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**PUBLICATIONS:**

- Quin, Rafferty & Tomlinson (2015) Safe Dance Practice: An Applied Dance Science Perspective. Human Kinetics: USA
- Tomlinson (2014) Dance UK *Information Sheet 16 The Dance Environment*

**QUALIFICATIONS, EDUCATION AND TRAINING:**

- MSc Dance Science, Laban UK 2005-2006
- PGCE in Further and Higher Education – University of Bedford 2007-2009
- Undergraduate BA (Hons) Degree in Dance – Roehampton University 2002-2005
- Level 5 Certificate in Safe and Effective Dance Practice – 2011 (Distinction)
- First Aid at Work – last updated October 2011
- CYQ Seated Exercise for the Frail and Elderly – October 2008
- CYQ Exercise to Music – November 2007
- FFY Yoga teachers qualification – 2009
- B1 Zumba teachers qualification – March 2011
- Kettlercise Instructor qualification – November 2012
- Safeguarding training – November 2012
- Insanity Instructor qualification – June 2014

**CURRENT EMPLOYMENT:**

November 2007-present **Leicester College –Lecturer in Dance**

- Manage course team
- Arrange regular course team meetings
- Module leader for Anatomy & Physiology, Community Dance Practice, Contemporary Dance, The Healthy Performer and The Development of Dance
- Setting, supervising and marking student assignments, and providing both summative and formative feedback.
- Meeting the requirements of both Internal and External Verification
- Achieved all observations at Grade 1 - Outstanding

2007-present **North West Leicestershire District Council – Physical Activity Instructor**

- Teach fitness classes for those in the community
- Run community dance projects in the community

2008-2013 **addict dance studios – guest teacher and Resident Dance Scientist**

- Teach fitness and conditioning classes specifically for dancers in training
- Healthier dance advisor
- Teach community fitness classes
- Healthier Dancer Guest Lecturer

2008-present **Performers College, Essex – Annual Guest Lecturer**

- Delivery of Healthier Dancer Lecture focusing on the requested subject areas from the college. Areas have included; Nutrition and Hydration, Overtraining, Rest and Recovery, Injury prevention, management and treatment

2014 – ongoing **Freelance – Course Provider for the Safe in Dance International (SiDI) Healthy Dance Practice Certification**

- Design and delivery of course and course materials
- Full academic support for learners
- Delivery of feedback as and when requested
- 1:1 mentor support for learners until all work is submitted to Trinity for assessment

2011-2013 **Freelance – Course Provider for The Certificate in Safe and Effective Dance Practice (Level 5 Qualification with Trinity College London)**

- Duties as above for SiDI course delivery

2005-present ***Freelance – Community Dance and fitness practitioner***

- Artistic Director of SideKick Dance –Dance Company for people with disabilities
- Delivery of dance and/or fitness related classes in variety of community settings. Groups include classes with the elderly, classes for disabled participants, classes for young children, and open community classes for all.
- Design and delivery of a 10 week dance/zumba project with Vista charity for the visually impaired
- Seated exercise/dance classes for Enrych Healthy Living in Leicestershire for people of various abilities.
- Design and delivery of dance project with Ellesmere Specialist College – the aim is to form a regular dance group for young people with learning difficulties.
- Design and delivery of seated dance/movement classes for the Adhar Project and for Park Manor Residential Home.

***ADDITIONAL EMPLOYMENT EXPERIENCE:***

February 2015 ***Safe Dance Practice delivery on the Trinity College London Diploma in Dance Teaching and Learning (DDTAL) at Swindon Dance***

- Design and delivery of day course
- Design of course materials

July 2014/2016 ***Course provider ‘Safe dance practice’ on the People Dancing (Foundation for Community Dance) Summer School***

- Design and delivery of day course
- Design of course materials

March 2012/2013/2014/2015/2016 ***Guest teacher/presenter at Move It Dance exhibition*** Practical session for teachers on delivering a safe and effective warm up and cool down

August 2007 – July 2008 ***South East Derbyshire College – Lecturer in Dance***

- Module leader for Contemporary Dance, The Healthy Performer and Jazz Dance
- Setting, supervising and marking student assignments, and providing both summative and formative feedback.
- Meeting the requirements of both Internal and External Verification

August 2006 – July 2007 ***Chichester College – Lecturer in Dance***

- Module leader for Contemporary Dance, Jazz Dance, Performance Workshop, Choreography and The Healthy Performer
- Setting, supervising and marking student assignments, and providing both summative and formative feedback.
- Meeting the requirements of both Internal and External Verification
- Achieved all observations at Grade 1 Outstanding

November 2007-2010 ***Education Group Ltd – Community Dance Artist***

- To run a number of dance and dance and educational workshops in schools and community settings

September 2007-July 2008 ***Anima Dance Company – Dancer and Practitioner***

- Create and perform choreography
- To teach educational dance workshops in schools and community settings

May 2005-2007 ***4motion Dance Theatre Company – Dancer***

- Produce choreography
- Perform and tour with the company
- Run educational workshops in both Universities and theatres

***MEMBERSHIP OF PROFESSIONAL BODIES:***

2006 – present International Association of Dance Medicine and Science (IADMS)

2002 – present Dance UK

2002 – present People Dancing (Foundation for Community Dance)

2007 – present University and College Union

2007 – present Institute for Learning

2007 – present FitPro

**PRESENTING EXPERIENCE:**

Live Webinar with Human Kinetics and co-authors Edel Quin and Sonia Rafferty – *Safe Dance Practice: Enhancing Participation* July 2015

International Association of Dance Medicine and Science 2010 Annual Conference, Birmingham UK ‘Fitness Yoga as an effective form of Conditioning for Dancers’

International Association of Dance Medicine and Science 2011 Annual Conference, Washington, USA ‘Fitness Yoga as an effective form of Conditioning for Dancers’ – Special Interest Day for Teachers

Move It 2012, 2013, 2014, 2016 Dance Exhibition at Olympia ‘Warm up and Cool Down – The Effective Way’

Move It 2015 Dance Exhibition at Olympia ‘Fitness and Holistic Care for Dancers’

BASES Student Annual Conference 2008 Poster Presentation ‘The Physiological and Psychological effects of a 2 week Rest Period on Dancers in Full Time Training’

**ADDITIONAL SKILLS:**

Dance UK - Healthier Dancer Speaker listed with Dance UK

Research Assistant 2006: Assisted in collecting data for Laban’s Hampshire Dance Project in investigating psychological and physiological effects of dance on 11-14 year olds.

Further teaching experience:

Laban Adult Easter Course: April 2006: Teaching the fitness and health benefits in dance: specialised in anaerobic fitness and strength training.

**PERFORMANCE EXPERIENCE:**

August 2012 Foot in Hand Dance Company – Paralympics Celebrations Leicester

May 2008 Duguid Dance Theatre - Camden Arts Centre

May 2008 Duguid Dance Theatre - Leicester Y Theatre

2008 Anima Dance Company in WWW. At The Peepul Centre in Leicester

May-June 2007 4motion DTC – ‘Out Over The Sea’ tour - Various venues

May 2006 4motion DTC – Eye Love Junk -Windsor Arts Center

January 2004 To Die For - London Palladium

December 2002 Life On Earth - Theatre Royal, Drury Lane

June 2002 Cabaret - Grand Hotel, Leicester

**REFERENCES:**

Emma Redding (Head of Dance Science)

Laban

Creekside

London

SE8 3DZ

Liz Valentine (Programme Area Manager)

Leicester College

Abby Park Campus

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