioural research solutions across a range of disciplines in Universities and commercial organisations in the UK and Ireland. Established in 1993, we provide research tools for scoring behaviour, eye tracking, video tracking, motion analysis and physiological measurements as well as a range of specialist hardware and software.

www.tracksys.co.uk

UK Anti-Doping (UKAD) is the national organisation dedicated to protecting a culture of clean sport. UKAD have recently formed a strategic partnership with BASES to utilise the professional expertise of the BASES membership and to promote and develop an awareness of anti-doping amongst athlete support personnel. The exhibition stand will include information on how to support athletes to compete clean, including checking medications, the risks of supplements and the testing procedure.

www.ukad.org.uk

Wattbike. Repeatable, reliable, measureable results. Wattbike is an innovative training and testing tool, used by Olympic athletes, fitness enthusiasts and sport scientists alike. It offers outstanding versatility allowing you to perform any test. You can also be sure of your results with independently verified accuracy of 2%. What's more, the Wattbike is factory calibrated, which means there is no need to re-calibrate. Many sports science labs have already converted to the Wattbike, come visit us to discover why you should too.

www.wattbike.com

5488_BAS_CONF DOC TEXT V7.indd 15 11/11/2015 11:08

A to Z help guide

- **Annual General Meeting (AGM).**
  This will take place on Tuesday 1 December 2015 at 18.30-19.30 at St. George's Park in the Graham Taylor Room.

- **Activities and social.** We have built in time for informal networking and a chance for delegates to experience some world-class facilities offered at St. George's Park:

  - **Gala dinner drinks reception:** This is sponsored by BASES and the *Journal of Sports Sciences* to recognise Profs Alan Nevill and Edward Winter FBASES who have announced their retirement from the *Journal of Sports Sciences*. Appointed to the Advisory Board of the Journal in 1991, Alan was promoted to Section Editor for Sport Performance in 1996 and became Editor-in-Chief in 2001. Under his stewardship the Journal has grown from having just 5 sections and 6 issues per year, to its current size with 11 sections and 20 issues per year. The Journal will be moving to 24 issues per year starting in January 2016. The Journal's Impact Factor has also reached an all-time high of 2.246 ranked 19/81 (Sport Sciences) in Thomson Reuters Journal citation Reports. Edward has contributed to the Journal since its inception in 1983 and was appointed Section Editor for Sport Performance in 2004. Since then he has managed approaching 2,000 submissions. He has made central contributions to Journal policies such as requirements for ethics approvals and evaluations of statistical analyses. Moreover, he has written several editorials that highlight aspects of effective writing and something that is particularly close to his heart: Principles and practices of science. BASES and the Journal's publisher, Taylor & Francis, would like to extend their warm thanks to Alan and Edward for their outstanding contributions to what has become under their leadership one of the leading scholarly publications in sport science.

  - **Morning run.** For those feeling a bit more energetic, day two starts with an early morning run around the beautiful grounds of St. George's Park. If you want to take part bring your running kit and meet Dr Claire Hitchings outside the main hotel entrance by the fountain at 08.15.

  - **Tour of St. George's Park supported by Perfom.** This is a chance for up to 60 guests to see a little more of this world-class venue. Taking around 45 minutes the tour will leave from the Conference Hub at 08.15. Guests will be shown key areas of the site. If you would like to take part please let us know at the registration desk. If over subscribed those registered will be chosen at random. We'll announce the lucky attendees at the close of the final session on day one of the conference. Remember that most of the venue is outside and it will be December, so bring suitable clothing. You're very welcome to bring cameras.

- **Awards.** Five prestigious awards are available at this year's conference. The BASES Annual Conference awards seek to reward outstanding contributions to sport and exercise sciences by BASES members.
  - **Human Kinetics Student Free Communication Presentation Award** - One award of £100 Human Kinetics book vouchers for the best student free communication presentation made by a BASES student or graduate member.
  - **Human Kinetics Student Poster Presentation Award** - One award of £100 Human Kinetics book vouchers for the best student poster presentation made by a BASES student or graduate member.
  - **Sportesse Sport and Exercise Science Free Communication Presentation Award** - A £500 cash prize for the best free communication presentation on sport and exercise science made by a BASES professional member.
  - **Routledge Recently Qualified Researcher Free Communication Presentation Award** - A prize of £500 (half cash/half book tokens) to the best free communication presentation given by a recently qualified researcher (BASES member).
  - **Cranlea Poster Presentation Award** - One award of a Polar Heart Rate Monitor for the best poster presentation made by a BASES member.

Our thanks to the BASES Conference 2015 awards sponsors:

HUMAN KINETICS · SPORTESSE · Routledge Taylor & Francis Group · CRANLEA HUMAN PERFORMANCE

5488_BAS_CONF DOC TEXT V7.indd 16 11/11/2015 11:08

- **BASES Fellowships.** Individuals that have been awarded BASES Fellowships this year will be recognised at the gala dinner. The award recognises esteemed professional achievement, skills, knowledge and service to BASES and the sport and exercise science community.

- **Car parking** is complimentary for all guests. There are approximately 350 spaces on site. On arrival at the venue please follow signage directing guests towards the hotel for the hotel car park.

- **Certificates of attendance** will be emailed to delegates post-event following completion of the conference evaluation.

- **Cash and payment.** Please note there are no cash points at St. George's Park although all major credit and debit cards are accepted. The nearest cashpoint is located in Barton, which is approximately a 10 minute drive.

- **Check in and check out.** Delegates who have booked packages that are inclusive of accommodation can check in to their rooms any time after 15.00. Delegates with accommodation at St. George's Park should check in at the hotel's main reception. Please ensure that you bring photo ID for check in. All delegates must check out of their rooms on the morning of Wednesday 2nd December before the conference begins (09.30).

- **Cloakroom and left luggage.** There will be a cloakroom in the Conference Hub available for all guests - this will be accessible during registration, refreshment breaks, at the close of each day and during the conference dinner.

- **First aid.** The venue and organisers have qualified first aid staff members on hand to deal with emergencies. Further assistance (including contacting the emergency services) will be provided.

- **Gym facilities.** Guests staying at St. George's Park have complementary access to the Health Club and Spa including a 24-hour gym and a swimming pool, which closes at 23.00. Day delegate guests do not have access to these facilities. Access to Perform at St. George's Park facilities is available to all delegates. Limited spaces can be reserved across two one hour sessions. Day one: 17.00-19.00. Day two: 06.00-08.00. Day two: 17.00-19.00. Up to ten delegates can attend each hour. Spaces should be reserved by contacting **chris.scott@spireperform.com**.

- **Help desk.** If you require assistance or information you will be able to find a member of the conference team on the BASES stand located in the Conference Hub who will be happy to help you.

- **Internet/Wi-Fi access.** The venue offers complimentary Wi-Fi for all conference delegates. To access this select **BT Open Zone network**; the password is **blue1234**

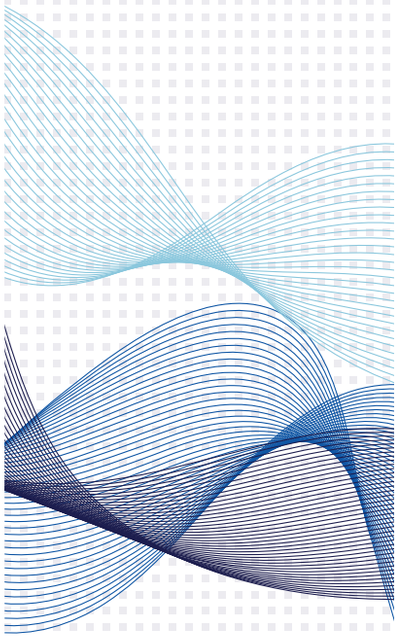
- ***Journal of Sports Sciences.*** All BASES Conference 2015 abstracts will be published in an online supplement of the *Journal of Sports Sciences*. Free open access is available until 31 December 2015: www.tandfonline.com/rjsp. From 1 January 2016 onwards BASES members can gain online access to the supplement and other issues of the *Journal of Sports Sciences* by subscribing at the discounted rate of Regular - £70 and Student - £29.

- **Lunch and refreshments** will be served in the Conference Hub during scheduled breaks, these are included as part of your delegate fee. Lunch on both days will be a two course finger buffet.

- **Reception.** Hotel reception is open 24 hours and is located in the hotel lobby.

- **Registration.** Conference registration is located in the Conference Hub and will be open from 09.00 on Tuesday 1 December and Wednesday 2 December. On arrival for your first day it is important that all delegates register here to collect their delegate bags containing the Programme and Abstracts booklet.

- **Taxis.** Alpine taxis are familiar with the venue. To book please call 01283 740 000.



5488_BAS_CONF DOC TEXT V7.indd 17 11/11/2015 11:08

- **Travel directions and guidance** (to and from the venue). Hilton and Hampton by Hilton at St. George's Park, St. George's Park, Newborough Road, Needwood, Burton-upon-Trent, DE13 9PD.

  - **Access by car:** From the North: Follow the M1 Motorway to Junction 28 and then take A38 to Derby/Burton. Take the A516 signed for Uttoxeter, then join the A50 to Stoke on Trent. Leave the A50 at the sign for the A515. Continue on the A515 until you reach the crossroads for the B5234 (left turn - signed Burton B5017) Continue for approx 2 miles. The entrance to the St. George's Park hotel is on your left hand side. From the South: Exit the M1 at Junction 22 signed Ashby/Coalville. Follow the A511 to Burton-upon-Trent. Follow the A5121 signs. Pick up the B5017 signed Abbotts Bromley B5234. Continue onto the B5234. The entrance to the St. George's Park hotel is approximately 200 yards on your left hand side.

  - **Trains:** Burton-upon-Trent is the closest train station (approximately 6 miles from St. George's Park). Lichfield Trent Valley (approximately 20 mins) and Derby stations (approximately 30 mins) are also reasonably close by.

- **Disclaimer.** Full terms and conditions are available on the BASES Conference website. Please note that the hotel and the organisers cannot be held liable for personal belongings or vehicles. Delegates are responsible for the safety of their valuables and property at all times.

5488_BAS_CONF DOC TEXT V7.indd 18 11/11/2015 11:08

BASES Fellowships

The following individuals have been awarded BASES Fellowships this year. The award recognises esteemed professional achievement, skills, knowledge and service to BASES and the sport and exercise science community.

Prof Susan Backhouse FBASES

Sue is Head of the Centre for Sports Performance at Leeds Beckett University and Professor of Psychology and Behavioural Nutrition. She has been an active member of BASES for nearly two decades and has pioneered a research programme on the social psychology of drugs in sport at Leeds Beckett University. Her collaborative approach has founded links with internationally renowned researchers and prominent sporting bodies, such as the World Anti-Doping Agency, UK Anti-Doping, Rugby Football Union and UK Athletics. In 2012 she was invited by the European Commission to join their expert working group on doping prevention and in 2014 she convened the BASES Clean Sport Interest group.

Prof Bill Baltzopoulos FBASES

Bill is Professor of Biomechanics in the Division of Sport, Health and Exercise Sciences at Brunel University London. He is the Director of the Centre for Sports Medicine and Human Performance and Director of Research in Life Sciences. He is the author of the Isokinetic Dynamometry section of the BASES guidelines for biomechanical assessment and the lead author of the BASES expert position statement on assessment of muscle strength with Isokinetic Dynamometry and the organiser of the BASES workshops in these areas. He has served as Biomechanics Section Chair and member of the BASES Executive Committee, Editor of the Biomechanics Section of the *Journal of Sport Sciences*, deputy chair of sub-panel 26 in REF 2014 and member of the Sport-Related Studies sub-panel in RAE 2008.

Dr Gary Brickley FBASES

Gary is based at the University of Brighton and has been a BASES member since 1998. He has a PhD in exercise physiology and an MSc in cardiology. He has worked as a coach/physiologist for Paracyclists since 1998, notably coaching multiple gold medallists Dame Sarah Storey, Darren Kenny OBE and David Stone MBE over four Olympic cycles. He is an active BASES member, presenting nationally and internationally on his work in Paralympic cycling and cardiology. He has supervised and reviewed many members through to accreditation and continues to produce outstanding applied sport and exercise scientists with his support work in cycling, swimming and triathlon.

Dr David Broom FBASES

David has served on two committees of the Division of Physical Activity for Health and is on the Editorial Advisory Board of The Sport and Exercise Scientist. He has contributed to two BASES expert statements and as BASES network rep he gives presentations to students to encourage membership. He teaches on Physical Activity and Health related courses and his research interests are predominantly the effects of exercise on appetite, energy intake and gut peptide hormones which has resulted in numerous peer reviewed publications and supervision of doctoral students. He has presented at national and international conferences including BASES, American College of Sports Medicine and has been invited as a keynote speaker to conferences in China and Thailand.

Dr Graeme Close FBASES

Graeme is a Reader in Applied Physiology & Sport Nutrition at Liverpool John Moores University. His research is focused upon vitamin D, the role of ROS in exercise and ageing, and the effects of weight-making on health and performance. He is accredited with the United Kingdom Strength & Conditioning Association, BASES and Sport and Exercise Nutrition Register (SENr), and is currently the deputy chair of the SENr. He is a former professional rugby player and was the expert nutrition consultant to England Rugby for the 2015 World Cup. He consults with several Super League Rugby League Clubs, he is the lead nutritionist with British Ski & Snowboard and a nutrition consultant to many European Tour Golfers.

Dr Tracey Devonport FBASES

Tracey is a Reader in applied sport and exercise psychology based at the University of Wolverhampton. She has served on The Sport and Exercise Scientist Editorial Advisory Board and Strategic Management Team, developed and delivered a BASES workshop, and co-produced a BASES expert statement. She has sought to service the sport and exercise science community through on-going applied research and dissemination. However, since 2010 the arrival of a son, and then a daughter has presented numerous challenges as regards managing professional and personal commitments. In view of these experiences, she has recently sought to champion sport and exercise science as a career option for women within the remit of the Athena Swan initiative.

Dr Lance Doggart FBASES

Lance is Head of Sport at the University of St Mark and St John in Plymouth. In 1999 he chaired the organising committee for the 1999 BASES Student Conference at the University of Wolverhampton. He has contributed several book reviews for The Sport and Exercise Scientist, co-authored on the BASES position statements relating to Work Based Learning and Internships and was a member of the review team for M level equivalence specific to BASES accreditation. He is also a member of the task group for the review of BASES accreditation and re-accreditation awards. Lance has presented regularly at the BASES conference and has supported colleagues and students in communicating their research and obtaining BASES accreditation.

Dr Emma Ross FBASES

Emma is the Head of Physiology at the English Institute of Sport. Her research expertise is central nervous system function and exercise performance, particularly neuromuscular fatigue and exercise in environmental extremes. She joined BASES in 2001 as a student, and has been an active member of the organisation ever since. She has been a Supervised Experience supervisor and reviewer, part of the organising committee for the Annual Conference, on the Editorial Advisory Board for The Sport and Exercise Scientist, and has sat on The Sport and Performance Division. Emma held academic roles prior to joining the English Institute of Sport, receiving awards for excellence in both teaching and research.

5488_BAS_CONF DOC TEXT V7.indd 19 11/11/2015 11:08

SCHOOL OF SPORT, HEALTH AND EXERCISE SCIENCES

BASES
The British Association of Sport and Exercise Sciences

PRIFYSGOL BANGOR UNIVERSITY

22 -23 March 2016

From London to Rio and beyond:

The Race for Advancement in Sport and Exercise Sciences

Follow us on

/BASESStuConf16

/BASESStudentConference2016

www.bases.org.uk/student-conference

**Special reduced rate for individual BASES members*

Journal of Sports Sciences

IMPACT FACTOR

2014 Impact Factor 2.246 Ranking 19/81 (Sport Sciences)
© 2015 Thomson Reuters, *Journal Citation Reports* ®

Editor-in-Chief: Alan Nevill,
University of Wolverhampton, UK

Regular £70
Student £29
Both online only

Published on behalf of **BASES**, in partnership with the **World Commission of Science and Sports** and in association with the **International Society for Advancement of Kinanthropometry**

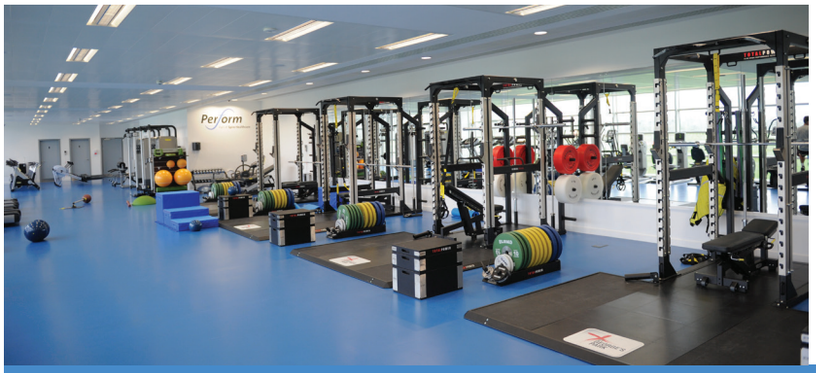
Routledge Books

We are delighted to offer all BASES delegates a 20% discount on all titles displayed at the conference. Drop by the Routledge stand to view our titles.

Use the code: **DC361** when ordering online

20% discount valid through 26th December 2015
* Offer cannot be used in conjunction with any other offer or discount and only applies to books purchased directly via our website or from the stand.

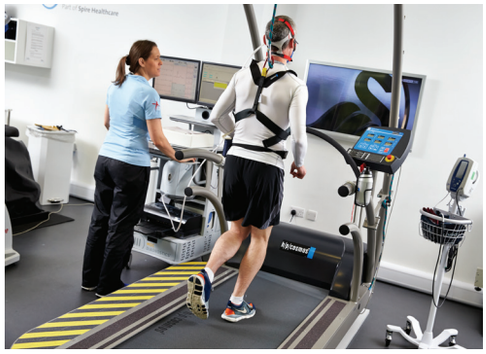
Routledge
Taylor & Francis Group



St. George's Park Sports Science

As a provider of cutting edge sport science support services, Perform at St. George's Park provides access to world leading sport science services and facilities; encompassing physiological assessments, conditioning programmes and hydrotherapy recovery strategies to help elite and committed athletes achieve their best.

- Lab based testing
- Field based testing
- Physiological testing
- Sport specific athlete development and performance plans
- Hypoxic and heat training/exposure
- Hydrotherapy



For more information about sports science services please contact us on 01283 576333 or email stgeorgespark@spireperform.com

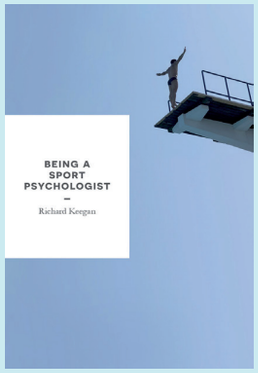
@PerformSGP
@StGeorgesPark

www.spireperform.com/st-georges-park

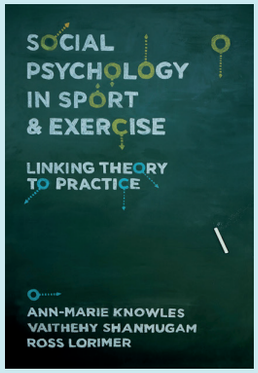
ST GEORGE'S PARK
Perform
Part of Spire Healthcare
OFFICIAL HEALTHCARE PARTNER

POPULAR PALGRAVE TITLES ON SPORT PSYCHOLOGY

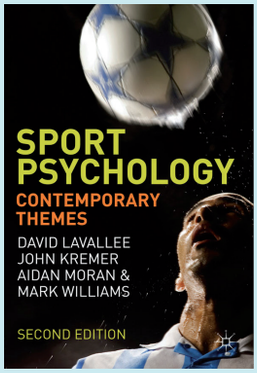
COMING SOON



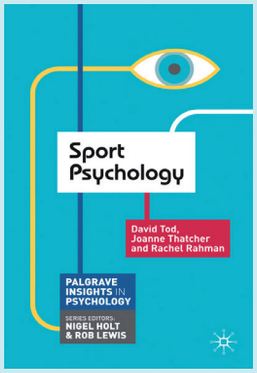
Being a Sport Psychologist
9781137300898 | November 2015 | £26.99



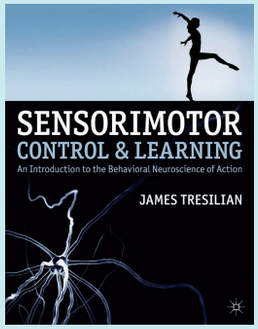
Social Psychology in Sport and Exercise: Linking Theory to Practice
9781137306289 | March 2015 | £28.99



Sport Psychology: Contemporary Themes (2nd Edition)
9780230231740 | January 2012 | £29.99



Sport Psychology (Insight Series)
9780230249875 | August 2010 | £11.99



Sensorimotor Control and Learning
9780230371057 | July 2012 | £60.99

macmillan education palgrave

To learn more about Palgrave titles, contact your local Sales Representative

www.palgrave.com/contacts/sales-contacts

BASES 2016 Conference

BASES-FEPSAC Conference 2017

BASES Conference 2016 and BASES-FEPSAC Conference 2017

Nottingham's East Midlands Conference Centre will host both 2016 and 2017 conferences.

2016: Tuesday 29 – Wednesday 30 November.
2017: Tuesday 28 – Wednesday 29 November.

For further information
www.basesconference.co.uk/home-2016

- Two-day programme packed with world leading insight and experience put together by our expert Scientific Programme Committee
- Present your research (free communication and poster sessions) and gain a publication in the Journal of Sports Sciences
- Rub shoulders with world leading experts
- Open doors to opportunities via the largest UK sport and exercise science network
- Engaging content including invited keynotes and symposia
- Five BASES re-accreditation credits per day

Speaker

Jennie Price
Sport England, UK

Jennie, a barrister by training, has been at Sport England since April 2007. Under her leadership Sport England has seen the number of people regularly participating in sport grow by 1.4m people since London won the bid to host the Olympic and Paralympic Games in 2012 and, most recently, she has led the team that commissioned the 'This Girl Can' campaign, which has received widespread support and acclaim. Prior to joining Sport England, she was the founding Chief Executive of WRAP (Waste & Resources Action Programme).

Sport England's journey from sport development to behavioural change

Invited keynote, D1.S1

10.20-11.20, Sir Bobby Robson

Chair: Prof Mary Nevill

This session will focus on Sport England's innovative approaches to growing participation, using insight to inform its actions and encourage behaviour change. It will feature the 'This Girl Can' campaign, celebrating active women up and down the country who are doing their thing regardless of ability, appearance or judgement.

Notes:

5488_BAS_CONF DOC TEXT V7.indd 24 11/11/2015 11:08

Ready for Rio 2016? FUSION of evidence-based practice and practice-based evidence to support Olympic and Paralympic athletes

Invited symposium, D1.S2.1

11.40-12.55, Sir Bobby Robson 1

Chairs: Stafford Murray and Dr Peter Brown

The aim of this session is to demonstrate how in elite sport science support, delivery of the trade is a carefully crafted fusion between scientific knowledge and experience at the coal face. There will be an explanation of the planning of the applied practitioner's journey throughout the Olympic and Paralympic cycle with detailed practitioner insight of applied sport science FUSION.

Notes:

Speakers

Dr Emma Ross FBASES
English Institute of Sport, UK

Emma joined the English Institute of Sport in August 2013 from the University of Brighton, where she was a Senior Lecturer in Sport and Exercise Physiology. She has a first class honours degree in Sport and Exercise Sciences, a Masters in Coaching Science, a Postgraduate Certificate in Teaching and Learning in Higher Education and a Ph.D.in Exercise Neurophysiology. Alongside teaching undergraduate and postgraduate students, she has led research projects investigating the mechanisms of exercise tolerance in heat and hypoxia, neuromuscular fatigue and neural adaptations to training.

Liz Sinton
English Institute of Sport, UK

Liz is a Performance Lead for the English Institute of Sport. She works with Olympic and Paralympic sports to help define 'What it takes to win' and align sports science and medicine provision to this to increase the probability of medal success. Where performance questions arise she works with the EIS research and innovation team and the wealth of knowledge within the EIS network to facilitate answers for sports. Previously she was head of Strength and Conditioning for Bath National Training Centre with British Swimming from the Beijing to London Olympic Games and then worked as a Technical Lead in the Institute based out of Bisham Abbey. She has considerable experience in the planning and delivery of Olympic and Paralympic sport science to support medal success.

5488_BAS_CONF DOC TEXT V7.indd 25 11/11/2015 11:08

Speakers

Dr Panteleimon Ekkekakis
Iowa State University, US

Panteleimon studies the relationship between exercise intensity and pleasure, its mechanisms and its implications for exercise behaviour. The methodological platform and 'dual-mode' theory he developed have become literature standards. His research forms the basis of guidelines by the American College of Sports Medicine on assessing affective valence and considering individual differences in intensity preference and tolerance in exercise prescriptions. He is the author of The Measurement of Affect, Mood, and Emotion (Cambridge University Press, 2013), editor-in-chief of the Handbook of Physical Activity and Mental Health (Routledge, 2013), and co-editor of the Psychobiology of Physical Activity (Human Kinetics, 2006).

Prof Susan Michie
University College London, UK

Susan is Professor of Health Psychology and Director of the Centre for Behaviour Change at University College London. Her research focuses on behaviour change in relation to health and how to translate evidence into practice. Topics include prevention, adjusting to illness, providers' behaviour, how to understand behaviour change theoretically, and developing effective interventions. She is Associate Editor of Annals of Behavioral Medicine and of Implementation Science. She holds over 25 research grants, has published more than 300 journal articles and recently the books 'The Behaviour Change Wheel Guide to Designing Interventions' and 'ABC of Behaviour Change Theories'.

Cutting edge approaches to behaviour changes

Invited symposium, D1.S2.2

11.40-12.55, Sir Bobby Robson 3

Chair: Prof Nanette Mutie MBE, FBASES

Prof Susan Michie will present a method for designing effective interventions, starting with a 'diagnosis' of the target behaviour in context using a model of behaviour, COM-B. This links to a framework for developing and evaluating interventions, the Behaviour Change Wheel, which comprises nine intervention functions and seven policy categories. Dr Panteleimon Ekkekakis will (a) highlight the need to consider pleasure as the third pillar of exercise prescriptions, besides effectiveness and safety, (b) summarise current evidence on the relationships between intensity, pleasure and adherence and (c) present ways in which exercise sessions can be restructured with the goal of promoting pleasure, based on behavioural-economic principles.

Notes:

5488_BAS_CONF DOC TEXT V7.indd 26 11/11/2015 11:08

Physiological and nutritional aspects of bone health: Implications for physical training

Invited symposium, D1.S4.1

15.50-17.05, Sir Bobby Robson 1

Chair: Prof Lars McNaughton FBASES

This session brings together evidence from collaborative work on the effects of exercise and nutrition on bone health, applied to athletic and military populations. The opening presentation will address the physiological responses of bone to arduous training, followed by the application of nutritional interventions to modulate bone turnover with exercise.

Notes:

Speakers

Dr Julie Greeves
HQ Army Recruiting and Training Division, UK

Julie Greeves is Head of Research in Occupational Medicine at HQ Army Recruiting and Training Division. She is responsible for commissioning and conducting research to reduce the risk of training injuries (musculoskeletal, thermal) in soldiers and recruits. Prior to taking up this role, Julie spent over 11 years at QinetiQ investigating musculoskeletal health in soldiers and aircrew. Her research interests are the pathogenesis of stress fractures, mechanical loading and bone health, and sex differences in injury risk and physical performance. She is currently Chief Investigator on a large research programme investigating the role of vitamin D and iron status on stress fracture risk and bone microarchitecture using high resolution PQCT.

Dr Craig Sale
Nottingham Trent University, UK

Craig is a Reader in Applied Physiology and Research Coordinator of the Sport, Health and Performance Enhancement Research Centre at Nottingham Trent University. He received his doctorate from Liverpool John Moores University, following the completion of his BSc and MSc programmes at the same institution. Following his studies he was a Senior Lecturer in Exercise Physiology at the University of Chichester and then a Senior Scientist at QinetiQ Ltd. He has spent the last 15 years investigating the impact of exercise and nutrition on health and performance in humans, with a particular focus on the triggers for adaptations in bone and muscle.

5488_BAS_CONF DOC TEXT V7.indd 27 11/11/2015 11:08

Speakers

Dr Brendan Cropley FBASES
Cardiff Metropolitan University, UK

Brendan is a Principal Lecturer in Coaching Science and Sport Psychology at Cardiff Metropolitan University. He is a Chartered Scientist, and has been a BASES accredited sport and exercise scientist since 2007. During this time, he has worked with elite and non-elite athletes and coaches in both team and individual sport settings. His research interests lie in professional practice, reflective practice, and more recently mental health and well-being.

Dr Andrea Faull
University of Worcester, UK

Andrea is a Senior Lecturer in Sport Psychology and Course leader for BSc Sports Coaching Science with Disability Sport at University of Worcester. She has over 10 years of experience working with athletes ranging from Club to Olympic standard. Her specialisms include working within elite level sport (both able bodied athletes and those with a disability) and she is currently supporting the GB Women's Wheelchair Basketball team on the road to Rio. She is a BASES accredited sport and exercise scientist and a BPS Chartered Sport and Exercise Psychologist.

Dr Kate Hays
English Institute of Sport, UK

Kate is Head of Performance Psychology for the English Institute of Sport and has been working as an applied sport psychologist for the past 12 years Her primary contracts have been with British Diving and Harlequins Rugby Union team, working within multidisciplinary teams and contributing to Olympic medals and World Championship gold medal winning performances in diving, and the 2011-2012 Premiership title, and the 2012-2013 LV Cup titles in rugby. She has supported the diving team at several National and International competitions including the Olympic Games and World Championships, and Harlequins at all domestic and international competitions. She is a BPS Chartered Psychologist.

Prof Stephen Mellalieu
Cardiff Metropolitan University, UK

Stephen is a Professor in Sport Psychology at Cardiff Metropolitan University. He has been a BASES accredited sport and exercise scientist since 1999. He is also a registered Practitioner Psychologist with the Health and Care Professions Council and a BPS Chartered Sport and Exercise Psychologist. He has consultancy experience in a number of Olympic and Professional sports, and for the past 7 years has been working predominantly within professional rugby union.

Sports psychology - a round table discussion

Invited symposium, D1.S4.2

15.50-17.05, Sir Bobby Robson 3

Chair: Dr Rich Neil

In this session prominent practitioners offering psychological support in sport will discuss their views on contemporary themes, informed by delegates. If you have any topics or issues that you would like the panel to consider then please contact Dr Rich Neil - rneil@cardiffmet.ac.uk

Notes:

5488_BAS_CONF DOC TEXT V7.indd 28 11/11/2015 11:08

Ready for Rio - a biomechanical perspective

Invited symposium, D1.S4.3

15.50-17.05, Lecture Theatre

Chair: Dr Paul Worsfold

This session will discuss how biomechanics is being utilised to assess and enhance the performance of our Olympic athletics. Experts will discuss how scientific theory and contemporary innovative methods and technologies are being implemented in the applied world and the challenges that this brings.

Notes:

Speakers

Dr Paul Barratt
GB Cycling/English Institute of Sport, UK

Paul is a Sports Biomechanist with more than ten years of experience at the cutting edge of cycling science and technology. Over two Olympic campaigns with British Cycling, he has delivered innovative, performance-impacting support to countless World and Olympic champions across track, road, mountain bike and BMX disciplines. During this period he has been heavily involved in British Cycling's outstanding Research & Development program ('The Secret Squirrel Club'). He is a BASES accredited sport and exercise scientist.

Dr Jon Wheat
Sheffield Hallam University, UK

Jon works on biomechanics research and consultancy projects in the Centre for Sports Engineering Research at Sheffield Hallam University. He has a keen interest in the development of biomechanics measurement systems for use outside of the lab, in more representative settings. Jon has worked on a wide range of projects designed to understand and improve Olympic athletes in their preparation for competition. A developing area of research is the application of depth cameras in sport and exercise biomechanics, performance analysis and health contexts.

5488_BAS_CONF DOC TEXT V7.indd 29 11/11/2015 11:08

Speakers

Jonathan Manley
Routledge/Taylor & Francis/Journal of Sports Sciences, UK

Jonathan entered books and journals publishing in 1987 and joined Routledge/Taylor & Francis in 2004. As Journals Publisher he is responsible for the development and strategy of Routledge's Sport, Leisure and Tourism Studies journals list. He has worked with BASES and the editorial team of the *Journal of Sports Sciences* for over 10 years during which time the Journal has grown and confirmed its status as one of the leading publications in the field. Routledge is a part of Taylor & Francis Group, an international company originating in the United Kingdom that publishes books and academic journals. It is a division of Informa plc, a UK-based publisher and conference company.

Prof Alan Nevill
Wolverhampton University/Journal of Sports Sciences, UK

Alan is the Research Professor in the Faculty of Education Health and Wellbeing, Wolverhampton University (specialisation in biostatistics associated with health, sport and exercise sciences). He has published over 300 peer reviewed academic publications and his work has been cited over 12,000 times according to Google Scholar. He is currently the Editor-in-Chief of the *Journal of Sports Sciences*. Originally appointed to the Journal's Advisory Board in 1991, he was promoted to Section Editor for Sports performance in 1996 and became Editor in Chief in 2001. He also serves on the Editorial Board of Paediatric Exercise Sciences.

Getting published - an insider's point of view

Invited symposium, D1.S5.1

17.10-18.00, Sir Bobby Robson 3

Chair: Prof Clyde Williams OBE, DSc (Hon), FBASES

The talk will provide researchers with tips to help get their work published. It will go on to provide some suggestions as to how to maximise their work's impact once accepted. Finally, we will encourage all researchers to help contribute to the peer review process by helping with reviewing and eventually becoming members of the Journal's Editorial Board.

Sponsored by the Journal of Sports Sciences

Notes:

5488_BAS_CONF DOC TEXT V7.indd 30 11/11/2015 11:08

Some reflections on the Research Excellence Framework 2014

Invited symposium, D1.S5.2

17.10-18.00, Sir Bobby Robson 1

Chair: Dr Keith Tolfrey FBASES

This presentation will provide a brief overview of how REF 2014 worked in practice, followed by some personal reflections about how researchers and units of assessments can best present their research for REF purposes.

Notes:

Speaker

Prof Lew Hardy FBASES
Bangor University, UK

Lew is a Research Professor at Bangor University. He has published over 130 full length research papers in peer reviewed journals, plus numerous other books, monographs, and articles. He has supervised 35 PhD students to completion, and he has research grant capture in excess of £1 million. He was a member of sports science, leisure and tourism sub-panel for the Research Evaluation Framework in 2014, and for the Research Assessment Exercises in 1996 and 2001. He won distinguished contribution awards from the Association for Applied Sport Psychology in 1996 and the British Psychological Society in 2011. He is a BASES accredited sport and exercise scientist.

5488_BAS_CONF DOC TEXT V7.indd 31 11/11/2015 11:08

Speaker

Dr Carl Wells
Perform at St. George's Park, UK

Following the completion of his PhD investigating physiological responses to soccer specific exercise Carl worked full-time in professional football for eight years at both academy and first team level. In August 2014 he took up his current position as sport science lead with Perform at St. George's Park, managing the delivery of support and conditioning services to professional football players and elite athletes. A key role of these research and career experiences has been the management of training load to help ensure players receive sufficient stimulus for adaptation without the development of over-training and subsequent illness/injury.

Training load management during periods of intensive conditioning

Invited symposium, D1.S5.3

17.10-18.00, Lecture Theatre

Chair: Dr Claire Hitchings

The sport science team at St. George's Park have gained considerable experience and knowledge of providing support within elite football, from the National squads to professional clubs and academies. A key component of the sport science support is the effective and structured management of training load, specifically during periods of intensive conditioning where the aim is to accelerate improvements in physical condition for gains in performance.

Supported by Perform at St George's Park

Notes:

5488_BAS_CONF DOC TEXT V7.indd 32 11/11/2015 11:08

The demands of elite Rugby Union: Player development and player wellbeing

Invited symposium, D2.S1.1

09.30-10.45, Sir Bobby Robson 1

Chair: Dr Paul Worsfold

This session will cover the landscape in which players develop to become elite performers and identify processes designed to maximise opportunities for development. The physical demands of elite rugby will also be discussed in the context of how training and playing load influences injury risk/player availability, with evidence from the men's and women's game.

Notes:

Speakers

Dr Scott Drawer
Liverpool John Moores University/ Liverpool FC, UK

Scott is the Athletic Performance Manager at the Rugby Football Union. He was appointed in January 2013 with overall responsibility for all performance services across the men's 15s player development pathway (18s, 20s, Saxons), men's 7s and women's 15s and 7s. Prior to this role, he led the UK Sport Research & Innovation programme for more than 10 years leading into the London 2012 Olympics and Paralympics. He completed his degrees in Sports Science at Brunel University College (Bsc), Loughborough (MSc, PhD) and Nottingham Trent (PGCE).

Dr Keith Stokes
University of Bath, UK

Keith is a Senior Lecturer at the University of Bath with a background in exercise physiology. His research focuses on understanding sports injury risk to inform the development and delivery of preventative interventions. He is responsible for delivering injury surveillance programmes for the England Rugby (men and women) and the English Premiership, as well as men's community rugby and schools rugby in England, and is part of the team that carried out the IRB (now World Rugby) Scrum Forces project, which resulted in changes to the scrum Laws. He is also co-founder and Network Editor of the World Rugby Science Network.

5488_BAS_CONF DOC TEXT V7.indd 33 11/11/2015 11:08

Speakers

Dr Anna Campbell
Edinburgh Napier University

Anna is a Reader in Clinical Exercise Science at Edinburgh Napier University. She has 14 years of research experience in the field of cancer survivorship and exercise. Anna has published 24 papers and three book chapters on this subject and is lead author on the BASES Expert Statement on Exercise and Cancer. She is a member of the Breast Cancer Campaign Research Gap Advisory Group, NCRI Lifestyle & Behaviour Change Subgroup and Macmillan Physical Activity & Cancer Advisory Group. Anna is also Director of CanRehab (www.canrehab.co.uk), a provider of training for health and fitness professionals. She is currently working with Macmillan to evaluate UK wide community based exercise programmes for cancer patients and survivors.

Prof Kerry Courneya
University of Alberta in Edmonton, Canada

Kerry is a Professor and Canada Research Chair in Physical Activity and Cancer at the University of Alberta in Edmonton, Canada. He received his BA (1987) and MA (1989) in Physical Education from the University of Western Ontario (London, Canada) and his PhD (1992) in Kinesiology from the University of Illinois (Urbana-Champaign). He spent five years at the University of Calgary before moving to the University of Alberta in 1997. His research programme focuses on physical activity and cancer survivorship including how exercise may help survivors cope with cancer treatments, recover after treatments, and extend long term survivorship.

Exercise programmes for cancer survivors: Putting evidence into practice

Invited symposium, D2.S1.2

09.30-10.45, Sir Bobby Robson 3

Chair: Prof John Saxton FBASES

An expanding body of research supports the positive health effects of exercise in cancer survivors. This session will provide a concise overview of the field, before considering a framework for research and key research questions for the future. It will also explore practical considerations for exercise programme design and implementation.

Notes:

5488_BAS_CONF DOC TEXT V7.indd 34 11/11/2015 11:08

Bad science

Invited keynote, D2.S3

13.30-14.35, Sir Bobby Robson

Chair: Dr Jason Gill FBASES

How science, evidence and statistics can be twisted, rigged, distorted, hidden, and ignored.

Notes:

Speaker

Dr Ben Goldacre
Bad Science, UK

Ben is an award-winning writer, broadcaster, and medical doctor who specialises in unpicking scientific claims made by scaremongering journalists, government reports, pharmaceutical corporations, PR companies and quacks. He was trained in Medicine at Oxford and London, and currently works as an academic in epidemiology. He wrote the weekly Bad Science column in the Guardian from 2003-2011. Bad Science the book (4th Estate) has sold over half a million copies worldwide, reached number 1 in the paperback non-fiction charts, and is being published in 31 languages. In his second book, Bad Pharma (4th Estate, September 2012), he puts the global pharmaceutical industry under the microscope, to reveal flaws throughout the ecosystem of evidence-based medicine. In October 2014 he published his collected journalism in a volume entitled I Think You'll Find It's More Complicated Than That (4th Estate).

5488_BAS_CONF DOC TEXT V7.indd 35 11/11/2015 11:08

Speakers

Dr Graeme L Close FBASES
Liverpool John Moores University, UK

Graeme is a Reader in Applied Physiology & Sport Nutrition at Liverpool John Moores University, where he is the programme lead for the MSc in Sport Nutrition. His research is focused upon vitamin D, applied nutrition in elite sport and sarcopenia. Graeme is accredited with the UKSCA, BASES and SENr as well serving on the SENr executive board. Graeme is the Expert Nutrition Consultant to England Rugby, the lead nutritionist for British Ski & Snowboard and works with European and US Tour golfers. Prior to his academic studies, Graeme was a professional rugby league player.

Dr James Morton
Liverpool John Moores University, UK

James is a Reader in Exercise Metabolism at Liverpool John Moores University and has published over 70 papers in sports physiology, nutrition and metabolism. He is also the sports nutritionist to Team Sky, Liverpool Football Club and a range of professional boxers. His particular research and applied interest is manipulating carbohydrate availability to help athletes maximise training responses, performance and manage weight.

Carbohydrate requirements for athletes: From laboratory to practice and back again

Invited symposium, D2.S4.1

14.45-16.00, Sir Bobby Robson

Chair: Dr Kevin Currell

Recent research has suggested that high carbohydrate availability during training may be counter-productive for training adaptations. Additionally, our work from applied practice has also revealed unique insights into the carbohydrate intakes of elite athletes in real-world settings. We will review our latest thinking on the carbohydrate requirements of athletes whilst suggesting that although research informs practice, practice should also inform research.

Notes:

5488_BAS_CONF DOC TEXT V7.indd 36 11/11/2015 11:08

Everything is good for you if it doesn't kill you: Some different perspectives on mental toughness in high performance settings

Invited symposium, D2.S4.2

14.45-16.00, Lecture Theatre

Chair: Dr Rich Neil

This presentation will present evidence from research across a number of domains that speaks to a neuropsychological model of mental toughness in which negative events play a central role. Parallels will be drawn with the post traumatic growth literature.

Notes:

Speaker

Prof Lew Hardy FBASES
Bangor University, UK

Lew is a Research Professor at Bangor University. He has published over 130 full length research papers in peer reviewed journals, plus numerous other books, monographs, and articles. He has supervised 35 PhD students to completion, and he has research grant capture in excess of £1 million. He was a member of sports science, leisure and tourism sub-panel for the Research Evaluation Framework in 2014, and for the Research Assessment Exercises in 1996 and 2001. He won distinguished contribution awards from the Association for Applied Sport Psychology in 1996 and the British Psychological Society in 2011. He is a BASES accredited sport and exercise scientist.

5488_BAS_CONF DOC TEXT V7.indd 37 11/11/2015 11:08

Speaker

Prof Rami J Abboud
University of Dundee, UK

Rami has been actively involved and played an instrumental role in the development, progress and resulting successes of the Department of Orthopaedic & Trauma Surgery at the University of Dundee since joining the department in 1988. As a graduate in Electrical Engineering from the American University of Beirut in 1988, he continued his postgraduate studies and obtained an MSc and PhD in Biomedical and Rehabilitation Engineering at the University of Dundee in 1989 and 1995 respectively. He has been a member of the Editorial Committee of the International Foot Journal since 1998 and the Foot and Ankle Surgery since 2009. He is a regular reviewer to over 15 peer-review journals. In January 2013, Professor was appointed the Editor-in-Chief of the Foot. His dedication towards teaching, research and training was recognised in 2011 by the award of a rare accolade, Honorary Fellow, of the Royal College of Surgeons of England which was formally recognised at the College's Awards Ceremony on 18th January 2012.

Relevant foot and ankle biomechanics: Art, science or both?

Invited symposium, D2.S4.3

14.45-16.00, Terry Venables Suite

Chair: Adam Hawkey

In this lecture I will present some cases that we have assessed at the Institute of Motion Analysis & Research at the University of Dundee that without the extensive plethora of equipment that we have, we would not have been able to inform the clinical decision.

Notes:

5488_BAS_CONF DOC TEXT V7.indd 38 11/11/2015 11:08