CASES

The Chartered Association of Sport and Exercise Sciences

www.cases.org.uk

CASES Annual General Meeting 2026

Wednesday 11 November 2026, 4:30 pm

virtually, via Zoom

Prof Zoe Knowles *FCASES*, Chair



CASES AGM 2026: Agenda

- Apologies
- Minutes of previous meeting, Wednesday 12 November 2025 (poll)
- 2025-2026 Annual Review (Achievements and performance in a period of continuing volatility and uncertainty)
- Financial Statements for the year ending 31 March 2026 (poll)
- Special Resolution:
    - Incoming Chair-Elect - (poll)
- Any other business

Board Members (2025-26):

Chair: Prof Zoe Knowles FCASES

Deputy Chair: Dr Mitch Finlay MCASES

Division Chairs: Dr Daniel Bailey HonFCASES, Dr Trish Jackman FCASES, Prof Mel Leggate, Dr Andrew Mitchell HonFCASES, Dr Alan Ruddock FCASES

Non-Executive Directors: Chris Davison, Dr Helen Rippon, James Tugwell

Senior Non-Executive Director: Susan Went

Outgoing Directors:

Dr Andrew Mitchell HonFCASES

Ms Susan Went

James Tugwell

Incoming Directors:

Prof Athanassios Bissas

Tilly Heald FCG

Shadrack Nyobii ACCA

Our Vision, Mission and Strategic Objectives

CASES
The Chartered Association of Sport and Exercise Sciences

Our Vision:
To contribute to healthier lives and improved performances through sport and exercise sciences.

Our Mission:
To innovate, advance knowledge, promote best practice and advocate the profession by building a collaborative and inclusive sport and exercise science community.

Strategic Objectives:
To achieve our mission, we will:

- support the careers of sport and exercise scientists through professional development, setting standards and promoting excellence within the sector
- champion sport and exercise sciences through targeted advocacy and strategic partnerships
- improve representation of sport and exercise sciences by growing and diversifying a membership that is more reflective of society and the communities we serve.

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2025-26 Annual Review (Achievements and Performance) and Financial Statements for the year ending 31 March 2026

CASES: 2025-2026 in numbers

Average members

(Sept'25 - Aug'26) = 2,450 (-4.8% vs previous year)

- Graduate members: 423 (-0.5% vs last year)
- Student members: 447 (-6% vs last year)
- Professional members: 1,358 (-7% vs last year)
- Overseas: 42 (-10% vs last year)

Social Media (average)

- LinkedIn followers =12,992 (+17.5% vs August 2025)
- Instagram followers = 4,160 (+5.5%)
- Facebook likes = 6,074 (-0.3%)
- X followers = 30,457 (-2.3%)

Membership Satisfaction Survey

Member benefits

CASES activities: 2025-26 in numbers

Professional Standards

- 444 members hold CASES Sport & Exercise Scientist Accreditation
- 32 High Performance Sport Accredited
- 177 Chartered Scientists
- 1 new Registered Scientist, following new license with the Science Council
- 54 Exercise Science Certified Practitioners
- 104 candidates enrolled on Sport & Exercise Psychology Accreditation Route (SEPAR) this last year (2 windows), supported by 60 Reviewers and 93 Supervisors
- 161 members are undertaking Supervised Experience, supported by 110 Registered Supervisors and 128 Registered Reviewers
- 28 Accredited Physiology Laboratories
- 79 Undergraduate Endorsed courses at 57 UK Higher Education Institutions
- 4 Postgraduate Endorsed courses
- 15 M-level Psychology courses endorsed

CASES activities: 2025-2026 updates

- **Professional Standards update:**
  - SEPAR developments
  - Clinical Exercise Physiologists
- **HEI update:**
  - HE Endorsement Scheme Advisory Group
  - Degree Accreditation Working Group

Partnerships

- Foundational Full Membership of the International Confederation of Sport and Exercise Science Practice (ICSESP)
- Relationships and developments continued with:

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

CASES Combined Conference 2026

Manchester Metropolitan University,

3 to 4 June 2026





CASES activities: 2025-2026 in numbers

Events

- 24 workshops, all linked with the Supervised Experience and SEPAR programmes, attended by 340 delegates
- 20 webinars, with a combined 570 delegates registering
- 14 new courses and workshops endorsed through the CASES CPD Endorsement Scheme
- 2026 Division Days

CASES activities: 2025-2026 in numbers

(annual report includes all recipient details)

Awards & Grants

- Seven CASES Fellowships awarded
- One Doctoral Dissertation of the Year awarded
- One Masters Dissertation of the Year
- One CASES Early-to mid-Career Researcher Project Grant awarded
- Nine CASES Conference Grants awarded
- One CASES and Clinical Exercise Physiology UK Continuing Professional Development Grant awarded
- Four CASES Expert Statements funded and published
- Inaugural CASES Medal of Achievement awarded
- CASES Volunteer of the Year 2026 and Volunteer (Committee Member) 2026 Winner and Runners-up awarded



CASES Distinguished Contribution Award

2026 recipients:

Dr Val Cox HonFCASES and Dr Andy Smith MBE FCASES





Other Nominees:

Dr Lisa Board FCASES, Dr Valerie Gladwell, Prof Glyn Howatson FCASES, Prof Andy Jones HonFCASES, Prof Andy Lane FCASES, Prof Lars McNaughton FCASES, Dr Charles Pedlar FCASES, Prof John Saxton FCASES, Prof Rhys Thatcher FCASES, Prof Craig Twist FCASES.

CASES Publications

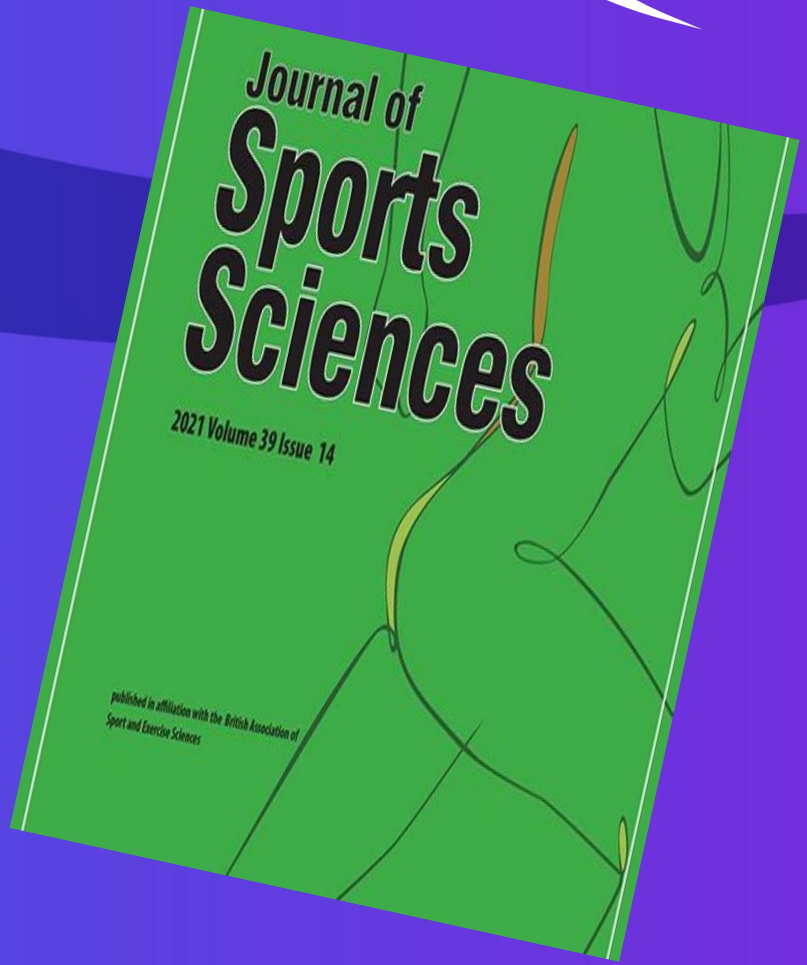
(annual report includes all author details)

- Four editions of The Sport and Exercise Scientist were published.
- Four new CASES Expert Statements have been published in the last 12 months:
  - Beyond the Phase: A Smarter Management Approach to Hormone-Related Symptoms in Active Females;
  - Guidance for reporting of physiological assessments: sport performance testing;
  - Physical activity and exercise for the management of Polycystic Ovary Syndrome;
  - Growth and Maturation in Youth Sport, and the Implications for Health, Performance and Development.
- 2026 Career Guide launched in August
- Digital Object Identifier



Resources

- Journal of Sports Sciences
  - 144 articles published
  - 1.7m downloads
  - Latest impact factor (IF) is 3.1
  - Latest CiteScore is 4.4



Significant work and technical developments by:

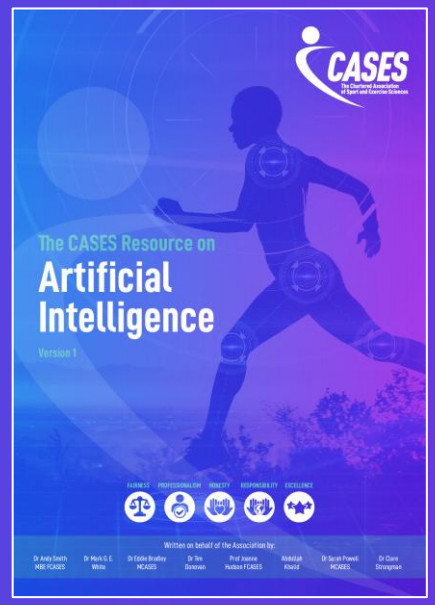
- **CASES Divisions:**
  - Biomechanics and Motor Behaviour
  - Physical Activity for Health
  - Physiology and Nutrition
  - Psychology
  - Sport and Performance
  - Teaching and Learning Enhancement
- **CASES Special Interest Groups:**
  - Biomechanics Interest Group (BIG)
  - Disability and Inclusion in Sport Science
  - Environmental Extremes
  - Molecular Exercise Physiology
  - Neurodiversity in Sport and Exercise
  - Occupational Performance
  - Skill Acquisition Interest Group
  - Sport, Exercise and Health Analytics
  - Technical Special Interest Group

(annual report includes a summary of details)

Key developments

(annual report includes a summary of details)

- Celebrated one year as a Chartered body on 1 April 2026
- The CASES Resource on Artificial Intelligence launched in January
- Advancing key projects by the Outreach Project Team
- Work of the Climate Action and Sustainability Advisory Group continues.
- Continuing the work of the Policy and Advocacy Advisory Group
- Work of the Equity, Diversity and Inclusion Advisory Group continues
- Integrity Advisory Group advanced a number of projects linked to matters of integrity and the role of CASES.



CASES Operations Team:

Chief Executive Officer:
Ian Wilson
(full-time)

Head of Operations:
Sue Watson
(part-time (0.8), Mon-Thrs)

MarComms Manager:
Lucy Davies
(part-time (0.8), Mon-Thrs)

SEPAR Officer:
Jane Gillott
(full-time)

Professional Standards Officer:
Alex Windwood
(part time (0.8) across Mon to Fri)

Senior Admin Officer:
Jane Bairstow
(part-time (0.6), Tues, Weds, Fri)

Admin Officer and MarComms Assistant:
Mubz Shaikh
(full-time)

Any questions so far?

Financial Statements 2025-26

Notes to Financial Statements

- CASES reported a surplus of £21,329 for the year ended 31 March 2026, driven by an increase in general income, including significant SEPAR registrations, and a reduction in general expenditure over the previous year.
- The Board regularly monitors its Risk Management Policy, Procedures and Register and continues to consider contingencies and mitigating action if income streams are impacted.
- CASES is a not-for-profit organisation; as such, it operates on the basis that it is not seeking to make a profit over the long-term and reserves should be re-invested to support the activities of the Association.
- Total reserves at 31 March 2025 were £ 471,338.

Resolution

- Members to receive and consider the Annual Report and Financial Statements 2025-2026 (poll)

New Chair-Elect:

Recommendation: (poll)

- R1 - Members to approve the nomination of Prof Zoe Knowles FCASES to be incoming Chair-Elect and to serve a new three-year term from November 2027.

Membership Fees from 2027

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Membership category	Current Pricing	Indexation Rate (March 26)	New Pricing from Jan 2026
Professional (regulated)	£112	3.3%	**£116**
Technical (regulated)	£112	3.3%	**£116**
Member (non-regulated)	£112	3.3%	**£116**
Monthly Member (non-regulated)	£10.25	3.3%	**£10.60**
Student (non-regulated)	£31	3.3%	**£32**
3-year Student (non-regulated)	£73	3.3%	**£75**
Graduate (non-regulated)	£57	3.3%	**£59**
Affiliate overseas	£62	3.3%	**£64**
Affiliate associate	£62	3.3%	**£64**
Affiliate organisation	£50	3.3%	**£52**

A discount of £5 is subtracted from the amount shown above if members select to pay by annual Direct Debit.

As members of a professional body, CASES members can get tax relief on fees.

Programme Fees from 2027

Programme	Current Fee	Fee from Jan 2027
Individual		
Exercise Science Certified Practitioner application fee	£16	£17
Exercise Science Certified Practitioner renewal fee	£11	£12
Sport and Exercise Scientist Accreditation application and re-application fees	£105	£109
High Performance Sport Accreditation application fee	£525	£543
High Performance Sport Accreditation re-application fee	£105	£109
Chartered Scientist (CSci), via CASES	£65	£67
Registered Scientist (RSci), via Science Council Common Application Process	£32	£34
Registered Science Technician (RSciTech), via Science Council Common Application Process	£22.50	£24
Courses		
Undergraduate Endorsement Scheme (CUES) endorsement fee for a single degree course	£1,800 + VAT	£1,860 + VAT
Postgraduate Endorsement Scheme (CPGES) endorsement fee for a single degree course	£1,800 + VAT	£1,860 + VAT
Postgraduate SEPAR Endorsement Scheme (PSES) endorsement fee for a single degree course	£1,800 + VAT	£1,860 + VAT
Laboratory		
Laboratory Accreditation pre-visit fee	£400	£414
Laboratory Accreditation application fee	£550	£569
Laboratory Accreditation re-accreditation fee	£550	£569
Training programmes:		
Supervised Experience		
SE Administration Fee, which includes Entry Workshop fee only	£210`	£217
Ethics and Reflective Practice workshops	£105	£109
Safeguarding and Understanding Your Client workshops	£52.50	£54.50
Sport and Exercise Psychology Accreditation Route (SEPAR)		
Programme fee	£4,295	£4,445

Developing the 2028+ Strategy

Any other business

Requests to our Members

- Fellows' expertise
- Commercial opportunities

Standing Committee and Advisory Group vacancies

The following roles are now being advertised and provide an opportunity for CASES members to get involved and influence the future of the association:

- **Biomechanics and Motor Behaviour Division Committee**: CPD Rep***, Membership Rep**, Undergraduate Student Rep*
- **Teaching and Learning Enhancement Division Committee:** Undergraduate Student Rep*
- **Conference Scientific Planning Group:** Biomechanics and Motor Behaviour Rep;
- **EDI Advisory Group:** Undergraduate Student Reps;
- **Heads of Department Advisory Group:** Chair and two new members
- **Outreach Panel**: One Professional member Rep and one Student member Rep
- ***The Sport and Exercise Scientist*** **Editorial Group**: Biomechanics member; Psychology member; Nutrition member; Social Media member; Student Corner feature member

** Division Student Reps (Postgrad and Undergrad) also serve on the CASES Student Advisory Group (SAG).*

*** Division Membership Reps also serve on the CASES Membership Reps Advisory Group*

**** Division CPD Reps also serve on the CASES CPD Advisory Group*

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Any final questions?

Thank you for attending and for your ongoing support of CASES

FAIRNESS



PROFESSIONALISM



HONESTY



RESPONSIBILITY



EXCELLENCE



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