

CURRICULUM VITAE

1.1 PERSONAL PROFILE

1.1.1 DR. LUKA BORO WAIGANJO

DEPARTMENT: PHYSICAL EDUCATION, EXERCISE AND SPORT SCIENCE

DESIGNATION: LECTURER

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AREA OF SPECIALIZATION

History and Philosophy of Physical Education and Sports

Psycho-sociology of Physical Education and Sports

Outdoor Experiential Education

RESEARCH INTERESTS

Olympic Sports

Sports and Exercise Ergonomics

Foot structure and Physical Activity

Google Scholar: Luka Boro Waiganjo

ORCID ID: <https://orcid.org/0000-0001-9022-7396>

1.1.2 Academic and Professional Qualifications

2019: Doctor of Philosophy in Physical Education (Ph.D) Kenyatta University

2008: Master of Science in Physical and Health Education (M.Sc) Kenyatta University

2006: Bachelor of Education in Physical Education (B.ED) Kenyatta University

OTHER QUALIFICATIONS:

- 2024: Competence Based Curriculum, Master Trainer. Kenya Institute of Curriculum Development and Teachers Service Commission
- 2019: Pre-Hospital Emergency Risk Management in the Afro-Alpine Mountain Areas in East Africa. Kenyatta University
- May 2015: Certificate of Participation; Confidentiality and Security of Information – NIS, MMUST
- January 2014: Curriculum Development and Review for Public Universities in Kenya - MMUST
- March 2012: Training on Integration of Alcohol and Drug Abuse in Teaching – Daystar University
- November 2012: Setting, Moderating and Marking Examinations in Institutions of Higher Learning – Kenyatta University
- 2005: Leadership Development; Trainer of Trainers Certificate, Mt. Kenya School of Adventure and Leadership. KESAL

1.1.3 EMPLOYMENT HISTORY

- August 2019 to date: Lecturer, Department of Physical Education, Exercise and Sport Science, Kenyatta University

- 2015-2019: Tutorial-Fellow, Department of Physical Education, Exercise and Sport Science, Kenyatta University
- 2013-2015: Assistant Lecturer, Department of Health Promotion and Sport Science, Masinde Muliro University of Science and Technology
- 2008-2015: Assistant Sports Officer, Daystar University
- 2008: Sports Tutor, Malezi College-Sadili Oval
- 2006: Part-time outdoor education and adventure trainer. Mt. Kenya School of Adventure and Leadership. KESAL

1.1.4 ACHIEVEMENTS

- 2019 – 2023: Two Term Warden (Eastern Zone Male Hostels), Kenyatta University
- 2013-2015: Exams coordinator, Department of Health Promotion and Sport Science, Masinde Muliro University of Science and Technology
- 2013-2015- Departmental timetable, Department of Health Promotion and Sport Science, Masinde Muliro University of Science and Technology

1.2 PUBLICATIONS

1.2.1 REFEREED JOURNALS

- 2024: Low back pain and the severity amongst bank personnel within Nairobi City County. Mary M Mutua, Luka Waiganjo and Edwin Boit. International Journal of Physiology, Health and Physical Education. Vol. 6, Issue 1, Part A.
- 2023: Perception of Players on the Coach Competence and Team Performance in the Kenyan National Soccer and Volleyball Leagues. C Mucheke, N Bailasha, LB Waiganjo. International Journal of Arts, Recreation and Sports 1 (2), 1-26
- 2023: Knowledge and Attitude towards Performance-Enhancing Substances and Methods among Wrestlers, Boxers, and Bodybuilders in Kenya. WA Mandu, F Kiplamai, A. Mwisukha, L. Waiganjo. Journal of Advances in Sports and Physical Education 6 (5), 67-81
- 2023: Assessment of Use of Performance-Enhancing Substances and Methods among Wrestlers, Boxers, and Bodybuilders in Kenya. WA Mandu, F Kiplamai, A. Mwisukha, L. Waiganjo. Journal of Advances in Sports and Physical Education 6 (4), 53-61

- 2022: Segmented physical activity and sedentary behavior patterns among children in Maasai village and Nairobi city. T Kidokoro, X Tian, N Fuku, LB Waiganjo, EG Rintaugu, MD Kigaru,. American Journal of Human Biology 34 (3), e23649
- 2021: Academic Status of the Coach and Team Performance in the Kenyan National Soccer and Volleyball Leagues. C. Mucheke, N. Bailasha, L.B. Waiganjo. European Journal of Health Sciences 6 (5), 25-36
- 2020: Physical activity and sedentary behavior patterns among Kenyan and Japanese children: A comprehensive cross-country comparison. T Kidokoro, N Fuku, T Yanagiya, T Takeshita, M Takaragawa, M Annear, International journal of environmental research and public health 17 (12), 4254
- 2016: Prevalence of Cumulative Trauma Disorders among Computer Work Station Users in Kakamega County, Kenya. LB Waiganjo, IK Wabuyabo, B Peter, E Mse, R Odiango, E Sabiri, Asian Journal of Applied Sciences 4 (5)
- 2012: Work-related musculoskeletal injuries and conditions suffered by computer-user employees in the banking institutions in Kenya. W Luka Boro, M Andanje, V Onywera. African Journal for Physical Health Education Recreation and Dance 18 (2), 344
- 2012: Assessment of Employee Awareness of the Applicability of Ergonomic Exercises in the Banking Institutions in Nairobi, Kenya. L.B. Waiganjo, M. Andanje, O. Vincent

1.2.6 Refereed Learning Modules

- HPE 101 Foundations of Exercise and Sports Science together with Dr. Francis Mundia
- EDU 110: Physical And Sports Literacy Together With Dr. Francis Mundia Mwangi, Dr. Yasmin Goodwin, Dr. Jane Kamau, Dr. Edwin Boit, Mr. Elvis Okoth, Mr. Stanley Kagunda and Mr. Samuel Kataka
- HES 405: Rackets and Batting Games Together with Dr. Francis Mundia Mwangi, Mr. Stanely Kagunda, Mr. Francis Karugu, Mr. Paul Thairu And Ms. Mary Mutua
- HPE300: Outdoor Education and First Aid Together With Dr. Lucy-Joy Wachira, Mr. Stanley Kagunda and Ms Mary Mutua.
- HPE 101: Hockey, Netball and Soccer Together With Dr. Ndambiri Richard Karani and Mr. Evanson Wambiri
- HES: Physical Fitness Testing and Evaluation

1.2.13 Editorship of a Book or Conference Proceedings

E Onyango, Waiganjo L.B., okoth V., Wachira L. J., Goodwin Y., and Onywera V. O. (2023) Physical and Health Education Fundamental Movement Skills. For Pre-Primary to Grade 3 Instructors. Moran Publishers.

1.2.14 Scholarly Presentations at Conference Proceeding /Workshop/ Seminars

- 2021: Outdoor Education in Kenya and Neighbouring. International Symposium of Physical Education, Exercise and Sport Science
- 2020: International Symposium on Partnerships in Sports and Development for Tomorrow
- 2019: Trends and Emerging Issues in Management of Sports in Kenya. Kenya Academy of Sports conference
- 2019: International Conference of the African Sports Management Association.
- 2019: International Research Symposium in Physical Education, Exercise and Sport Science
- 2018: International Colloquium in Physical Education, Exercise and Sport Science
- 2016: Prevalence of Cumulative Trauma Disorders among Computer Work Station Users in Kakamega County, Kenya
- 2016: 2nd International Conference on Physical Activity and Sports for Health and Development in Africa (PASHDA) Kenyatta University, Nairobi, Kenya, 2016
- 2012: Work-Related Musculoskeletal Injuries & Conditions Suffered by Computer-User Employees in the Banking Institutions in 2012Nairobi, Kenya
- 2012: Assessment of the Employees Awareness of the Applicability of Ergonomic Exercises in the Banking Institutions in Nairobi, Kenya

1.3 Quality Teaching Learning and Mentorship

1.3.1 Trainings in Higher Education

Training on New Research Management System (KENRIS) and Science, Technology and Innovation (STI) Main streaming held virtually on 19th May 2022.

1.3.2 Ongoing Supervision

- Physical Education; H68/CE/28401/2018, Gloria Chepkemai (B.E.D, Physical Education). Application of Selected Fundamentals of Biomechanics to Minimize

Muskuloskeletal Injuries among Cricket Players in International Schools in Kenya.

- Physical Education; H108/CE/28783/2019, Mutura Michubu Leonard (Bed. PE). Influence of Participation in Competitive Sports on Self-Esteem and Discipline of Secondary School Students in Meru County, Kenya.

1.3.3 Supervision of Postgraduate Students

1.3.3.1 Masters- Graduated

- Exercise and Sports Science; H68/38088/2017, Mary Muthini Mutua (Bsc): Correlation between Low Back Pain and Sedentariness, Socio-Demographics and Work-Related Characteristics among Bankers in Nairobi City County, Kenya.
- Exercise and Sports Science; H68/CE/34552/2016, Brian Lugano (B.ED): Association of Prolonged Sitting, Physical Inactivity and Musculoskeletal Disorders among Taxi-Cab Drivers in Nairobi City County, Kenya (Complete awaiting gradation).
- Physical Education; H68/CE/34553/2016. Byegon Kipkorir Joseph (B.ED): The Impact of Physical Education and Sports.

1.3.3.2 PH.D- Graduated

- Physical Education; H87/29437/2014, Mucheke Charles: Coach Education and Competition Experience as a Predictor of Team Performance in Selected Sports in the Kenya National League.
- Exercise and Sports Science, H87/37806/2016. Wanjiku Agnes Mandu (M.Sc): Knowledge, Attitudes, Beliefs and Practices of Boxers, Wrestlers and Body builders towards Use of Performance-Enhancing Substances in Kenya.

1.4 Professional/ Consultancy

1.4.1 Networks/ Collaborations

- 2023-2024: Curriculum design and development workshops, Kenya Academy of Sports
- 2023 to date: Adaptation of Curriculum designs for learners with special needs. Kenya Institute of Curriculum Development
- 2023 to date : Adaptation of Textbooks for learners with special needs. Kenya Institute of Curriculum Development

- 2023 to date: Setting and Moderation of Physical and Health Education Examinations. Kenya National Examinations Council.

CONSULTING FOR ORGANIZATIONS/INSTITUTIONS

2024 to date: The Kenya Teachers Colleges Sports Association-National. Appointment As A Sports Consultant.

1.5 Administrative Responsibilities

1.5.1 Recognised University Administrative Positions

2019-2023: University Warden (Eastern Zone Male Hostels) Kenyatta University

1.5.2 Other Responsibilities in the University

- 2024: Member, 8th International Council for Health, Physical Education, Recreation, Sports and Dance (ICHPER.SD) Africa Regional Conference 2024.
- 2023: Co-Chairperson, QMS Team School of Health Science 2022-2023: Co-Chairperson QMS Team, School of Public Health and Applied Human Sciences
- 2015-2023: Coordinator, Departmental Quality Team, Kenyatta University
- 2015-2023: Coordinator, Departmental Strategic Committee, Kenyatta University
- 2022: Acting chairman, Department of Physical Education, Exercise and Sport Science
- 2022: Member, FASU Pre-Games International Symposium, Kenyatta University
- 2019: Member, African Sports Management Association Conference, Kenyatta University
- 2019: Member, Local Organising Committee, Kenya Academy of Sports Conference
- 2018: Member, Local Organising Committee, International Colloquium in Physical Education, Exercise and Sport Science
- 2017: Member, Local Organising Committee, World under 18 Athletics Championship Pre-Games International Symposium
- 2016: Member, Local Organising Committee, 2nd International Conference on Physical Activity and Sports for Health and Development in Africa (PASHDA) held at Kenyatta University.

1.6 Professional Affiliations and Portfolios

Member, African Sports Management Association

1.6.1 Recognitions Awards and Honours

Gold Award, President's Award Scheme

Certificate of merit for successfully climbing Mt. Kilimanjaro the Highest in Africa to Uhuru Peak 5895m amsl.

2.7 REFERENCES

Dr. Theuri Gitahi

Department of Physical Education, Exercise and Sport Science
Kenyatta University.

Prof. Elijah Gitonga

Department of Recreation and Sports Management
Kenyatta University.

Dr. Issa Kweyu

Senior Lecturer, Department of Health Promotion and Sports Science
Masinde Muliro University of Science and Technology

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