

DR. EDWIN KIPTOLO BOIT

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MY GOAL IS TO

Develop Youth sports in Kenya through a scientific, data-driven and multi-sport approach.

EDUCATION HISTORY

2016-2019	Ph.D. SPORT & EXERCISE SCIENCE Kenyatta University, Kenya
2014-2015	MSc SPORTS MEDICINE & HEALTH SCIENCE The Chinese University of Hong Kong, Prince of Wales Hospital
2009-2013	BSc SPORT & EXERCISE SCIENCE University of Western Cape, South Africa

WORK EXPERIENCE

2022-current	MANAGING TRUSTEE Nextgen Sports Foundation
2019-current	CEO & FOUNDER Nextgen Multi Sports Academy
2016-current	LECTURER Kenyatta University

RESEARCH PUBLICATIONS

Boit, E., Theuri, G. and Ogwen, G., 2020. Effect of a combined exercise and magnesium supplementation regimen on blood pressure in grade I hypertensive adults. Journal of Health, Medicine and Nursing, 5(1), pp.49-58.

Boit, E., Theuri, G. and Ogwen, G., 2020. Effect of magnesium supplementation on blood pressure on grade 1 hypertensive adults. Global Journal of Health Science, 5(1), pp.13-25

Boit, E., Theuri, G. and Ogwen, G., 2020. Effect of an exercise regimen on blood pressure in grade 1 hypertensive adults. Global Journal of Health Science, 5(1), pp.1-13

AREAS OF EXPERTISE

- Youth sports development
- Biomechanics of Sports
- Prevention and management of sports injuries
- Technology and data analysis in sports.
- Genetics & sports Performance.
- Sports nutrition

PROFESSIONAL MEMBERSHIPS

- Kenya Health Practitioners and Oversight Authority (KHPOA)
- American College of Sports Medicine (ACSM)
- Sports Medicine Society of Kenya (SMSK)

OTHER SKILLS

- Computer programming: Python
- Data science
- Research & innovation

OTHER KEY ACHIEVEMENTS

- Member of the Kenya National Swimming Team 2007 to 2012:
- 1 gold & 1 Bronze medal. CANA zone 3 & 4.
- 2 Bronze medals. All African Games 2011(Maputo)
- Participated in the FINA world championships 2010 (Dubai)