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Welcome to TSES Summer '24!

Dr Adam Gledhill FBASES introduces the 80th issue of The Sport and Exercise Scientist

In spring, I wrote to you all introducing the first digital issue of TSES. Since that time, the conversations, e-mails and other messages that some of our BASES community have shared have given great comfort in how well that first digital issue was received. To keep progressing TSES, we'll take those feedback comments on board and use them to keep moving forward. Some of those feedback comments have already been considered in this summer issue.

First, there has been a lot of interest from colleagues in producing video-based articles for TSES somewhere down the learn but people wanted some extra guidance on how to produce video articles. On page (x – y) you will find the guidelines for producing videos or videos articles for TSES. Hopefully, this guidance will help us to keep meeting your needs with TSES in the future.

With the future in mind, we have a series of articles in this issue of TSES that focuses on how we can develop our work as sport and exercise scientists, as well as developing the next generation of sport and exercise scientists. As I noted in my spring editorial, we had lots of feedback about the need for more contemporary topics in teaching and learning included in TSES. With that in mind, I'm pleased to include different articles on that topic area in this latest issue of TSES. Gavin Thomas and colleagues provide an excellent article exploring sociology in sport and exercise science, an article that I hope will spark debate within our community. We also have another informative article from Dr Jackie Hargreaves and Professor Jim McKenna where they introduce the building blocks of mentally healthy curriculum design to aid colleagues in curriculum design where mental health takes centre stage. Student mental health is something at the forefront of our minds in higher education and I'm delighted Jackie and Jim were able to share key insights about how to design curricula that can enhance student mental health. Writing this editorial at the start of Mental Health Awareness Week draws some of the recommendations shared in Dr Hargreaves and Professor McKenna's article into an even sharper focus.

With practitioner development in mind, Callum Blades provides some helpful suggestions on designing effective work placements in sport and exercise science including ideas around how these will help develop the next generation of sport and exercise scientists. We also have a review of our recent incredibly successful BASES Student Conference held at Manchester Metropolitan University, where Evie Bott and Charlotte Burns share their key takeaways from this highly successful event. We also have a different feel in our Real-World feature this issue, with Lily Matthias and Dr Alan Ruddock FBASES sharing a student perspective on activities that will help prepare current sport and exercise science students for the real-world of sport and exercise science. I hope after reading these articles, you find them as interesting as I did when I was going through the editorial process. As Editor, I'm incredibly proud to be including articles from people starting out on their journey in sport and exercise science and I applaud them especially for making this step so early in their careers!

Speaking of practitioners within our community, I'd like to take a moment to acknowledge those of you working during the fantastic summer of sport we have

coming up. Many of you will be working across the women's U17 football European Championships (underway at the time of writing this editorial), the upcoming women's U19 football European Championships, the men's senior football European Championships, and the Summer Olympic and Paralympic games in Paris (to mention but a few!) You will all have spent countless hours in the background, supporting athletes, coaches, sometimes families and wider stakeholders with a multitude of factors contributing to performance and health in preparation for these fantastic sporting events, and I wish you all well for your respective events! I'm sure our BASES community would love to hear from you and any key reflections you might have. I for one am certainly looking forward to enjoying another great summer of sport!

Anyway, I'm sure you've heard quite enough from me now! I hope you all enjoy this 80th issue of TSES and that it gives you something to read and enjoy during the great summer of sport that we have coming up. As always, I appreciate your feedback and comments on TSES. Please do consider contributing a Letter to the Editor or contact me via e-mail at editor@bases.org.uk

But, for now, I hope you enjoy the read!

Adam