

Sara P.M. Houston

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ACADEMIC PRIZES

National Teaching Fellowship, 2014, Higher Education Academy

BUPA Foundation Annual Research Awards: Vitality for Life Prize 2011, BUPA Foundation

Finalist, National Public Engagement Awards, 2014, National Coordinating Centre for Public Engagement

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ACADEMIC QUALIFICATIONS AND TRAINING

Principal Fellow of the Higher Education Academy (2016)	Higher Education Academy
Fellow Higher Education Academy (2010)	Higher Education Academy
Postgraduate Certificate in Academic Practice (2005 – 2007)	University of Surrey
PhD (1998 – 2002) <i>Quiet Revolutions? Exploring Philosophical and Other Concepts of Community Dance during the New Labour Years, 1997 - 2001</i>	Roehampton University of Surrey
MA in Dance Studies (1994 – 1996) <i>Specialist subjects: Sociology, Politics and Aesthetics</i>	Laban Centre for Movement and Dance (City University)
BA (Hons.) in Dance Theatre (1991 – 1994) <i>Specialist subjects: Dance Techniques, Choreography, History and Politics</i>	Laban Centre for Movement and Dance (City University)

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ACADEMIC APPOINTMENTS

Roehampton University 2009 – 2010 (p/t); 2010 – present (f/t)
Principal Lecturer and Head of Learning and Teaching, Department of Dance

Department Roles:

- Head of Learning and Teaching (2018 – present); role includes Dance Learning and Teaching Quality Group Chair
- Programme Convenor for BA Dance Studies (2011-2014; 2019); MA Community Dance (2011-2016); MA Dance Politics and Sociology (2016-2017)
- Admissions Tutor (2009 – 2010)
- Appraiser for colleagues
- Director of Studies for and Co-supervision of PhD students (7 students currently, 2 DoS; 3 TECHNE students)
 - Completions: Living with Parkinsonism: Does dance help improve the quality of movement, functions and everyday activities? (2016); Unresolved Differences: Choreographing Community in Cross-Generational Dance Practice (2017, University of Falmouth)

University Roles:

ATHENA Swan Self-Assessment Group; Learning and Teaching Quality Committee; University Disciplinary Board; University Employability Committee

Inter-University Roles:

Chair of TECHNE Training Group (2018)

University of Surrey, Guildford 2001 - 2003 (p/t); 2003 - 2009 (f/t)
Lecturer B in Department of Dance, Film and Theatre, Faculty of Arts and Human Sciences

- Co-ordination of Professional Training programme and work placements (national) for BA 4 year course students

- Co-supervision of PhD students (2 students)
- Teaching observer for Postgraduate Certificate in Academic Practice (2007 – 2009)
- Maternity leave: April 2005 – 2006 and July 2008 – August 2009

Laban

Visiting Lecturer for BA (Hons.) Dance Theatre degree and Professional Diploma Programme Jan. 2003 - July 2003
(long term illness cover)

Roehampton University of Surrey

Visiting lecturer for BA (Hons.) Dance Studies degree 2001 - 2003

London Studio Centre

Dip HE and BA (Hons.) lecturer in Contextual Studies 1999 - 2003

Roehampton Institute

Graduate Assistant 1997 - 2001

Croydon College of Further Education

Dance section co-ordinator and lecturer, BTEC National Diploma in Performing Arts 1994 - 1997

RESEARCH AND PUBLICATION

Consultancy and Research Projects

Research and evaluation for English National Ballet, Dance for Parkinson's programme 2010 – 2015

- Examining participant experience of dancing: changes to movement, well-being and social inclusion (Principal Investigator for Stage 1, 2010 – 2011; Stage 2, 2011 - 2015)

Research and evaluation for King Edward VI Handsworth School, Birmingham 2004 - 2005

- Examining the value for the school and wider community in becoming a specialist school in the performing arts

Evaluation for Motionhouse Dance Theatre and HMP Dovegate 2003 - 2004

- Evaluation of *Dancing Inside*, an Arts Council England *Dancing Included* funded project in conjunction with Surrey Forensic Psychology Unit

Research Fellowships and Networks

Core Member of AHRC Social Choreography Network 2017 – 2018

- Network focusing on the ethics of movement practices for people who have gone through forced migration (lead Universities: Coventry and Leeds)

Research Values Group, Dance for Parkinson's Partnership UK 2017 – present

- Debating ethical citizen-involved research within a dance for Parkinson's context (collaborative)

Artistic research with Dance for Health Research House, Rotterdam 2017 – present

- Examining effective facilitation and creative strategies for self-efficacy for dance improvisation participants with Parkinson's (collaborative)

Artist as Nomad, Creativeworks London artistic residency with Christopher Matthews 2014

- Collaborating with dance artist Christopher Matthews to propose the artist as a nomad as a concept to engage students and early career dance artists to think about their career in dance. Included a collaborative residency and a presentation/installation at Asia House, London

Surrey Centre for Excellence in Professional Training and Education 2007 - 2008

Research Fellowship

- Examining reflection as a tool for professional development for dance and music managers in the subsidised sector (joint fellow with Pauline Johnson).

Books

- *Dancing with Parkinson's*, Bristol: Intellect Books (August 2019) (Monograph)

- *Dancing, Arts for Health Series*, Bingley: Emerald Publishing (pub. 2020) (solo author)

Book Chapters

- Assessing Quality of Life in Community Dancers with Parkinson's (first author: Sara Houston and Ashley McGill), *Dance and the Quality of Life*, New York: Springer (in press)
- Caring Beyond Illness: an examination of Godder's socially engaged art and participatory dance for Parkinson's work, *Performing Care*, Manchester: Manchester University Press, eds. Amanda Stuart-Fisher and James Thompson (in press)
- Applied Health Humanities: Dancing, *Routledge Companion to Health Humanities*, ed. Paul Crawford, London: Routledge (in press)
- Dance as Embodied Ethics (co-author with Aili Bresnahan and Einav Katan) *Routledge Companion to Performance Philosophy*, London: Routledge, ed Alice Lagaay (in press)
- Moved to Dance: Socially Engaged Dance Facilitation, in *Hybrid Lives of Teaching Artists in Dance and Theatre Arts: A Critical Reader*, Mary Elizabeth Anderson & Doug Risner (eds), New York: Cambria Press, 2014, 133 – 154.
- Dancing around exclusion: an examination of the issues of social inclusion within choreographic practice in the community, in *Choreography in Contexts: A Critical Reader*, Jo Butterworth and Liesbet Wildschut (eds), London: Routledge, 2009, 205 – 219; second edition 2017
- Dance in the Community, in *An Introduction to Community Dance*, Diane Amans (ed), Basingstoke: Palgrave Macmillan, 2008, 11 – 16; second edition, 2017, 11 - 16
- Ageing and Society in Britain, in *Age and Dancing*, Diane Amans (ed), Basingstoke: Palgrave Macmillan, 2012, 13 - 20
- Evaluation, in *Age and Dancing*, Diane Amans (ed), Basingstoke: Palgrave Macmillan, 2012, 155 - 162

Articles (recent selection)

- Effects of a ballet intervention on trunk coordination and range of motion during gait in people with Parkinson's, *Cogent Medicine* (co-author: McGill A, Houston S, Lee R.) (under review)
- The Effects of a Ballet-Based Dance Intervention on Gait Variability and Balance Confidence on People with Parkinson's, *Arts & Health*, 2018 (co-author: McGill A, Houston S, Lee R.) [online: <https://www.tandfonline.com/doi/full/10.1080/17533015.2018.1443947>]
- Feeling Lovely: An Examination of the Value of Beauty for People Living with Parkinson's, *Dance Research Journal*, April 2015, 27 - 43
- Dance for Parkinson's: A new framework for research on its physical, mental, emotional, and social benefits, *Complementary Therapy in Medicine*, (co-author: McGill A, Houston S, Lee R.) 22(3), 2014, 426-432
- A Mixed-Methods Study into Ballet for People Living with Parkinson's, *Arts & Health*, (first author: Houston, S, and McGill, A), Vol. 5, issue 2, 2013, 103 – 119
- The Methodological Challenges of Researching Dance for People living with Parkinson's, *Dance Research*, Vol. 29, Part 2, 2011/12, 329 - 351
- Researching Dance for Parkinson's, *Animated*, Autumn, 2011, 23 – 25 (co-authored with Danielle Jones)
- The touch 'taboo' and the art of contact: an exploration of Contact Improvisation for prisoners, *Research in Dance Education*, Vol.10, No. 2, 2009, 97 - 113
- Participation in Community Dance: the Road to Empowerment and Transformation?, *New Theatre Quarterly*, Vol. XXI, part 2, May 2005, 166 – 177

Reports

- *English National Ballet Dance for Parkinson's: an investigative Study 2*, London: English National Ballet, October 2015 (first author: Sara Houston and Ashley McGill)
- *English National Ballet Dance for Parkinson's: an investigative study*, London: Roehampton University, May 2011 (first author: Sara Houston and Ashley McGill)
- *Report examining reflection as a tool for professional development for dance and music managers and administrators in the subsidised sector*, Guildford: University of Surrey, 2008 (first author: Sara Houston and Pauline Johnson, illustrations by Anthony Millard).

- *An evaluation of the value for King Edward VI Handsworth and its wider community in becoming a specialist school in the performing arts*, 2005.
- *Dancing Inside: Report into Skills Development of Participating Residents and the Project's Impact on Professional Development of the Motionhouse Dancers*, 2003
- *Dancing Inside: Report for Stage A*. (Co-author: Jennifer Brown, Sara Houston and Krystian Burchall), 2004
- *Dancing Inside: Report for Stage B*. (Co-author: Jennifer Brown, Sara Houston, Gerda Speller and Lisa Lewis), 2004

Keynote conference papers

- *Researching Dance for Parkinson's*, special event hosted by Step Up for Parkinson's and Her Excellency the President of Malta, Presidential Palace, Malta, 2018
- *Feeling Lovely: a look at aesthetics for dance for people with Parkinson's*, Dance, Parkinson's and Psychology conference, University of Hertfordshire, 2016
- *Opening Remarks*, Artists and Scientists as Partners annual symposium, Brown University, USA, 2016
- *A reflection on mixed-methods*, Keynote for Störung/הפרעה, Final Winter Conversation, Theatre Freiburg, Freiburg, Germany, 2015
- *Presentation of Research Results* with Ashley McGill, Dance for Parkinson's Symposium, English National Ballet, Sadler's Wells Theatre, 2015
- *Tripping the Light Fantastic: When people with Parkinson's dance for fun*, Key Note workshop, Occupational Science Europe, University of Bournemouth, 2015
- *Researching Dance for Parkinson's: An interdisciplinary approach to examining impact*, Key Note lecture with Ashley McGill, DANscienCE conference, Brisbane, Australia, 2015
- *Dance for Parkinson's: Standing Tall and Stepping Boldly*, Keynote lecture for Brain Dance, Theatre Freiburg and University Freiburg, Germany 2014
- *Rats Can't Dance*, Keynote lecture for Artists and Scientists in Partnership group, Brown University, Providence, USA, 2013
- *Community Dance in Britain*, Key Note lecture for Annual International Conference at Korean University of the Arts, Seoul, South Korea, 2010

Grants and prize money

- £10,000 English National Ballet
- £15,000 BUPA Foundation Prize money
- £10,000 National Teaching Fellowship Prize
- Rayne Foundation £1,200
- Current bids: £30,000 AHRC Network
- Unsuccessful bids include Wellcome Trust, AHRC Knowledge exchange, Creative Europe

EXAMINATION AND SCRUTINY POSTS (recent selection)

PhD External Examiner

Jenny Coogan (community dance for older adults), Coventry University	2019
Eleni Drogari (issues of identity in Cypriot contemporary dance), University of Roehampton	2018
Jacque Richards (older people's dance), Middlesex University	2016
Maighread Dempsey (Ballet for children with Developmental Coordination Disorder), University of Bedford	2016
Gill Williams (professional disabled dancers), Coventry University	2015

University of Roehampton

2018

Internal panel member to approve three franchised programmes at **Global College, Nicosia, Cyprus**

Chair of panel to revalidate Pre-sessional English 2018

Internal panel member for approval of degrees including MA Theology, Ethics and Ecology (2019), BA Sports Coaching (2013) and BTh Ministerial Theology (2014)

- University of Falmouth, Falmouth** 2013 – 2017
External Examiner for BA (Hons.) Dance Performance and Choreography
- University Campus Suffolk, Ipswich** 2010 - 2013
External Examiner for BA (Hons.) Dance in the Community
- Northumbria University, Newcastle** 2006 - 2010
External Examiner for BA (Hons.) Dance Choreography and BA (Hons.) Dance Completion
- As part of Northumbria's franchising scheme with the Dance Completion Degree, I was also external examiner for **Telford College, Edinburgh** and **Scottish School of Contemporary Dance, Dundee**
- Royal Academy of Dance** 2004 - 2009
University of Surrey Moderator for the Postgraduate Certificate in Education: Dance Teaching and BA (Hons.) Dance Education
- University of Wales Institute Cardiff/Cardiff Metropolitan University** 2007; 2013
External Panel member to re-validate BA (Hons.) Dance degree

PUBLIC AND ACADEMIC ENGAGEMENT

Consultancy, mentoring and guest teaching for arts organisations

- Dance Well teacher training course, Bassano del Grappa, Italy. Guest lecturer, 2016, 2017, 2018
- Dance for Health, Rotterdam, The Netherlands. Education Consultant, 2015
- Mentor for postgraduate students taking part in *Störung/הפרעה*, Theatre Freiburg, University of Freiburg, Weizmann Institute, 2015 – 2016
- Royal Ballet, guest teacher for Course in Ballet Education Practice, 2014 – 2015
- English National Ballet Dance for Parkinson's Programme, co-teaching on Continuing Professional Development courses, Oxford, 2013; Liverpool, 2014; Ipswich, 2014; Cardiff, 2015

Peer Reviewing

Award proposals

- Reviewer of UK National Teaching Fellowship applications 2015
- Peer Review College member, AHRC TECHNE PhD applications 2019

Grant proposals

- Peer Review College member, Arts and Humanities Research Council, UK, 2017 - present
- Reviewer for FCT Fundação para a Ciência e a Tecnologia, Lisbon
- Reviewer for Guy's and St Thomas's Charity, Health Innovation Fund
- Swiss National Science Foundation
- Brain Canada

Manuscript and book proposal reviews

- Proposal reader for Bloomsbury, Palgrave and Routledge
- Manuscript reader for Human Kinetics and Routledge

Article reviews

- Article reviewer for *Dance Research; Dance Research Journal; Journal for Applied Gerontology; Journal for Neural Transmission; Neuroscience and Biobehavioural Review; International Journal of Lifelong Education; Frontiers in Neuroscience; Arts & Health*

Published reviews

- Review of *Dance and Politics*, in *Times Literary Supplement*, 2019
- Review of *Oxford Handbook of Dance and Theater*, in *Times Literary Supplement*, 2016

Editorships

- Assistant Book Reviews Editor, *Dance Research*, 2004 – 2009

Public Engagement (recent selection)

- Media commentary for BBC London *News*, (2019), *Malta Today*, (2018); Age UK, (2017); BBC1, *BBC Breakfast*, (2015); ITV, *Diversity Live* (2015); BBC World Service, *Health Check* (2013); BBC London *Sunny & Shay Show* (2012); BBC1, *Inside Out* (2012); Channel 4 *News* (2011); plus for a large selection of tabloid and broadsheet newspapers and online
- Panellist for European Dancehouse Network discussions, BMotion, Bassano del Grappa, August 2016; 2018
- Panellist for Public Engagement Masterclass, Wellcome Trust, Cambridge, 2015
- Speaker for First Swedish National Dance for Parkinson's Professional Development workshop, Jöngköping, 2015
- Seminar on Dance for Parkinson's Research for Dance for Parkinson's Network UK, Introductory Workshops, University of Roehampton, London 2013; People Dancing, Leicester 2014
- Speaker for *Let's Get Physical* part of the *Rhythm is a Dancer* series for the Wellcome Collection, London, January 2013
- Speaker for *Can You Kick It?* part of the *Rhythm is a Dancer* series for the Wellcome Collection, London, November 2012
- Phone seminar for Dance for PD, Mark Morris Dance Group, New York, November 2012
- Dance for Parkinson's public seminars: London, Cardiff, Chesterfield, Oxford, Liverpool, Macclesfield, Ipswich, Folkestone, Bassano del Grappa (Italy) (2011 – present)

BOARDS AND COMMITTEES OF EXTERNAL ORGANISATIONS

Board of Directors and Trustees of **People Dancing: Foundation for Community Dance** (Chair, 2011 – present; Vice-Chair, 2004 – 2011)

Executive Committee for **Association of National Teaching Fellows**, 2015 – present (events co-ordinator, 2018 – present; deputy events-co-ordinator, 2015 - 2018)

Member of Practice Group, **Dance for Parkinson's Partnership** (formerly Dance for Parkinson's Network UK) (2017 – present)

Steering Group, **Dance for Parkinson's Network UK** (Chair, 2014 – 2017)

Executive Committee for **Society for Dance Research**, 1997 - 2009

Dance UK working party for the **National Choreographers' Forum**, 1999 – 2000

OTHER QUALIFICATIONS

Action Learning Facilitation certificate, level 1, 3D Coaching, 2007
