

**SOLENT**  
UNIVERSITY

SOUTHAMPTON



The British Association of  
Sport and Exercise Sciences



# BASES 2021 STUDENT CONFERENCE

EQUALITY, DIVERSITY AND OVERCOMING  
ADVERSITY IN SPORT AND EXERCISE SCIENCE

Wednesday 7 – Thursday 8 April 2021

[www.bases.org.uk/spage-events-student\\_conference](http://www.bases.org.uk/spage-events-student_conference)

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# W E L C O M E

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**Professor Karen Stanton**  
Vice-Chancellor, Solent University,  
Southampton

"Solent University is proud to be hosting this year's BASES Student Conference.

This event will provide a platform for the discussion and dissemination of ideas and research associated with equality, diversity and adversity in Sport and Exercise Science. Historically science and sport have both struggled with and drawn attention to issues relating to equality and diversity. How many talented scientists and athletes have we lost because of a lack of inclusion? Thankfully, events like this one are moving us forward. This is your opportunity to engage in a debate that challenges existing ways of thinking and behaving.

As the Pandemic threatens to disproportionately affect the most disadvantaged in our communities the theme of equality, diversity and overcoming adversity has never been more important. In welcoming you to the University I want to thank you for engaging with this important agenda and to wish you well in your studies, research and work in exercise and sport. Finally, I would like to thank Associate Professor Adam Hawkey, the team here at the University and Professor Richard Tong and his team at BASES for organising this event. I am sure it will prove to be a great learning opportunity and a source of inspiration as we work together to overcome some of the most pressing societal issues of our time."



**Professor Richard Tong FBASES**  
BASES Chair

"As Chair of the British Association of Sport and Exercise Sciences (BASES) I would like to welcome you to our first hybrid/online student conference; organised by Solent University.

BASES is the leading professional body for sport and exercise sciences in the UK, with a mission to lead the advancement of knowledge and evidence-based practice for the benefit of human performance, health, and education. We are a membership organisation and we hope that all of you who are new to the association will benefit from the opportunity to engage with the largest network of sport and exercise science professionals in the UK and receive the extensive professional development opportunities on offer, such as this Annual Student Conference.

The conference organising committee, led by Adam Hawkey have truly embraced the conference theme of equality, diversity and overcoming adversity in sport and exercise science. They have overcome adversity due to the challenges of the pandemic and are providing a diverse range of presentations that are readily available to all. As many of you are students, I would like to take this opportunity to thank you for engaging with this conference and remind you that you are the future of sport and exercise in the UK. Therefore, I hope you will make the most of all the opportunities that BASES provide to support you with your studies and in your future careers.

Finally, the BASES Board is indebted to Adam Hawkey, his organising team and all of the sponsors and supporters for preparing this outstanding conference."



**Associate Professor Adam Hawkey FBASES**  
BASES2021 Chair, Solent University,  
Southampton

"I am delighted to welcome you to the BASES2021 Student Conference hosted by Solent University Southampton. Thanks to the commitment made by Solent, and the support provided by BASES, our sponsors, official supporters and partner organisations, we are able to bring this event free, to everyone.

This conference offers many opportunities to immerse yourself in sport and exercise science, including listening to international research presentations, panel discussions and plenary sessions from world-leading experts, observing and engaging with practical demonstrations and specialist workshops from academic and industry professionals, including some transmitted live from our new Solent Sports Complex and BASES-accredited sport science laboratories. Additionally, if you are a BASES Student Member, there is an opportunity to present your own research.

We know that sport and exercise science contributes significantly to the improvement of physical and mental health, the enhancement of human performance, offers benefits to national and global economies, and promotes social cohesion and inclusivity; never before have these factors been so important and had such an influence on our lives. The BASES2021 Student Conference will further enable us to use sport and exercise science as a lens through which to recognise the value of equality, diversity, inclusivity and overcoming adversity, in science and society. This event promises to be a celebration of the impact that sport and exercise science has on us all and it is a pleasure to have you join us in this celebration."

# KEYNOTE SPEAKERS

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**Donna Fraser OBE OLY**  
is a four-times Olympic sprinter and Equality, Diversity and Inclusivity Lead at British Athletics.



**Dr Shawna Pandya MD**  
is Vice President of Immersive Medicine at Luxsonic Technologies and a Scientist-Astronaut Candidate at Project PoSSUM.



**Prof Ed Laskowski MD**  
is Professor of Physical Medicine and Rehabilitation in the Mayo Clinic Sports Medicine and former member of the President's Council on Physical Fitness and Sports.



**Prof Adam Hawkey FBASES**  
is Associate Professor of Sport Science and Human Performance at Solent University and Professor of Sports Science at SIMATS University.



**Aaron Phipps**  
is a Paralympian and member of the Great Britain Wheelchair Rugby team. He was the first British person of disability to summit Mount Kilimanjaro.



**Micky Yule**  
is a former Staff Sergeant in the British Army. Now a Paralympic Powerlifter he won gold at the 2016 Invictus Games in London.



**Willie Cruz CSCS RSCC**  
is the Director of Strength and Conditioning for the Houston Rockets, in the NBA.



**Derek Redmond OLY**  
is a former Olympic athlete and British, European, Commonwealth and World Champion and Internationally renowned motivational speaker.



**Troy Townsend**  
is Head of Development at Kick It Out, English Football's equality and inclusion organisation.



**Leon Mckenzie**  
is a former Premier League Footballer and Professional Boxer, Talksport Co-Host and an International Mental Health Speaker.



**Miles Henson**  
is Co-Founder and Director of the People Academy and an advisor to the United States Olympic and Paralympic Committee (Team USA) and USA Women's Soccer Team.



**Prof Greg Whyte OBE FBASES**  
is Professor of Applied Sport and Exercise Science at Liverpool John Moores University, awarded an OBE for services to sport, sports science and charity.



**Prof Mike Tipton MBE**  
is Professor of Human and Applied Physiology at the University of Portsmouth, awarded an MBE for services to physiological research in extreme environments.



**Prof Charlie Foster OBE**  
is Professor of Physical Activity and Public Health and Chair of the Chief Medical Officer's Committee for Physical Activity.



**Dr Pradeep Singh Chahar**  
is an Assistant Professor in the Department of Physical Education at Banaras Hindu University in India.



**Dr Andy Smith MBE FBASES**  
is the lead author of the BASES Expert Statement on COVID-19 and a former Chair of BASES.



# EXPERT PANELS

## HUMAN SPACEFLIGHT



**Dr Phil Carvil**  
(Science and Technologies  
Facilities Council/UK SpaceLABS)



**Dr David Green**  
(European Astronaut Centre)



**Prof Adam Hawkey FBASES**  
(Solent University)



**Prof Nick Caplan**  
(Northumbria University)



**Dr Elisa Ferre** (Royal Holloway  
University London)



**Dr Julia Attias**  
(Kings College London)

## RETURNING TO PROFESSIONAL SPORT FOLLOWING COVID-19



**Dr Paul Dijkstra**  
(Aspetar)



**Dr Juan-Manuel Alonso**  
(Aspetar)



**Dr Maria-Carmen Adamuz**  
(Aspetar)



**Dr Liesel Geertsema**  
(Aspetar)



**Dr Yorck Olaf Schumacher**  
(Aspetar)



**Prof Marco Cardinale**  
(Aspetar)

## CONTEMPORARY ISSUES IN STRENGTH AND CONDITIONING



**Andy Boyd**  
(UKSCA)



**Andy Bruce**  
(UKSCA)



**Tulshi Varsani**  
(UKSCA)



**Tim Stevenson**  
(UKSCA)



**Rob Pacey**  
(UKSCA)

## DISABILITY SPORT



**Ali Jawad**  
(Paralympics GB Power Lifter/  
Founder of Accessercise)



**Alaina MacGregor**  
(CEO British Blind Sport)



**Michelle Carney**  
(CEO Special Olympics GB)



**Helene Raynsford**  
(Chair, Paralympics GB  
Athlete Commission)

## WOMEN IN SPORT



**Dr Emma Ross FBASES**  
(Co-Founder of The Well HQ)



**Dr Philippa Velija**  
(Solent University)



**Maurisa Gibson-Bailey**  
(Sports Scientist)



**Vilassini Sundar**  
(Professional Surfer)

## ESPORTS



**Dr Kirill Micallef Stafrace MD**  
(Maltese Olympic Committee)



**Dr Melita N Moore MD**  
(MedStar Health System)



**Dr Joanne Donoghue**  
(New York Institute of Technology)



**Ismael Pedraza**  
(German Sport University)

## SAFEGUARDING IN SPORT



**Kim Mundy**  
(Southampton Football Club)



**Lisa Carter**  
(Wolverhampton Wanderers  
Football Club)



**Linda Medlicott**  
(Motorsport UK)



**Rachel Newnham**  
(LTA)

## ANTI-DOPING AND SUPPLEMENTS



**Dr Laurie Patterson**  
(Leeds Beckett University)



**Ali Jawad**  
(Paralympics GB Power Lifter/  
Founder of Accessercise)



**Irene Riach**  
(sportsotland  
Institute of Sport)

# P L E N A R Y   S P E A K E R S

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**Prof Rami Abboud**

Vice President for Internationalization and Engagement at the University of Balamand, Lebanon.



**Prof Julie Greeves OBE**

Principal Physiologist for the British Army.



**Prof Dawn Skelton**

Professor of Ageing and Health at Glasgow Caledonian University.



**Dr William Murrell MD**

Director, Abu Dhabi Knee and Sports Medicine, Healthpoint Hospital, UAE.



**Dr Lindsay Bottoms FBASES**

Reader in Exercise and Health Physiology at the University of Hertfordshire.



**Prof Sue Backhouse FBASES**

Professor of Sport Psychology and Behavioural Nutrition at Leeds Beckett University.



**Dr Dobson Dominic MBBS (M.D)**

Head of Sports Medicine at Saveetha Institute of Medical and Technical Sciences (SIMATS), India.



**Prof Graeme Close FBASES**

Professor of Human Physiology at Liverpool John Moores University.



**Dr Neal Smith**

Field Leader in Biomechanics at the University of Chichester.



**Dr Zoe Wimshurst**

Senior Lecturer in Psychology at AECC University College.



**Prof Craig Sale**

Professor of Human Physiology at Nottingham Trent University.



**John Kennett**

Director of Physical Mind London and inventor of HIFIm (High Frequency Impulse for Microgravity).

# OVERCOMING ADVERSITY SPEAKERS



**Ali Jawad**

British Powerlifter, Paralympic Silver medallist and former world record holder.



**Vilassini Sundar**

Multiple medal winning swimmer, professional surfer and stand-up paddle boarder from India.



**Idai Makaya**

Endurance athlete and 24-hour chin-up World Record Holder.



**Kelly Simm**

British, Commonwealth and World University Games gymnastics champion.



**Alice Dearing**

UK's number one marathon swimmer and co-founder of the Black Swimming association.



**Adam Bundle and Stu Vince**

Hampshire Firefighters undertaking an Atlantic Rowing Challenge for mental health awareness.

# WORKSHOPS

**HEALTH AND FITNESS:  
WHAT'S YOUR FITNESS QUOTIENT?**

(FitQuest)



**EDUCATION:  
BASES SUPERVISED EXPERIENCE**

(Solent: Dr James Wright)



**PHYSIOLOGY AND NUTRITION:  
ANTI-DOPING IN SPORT**

(UK Anti-Doping: Karen Shopland)



**MENTAL HEALTH:**

(Solent Mind)



**SPORTS MEDICINE AND REHABILITATION:**

(Aspetar: Andrew Cole and Dr Rod Whiteley)



**SPORT AND PERFORMANCE:  
SUPPORTING CHAMPIONS**

(Dr Steve Ingham FBASES)



**BIOMECHANICS/  
MOTOR BEHAVIOUR:  
EYE TRACKING IN SPORT**

(Solent: Dr Russell Discombe)



**PSYCHOLOGY:  
HEART RATE VARIABILITY**

(Solent: Dr Emma Mosley)



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# SPORT AND FITNESS COURSES AT SOLENT



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virtual-tour](http://www.solent.ac.uk/virtual-tour)

Get ready to push the limits. Whatever your sporting ambitions, with degrees in football, exercise science, coaching and management, Solent offers the skills and connections to help you make them a reality.

- BSc (Hons) Football Studies
- BSc (Hons) Health, Nutrition and Exercise Science
- BA (Hons) Physical Education
- BSc (Hons) Sport and Exercise Psychology
- BSc (Hons) Sport Coaching
- BSc (Hons) Sport Management
- BSc (Hons) Sport and Exercise Science
- BSc (Hons) Sport and Exercise Therapy
- MSc Football Science
- MA Physical Education and School Sport
- MA Sport Management
- MSc Sport Science and Performance Coaching



Accredited courses recognised by professional bodies and associations.



Specialist sport science labs, including a BASES-accredited physiology lab.



NGB coaching awards, REPs registration and other qualifications available alongside your studies.



Great opportunities for work experience, including working in community, school and high-performance environments.



Access to our state-of-the-art £28m sport complex. Facilities include two sports halls, two fitness studios, general purpose gym, high-performance gym, health and fitness gym, sport and exercise therapy clinical space.



**Garry Halsey**

BA (Hons) Football Studies, 2014,  
Education Development Coordinator, FA Education

Solent University helped me to gain invaluable work experience and contacts within the professional game, as well as knowledge surrounding both professional and grassroots football. Without my time at Solent, I would not have the confidence I now have in my abilities and understanding of the game.





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