

# BASES 2021 STUDENT CONFERENCE

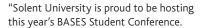
EQUALITY, DIVERSITY AND OVERCOMING ADVERSITY IN SPORT AND EXERCISE SCIENCE



### WELCOME



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



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



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.

# X P E R T P A N E L S

#### 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

(sportscotland Institute of Sport)

# PLENARY SPEAKERS



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.



Kelly Simm

British, Commonwealth
and World University Games
gymnastics champion.



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



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

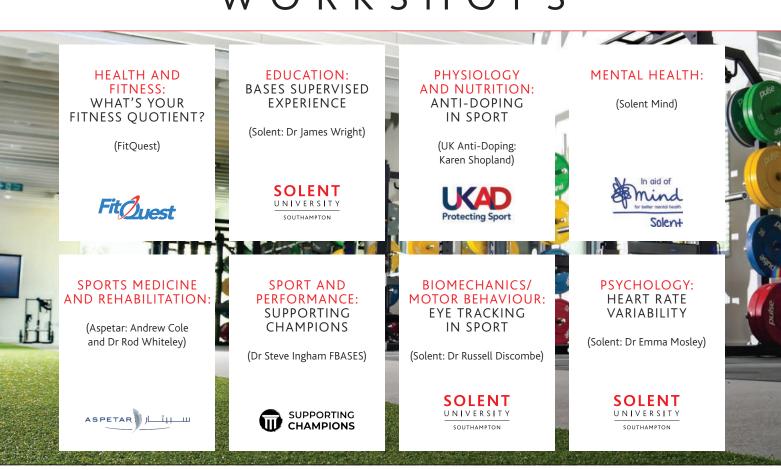


Idai Makaya Endurance athlete and 24-hour chin-up World Record Holder.



Adam Bundle and Stu Vince
Hampshire Firefighters undertaking
an Atlantic Rowing Challenge for
mental health awareness.

# WORKSHOPS



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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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facilities, visit

www.solent.ac.uk/ virtual-tour



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