

CURRICULUM VITAE: DR. FRANCIS MUNDIA MWANGI

1.0 ACADEMIC PROFILE

1.1. PERSONAL PROFILE

1.1.1. Personal Details

Name: DR. FRANCIS MUNDIA MWANGI (PhD)

Title/Qualification: PhD, MSc, BEd, ISAKI

Department: Physical Education, Exercise & Sports Science

Designation/Position: Director -Sports and Games, and Senior Lecturer -Department of Physical Education, Exercise and Sports Science, Kenyatta University. **PF. No:** 7422

Office Address: P.O. Box 43844 - 00100 Nairobi, Kenya. Tel: +254208714185/6

Physical Address: Thika Highway, Kenya. Cell Phone; +254722761379

Email; mwangi.francis@ku.ac.ke or framwa@gmail.com

Areas of Specialization: Exercise and Sports Physiology, Biomechanics, Sports Psychology, Tennis and Fitness Instruction.

Research Interests: Respiratory physiology and athletic performance, Exercise and sports biomechanics, Bio-psycho-social perspectives on physical activity, exercise and sports performance.

Websites:

Google Scholar: <https://scholar.google.com/citations?user=eDwUBFMAAAAJ&hl=en>

ORCID No: <https://orcid.org/0000-0003-0147-9140>

Research Gate: <https://www.researchgate.net/profile/Francis-Mwangi-4>

KU Staff Profile: <https://healthsciences.ku.ac.ke/physical-education-exercise-and-sport/dr-francis-mundia-mwangi>



1.1.2. Academic & Professional Qualification

- PhD. Exercise and Sports Science: Sep. 2010 - Dec. 2013; Kenyatta University
- M.Sc. Physical & Health Education: Sep. 2004 - Dec. 2008; Kenyatta University
- B.Ed. Physical Education: Dec. 1990 - Mar. 1995; Kenyatta University
- Kenya Certificate of Secondary Education: Feb.1986 - Nov.1989; Murang'a High Sch.
- Kenya Certificate of Primary Education: Jan. 1976 - Nov. 1985; Gikoe Primary Sch.

1.1.3. Employment History

- **Apr. 2010 To-date:** Working at Kenyatta University in the Directory of Sports and Games (Aug 2025 to date) and in the Department of Physical Education, Exercise & Sports Science (Oct. 2018 - To date) and the Department of Recreation Management & Exercise Science (Apr. 2010 - Sep 2018).

Position: Director, Sports and Games (Aug 2025 to date), Senior Lecturer (Nov. 2020 To-date), Lecturer (Mar. 2014 - Nov. 2020), Tutorial Fellow (Apr. 2010 - Mar. 2014)

Responsibilities: - Sports Administration and Management for Kenyatta University main and satellite campuses (Aug 2025 to date), Teaching /Training /Coaching, Preparing and administering examinations, and carrying out research (April 2010 to date), Chairman of department (Oct. 2018 – Sep. 2022).

Immediate Supervisor: Aug 2025 to date; Deputy Vice Chancellor (Academic), Oct. 2022 to-date; Chairman, Department Physical Education, Exercise & Sports Science.

Oct. 2018 to Sep. 2022; Dean, School of Public Health & Applied Human Sciences.

July 2018 to Sep.2018; Dean, School of Applied Human Sciences.

Apr. 2010 - Jul. 2018; Chairman, Department Recreation Management & Exercise Science.

- **Nov. 2007 - Apr. 2010:** Worked at Jomo Kenyatta University of Agriculture and Technology in the Department of Sports & Games.

Position: Senior Sports & Games Assistant Officer

Responsibilities: - Administration of Sports and related activities

- Conducting Aerobics for members of staff and students
- Conducting fitness tests, analysis & exercise prescription
- Coaching of Ball Games, Tennis and Athletics
- Organizing interuniversity games.

Immediate Supervisor: Director, Department of Sports & Games.

- **Jun. 1999 - Oct. 2007:** Worked with Teachers Service Commission.

Position: Senior Lecturer in Kagumo Teachers College.

Responsibilities: -Teaching Physical Education to Diploma in Education teacher trainees.

- Coaching of Ball Games, Lawn Tennis and Athletics.

- Officiating during intercollegiate games.

Immediate Supervisor: Principal, Kagumo Teachers College.

- **Sep. 1995 - June 1999:** Worked with the Teachers Services Commission

Position: Graduate Teacher at Nyanturago and Borangi sec. schools.

Responsibilities: - Conducting Practical PE Lessons,

-Coaching of Ball games and Organizing Intramurals.

Immediate Supervisor: Principal, Nyanturago and Borangi sec. schools.

Part Time Positions:

2025: University of Nairobi, Department of Physical Education and Sports.

2014: Masinde Muliro University of Science and Technology, Department of Health Promotion & Sports Science.

1.1.4. Major Achievements in the current position

Teaching & Research

- Teaching and mentoring in regular and other modes of study (Virtual /Online /eLearning and IBP/Continuous Education Programme) at Kenyatta University.
- Organising international conferences and symposium jointly with KU partners.
- Visiting Staff, Department of Sports Science, Kyambogo University, Uganda (IUCEA Staff Mobility: Oct. 2023/Feb. 2024), University of West Attica, Greece (July 2022), and Tsukuba International Sports Academy (TIAS), University of Tsukuba, Japan (December 2019).
- Multidisciplinary research (see sections 1.2-1.5).

Module writing:

Developed interactive modules:

- i. UCBET-007: Arts and Sport Science Pathway - Competence-Based Education (CBE) Trainer of Trainers Module
- ii. EDU 110: Physical and Sports Literacy
- iii. HES 101: Foundation of Exercise and Sports Science
- iv. HES 102: Functional Human Anatomy
- v. HES 204 Biomechanics in Sports
- vi. HES 402: Ergogenic Aids in Sports
- vii. HES 405: Rackets and Batting Games
- viii. HES 809: Prevention and Management of Athletes Medical Conditions

- ix. HPE 133: Functional Human Anatomy and Physiology
- x. HPE 232: Martial Arts and Combat Sports
- xi. HPE 330: Badminton, Squash and Tennis
- xii. HPE 400: Test, Measurements and Statistics in Physical Activity
- xiii. HPE 410: Physical Fitness and Principles of Training
- xiv. HPE 430: Exercise Physiology
- xv. HPE 833: Psychology of Physical Education and Sports
- xvi. HRS 032; Management of Athletic Programmes of Persons with Disabilities
- xvii. HRS 104: Management of Recreation and Sports Equipment
- xviii. HRS 740: History and Development of Sports

Sports Administration, Management and Coaching:

- Planning and organizing sports fixtures for KU and Satellite Campuses
- Leading various KU sports' delegations to triumphant victory at National, Regional and International levels.
- Leading community sports delegations to international competitions

1.2. RESEARCH PUBLICATIONS

1.2.1. Refereed Journal Papers

- i. Tian, X., T.Kidokoro, **F. M. Mwangi**, and E. G.Rintaugu. 2026. "Childhood Physical Activity and Developmental Niche in Contemporary Pastoralist Maasai Community in Southern Kenya." *American Journal of Biological Anthropology* 190, no. 2: e70283. <https://doi.org/10.1002/ajpa.70283>.
- ii. **Mwangi, M. F.**, Rintaugu, E. G., Toriola, O. O., Yauma, M. S., Thangu, E. K., Fuku, N., Tian, X., & Kidokoro, T. (2025). Impact of an Anti-doping Education Session on Knowledge, Attitudes and Beliefs among University Students in sports-related Programmes. *International Journal of Kinesiology & Sports Science*, 13(1), 54-64. <http://dx.doi.org/10.7575/aiac.ijkss.v.13n.1p.54>
- iii. Danladi I. Musa, Rafiu O. Okoneye, Joseph I. Momoh, Musa H. Darma, Mary O. Onoja-Alexander and **Francis M. Mwangi** (2024). Visceral adiposity index, cardiorespiratory fitness, and fasting plasma glucose associations in adolescents. *World Journal of Clinical Pediatrics*, 13(4): 97105 <https://doi.org/10.5409/wjcp.v13.i4.97105>
- iv. **Mwangi, F. M.**, Rintaugu, E. G., Toriola, A., Rotich, J., Wilson, M., Tian, X., & Takahashi, K. (2024). Relationship between self-evaluative components and moderating contextual factors among university student gymnasium exercisers. *Journal of Human Sport and Exercise*, 19(1), 53-67. <https://doi.org/10.14198/jhse.2024.191.05>
- v. Kirui, I., **Mwangi, F.**, Rintaugu, E., Wanjiku Kamau, A. (2024). Athlete Identity and Satisfaction of Student-Athletes in Selected Universities in Kenya. *Journal of Sports Sciences Research*, 9(3), 275-288. <https://doi.org/10.25307/jssr.1471285>
- vi. Mwangi, N. N., **Mwangi, F. M.** & Muasya, V. M. (2023). Physical activity status of gyms and outdoor based group fitness program participants as a sustainable health model. *Journal of Physical Education and Sport Sciences*, 18(2), 520-534. <https://doi.org/10.33459/cbubebd.1299437>
- vii. Rintaugu, E. G., Karega, M., Kurui, I. K., & **Mwangi, F. M.** (2023). An exploratory study on athletic identity of university athletes in selected sports in Kenya. *Journal of Sport Sciences Researches*, 8(2), 175-185. <https://doi.org/10.25307/jssr.1204389>
- viii. Lusaga, B. O., Rintaugu, E. G., **Mwangi, F. M.**, & Kipchumba, K. K. (2023). Correlates of Sports Confidence among High School Athletes. *Journal of Sports*

- and *Physical Education Studies*, 3(1), 19–27.
<https://doi.org/10.32996/jspes.2023.3.1.3>
- ix. Mukolwe, H., Rintaugu, E. G., **Mwangi, F. M.**, & Rotich, J. K. (2023). Prevalence and attitudes towards nutritional supplements use among gymnasium goers in Eldoret Town, Kenya. *Scientific Journal of Sport and Performance*, 2(2), 222-235.
<https://doi.org/10.55860/TRBB1542>
 - x. Mwenda, P. W., Rintaugu, E. G., & **Mwangi, F. M.** (2023). Character changes related to sports participation and contextual factors among secondary school students. *European Journal of Sport Sciences*, 2(1), 23–33.
<https://doi.org/10.24018/ejsport.2023.2.1.15>
 - xi. Tian, X., Yanohara, Y., **Mwangi, F.M.**, & Sado, N. (2022). Jumping is not just about height: Biosocial becomings as an integrative approach in understanding contextualized jump performance in Maasai society. *PLoS ONE* 17(12), e0278547.
<https://doi.org/10.1371/journal.pone.0278547>
 - xii. Kipchumba, K. K., Rintaugu, E. G., & **Mwangi, F. M.** (2022). Motivational climate and attitudes towards doping among Kenyan endurance runners. *Scientific Journal of Sport and Performance*, 1(3), 179-191. <https://doi.org/10.55860/PRNO5834>
 - xiii. Rintaugu, E., **Mwangi, F.**, Andanje, N., Tian, X., Fuku, N., & Kidokoro, T. (2022). Mental toughness characteristics of male university athletes in relation to contextual factors. *Journal of Human Kinetics*, 81, 243–251. <https://doi.org/10.2478/hukin-2022-0019>
 - xiv. **Mwangi, F. M.**, Enomoto, Y., Hong, S., Shanmugam, S. P., Tian, X., Rintaugu, E. G., Fuku, N., & Kidokoro, T. (2021). *Sports Science and Efforts towards Sub-Two Hour Marathon Performance* [Online First], IntechOpen, DOI: 10.5772/intechopen.100005. Available from: <https://www.intechopen.com/online-first/78638>
 - xv. Tian, X., Kidokoro, T., & **Mwangi, F. M.** (2021). Sociocultural dimensions of children's physical activity in contemporary pastoralist Maasai society. *International Journal of Environmental Research and Public Health*, 18(16), 8337. MDPI AG. <http://dx.doi.org/10.3390/ijerph18168337>
 - xvi. Kidokoro, T., Tian, X., Fuku, N., Waiganjo, L. B., Rintaugu, E. G., Kigaru, M. D., & **Mwangi, F. M.** (2021). Segmented physical activity and sedentary behavior patterns among children in Maasai village and Nairobi city. *American Journal of Human Biology*, e23649. <https://doi.org/10.1002/ajhb.23649>
 - xvii. Rintaugu, E. G., & **Mwangi, F. M.** (2021). Knowledge, attitudes and perceptions on doping among university students in physical education and sport science related degree programmes. *Journal of Human Sport and Exercise*, 16(1), 174-186.
<https://doi.org/10.14198/jhse.2021.161.16>
 - xviii. Kaoche, J. M. C., Rintaugu, E. G., Kamenju, J., & **Mwangi, F. M.** (2020). Knowledge on doping among football athletes, coaches and sponsors in Malawi. *Journal of Physical Education and Sport Management*, 11(2), 5-13.
<https://doi.org/10.5897/JPESM2020.0346>
 - xix. Rintaugu, E.G. **Mwangi, F.M.** Thangu, E.K. & Otieno, M. (2020). Relationship between participation motives and connection to soccer of male university players. *International Journal of Psychology and Counseling*, 12(4), 152-158.
<https://doi.org/10.5897/IJPC2020.0618>
 - xx. Mukaro, M., Kamau, W. J., **Mwangi, M. F.**, Wanderi, M. P. & Onyango, O. E. (2020). Status of Participation in Physical Activity by Employees in Kenyan Universities at Onsite Fitness Centers in Kenya. *African Journal of Education, Science and Technology*, 6(1), 122-133.
<https://ajest.info/index.php/ajest/article/view/470>

- xxi. Kidokoro, T., Fuku, N., Yanagiya, T., Takeshita, T., Takaragawa, M., Annear, M., Xiaojie, T., Waiganjo, L.B., Bogonko, L.F., Isika, J.K., Kigaru, M.D., & **Mwangi, F.M.** (2020). Physical activity and sedentary behaviour patterns among Kenyan and Japanese children: A comprehensive cross-country comparison. *Int. J. Environ. Res. Public Health* 17, 4254: <https://doi.org/10.3390/ijerph17124254>
- xxii. **Mwangi, F.M.** (2020). Relationships between anthropometric, spirometric, cardiorespiratory and endurance performance values among male Kenyan runners. *Russian Journal of Physical Education and Sport*. 15(1),5-13. <https://doi.org/10.14526/2070-4798-2020-15-1-5-14>
<http://journalsport.ru/index.php/en/archive?id=806>
- xxiii. Bailasha N.K, Rintaugu E.G, Kamau J, **Mwangi F.M**, Mucheke C.M, Otieno M.D. (2020). Institutional based reasons for students' non-participation in physical activity and sport programs in the Kenyan public universities. *International Journal of Human Movement and Sports Sciences* 8(1): 17-23. <https://doi.org/10.13189/saj.2020.080102>
- xxiv. **Mwangi, F.M.**, Rintaugu, E.G., & Toriola, O. (2019). Influence of achievement goals and motivational climate on attitudes toward doping among East African university athletes. *African Journal for Physical Activity and Health Sciences*, 25(4), 547-562. <https://journals.co.za/doi/abs/10.10520/EJC-1b119e2232>
- xxv. Stella N. Wayong'o, **Francis M. Mwangi**, Lucy-Joy M. Wachira, & Elijah G. Rintaugu, (2019). Emergency plans and safety regulations during physical education lessons in private primary schools in Kenya. *The Russian Journal of Physical Education and Sport*, 14(1): 88-98. <https://doi.org/10.14526/2070-4798-2019-14-1-102-112> <http://journalsport.ru/images/vipuski/14-1/14.pdf>
- xxvi. Elijah G. Rintaugu, **Francis M. Mwangi**, and Abel L. Toriola (2018). Sources of sports confidence and contextual factors among university athletes. *Journal of Physical Education and Sport (JPES)*, 18(2): 889 – 895. <https://doi.org/10.7752/jpes.2018.02132>
- xxvii. **Mwangi, F.M.** (2017). Assessment of spirometric and cardio-respiratory values of Kenyan distance runners. *The Russian Journal of Physical Education and Sport (Pedagogico-Psychological and Medico-Biological Problems of Physical Culture and Sports.)* 12 (4): 106 – 116. https://doi.org/10.14526/04_2017_272
- xxviii. **Francis M. Mwangi**, & Elijah G. Rintaugu (2017). Physical activity and health related physical fitness attributes of staff members in a Kenyan public university, *International Journal of Sports Science*, Vol. 7 No. 2, 2017, pp. 81-86. <https://doi.org/10.5923/j.sports.20170702.09>
- xxix. Kamenju, J.W., Rintaugu, E.G. & **Mwangi, F.M.** (2016). Development of physical education and sports in Kenya in the 21st century: an early appraisal. *The Russian Journal of Physical Education and Sport (Pedagogical-Psychological and Medico-Biological Problems of Physical Culture and Sports)*, 11 (4), 129-137. ISSN: 2070-4798. https://doi.org/10.14526/01_1111_165
- xxx. Goodwin, Y., Monyeke, M.A., Boit, M.K., De Ridder, J.H., Toriola, A.L., **Mwangi, F.M.**, Wachira, J.L., & Mwhaki, M.G.(2014). Profile of the female athlete triad in elite Kenyan endurance athletes and in non-athletes. *African Journal for Physical, Health Education, Recreation and Dance (AJPHERD)*, 20(2:2), June 2014, pp. 610-625. <https://journals.co.za/doi/abs/10.10520/EJC155217>
- xxxi. Goodwin, Y., Monyeke, M.A., Boit, M.K., De Ridder, J.H., Toriola, A.L., **Mwangi, F.M.**, & Wachira, J.L. (2014). Association between energy availability and menstrual function in elite Kenyan runners. *African Journal for Physical, Health Education, Recreation and Dance (AJPHERD)*, Volume 20(2:1), June 2014, pp. 291-307. <https://www.ajol.info/index.php/ajpherd/article/view/105491>

- xxxii. Foster, G.E., Koehle, M.S., Dominelli, P.B., **Mwangi, F.M.**, Onywera, V.O., Boit, M.K., Tremblay, J.C., Boit, C., & Sheel, A.W. (2014). Pulmonary mechanics and gas exchange during exercise in Kenyan distance runners. *Medicine & Science in Sports & Exercise*. Vol. 46, No. 4, pp. 702–710. <https://doi.org/10.1249/MSS.0000000000000161>
- xxxiii. Rintaugu, E.G., **Mwangi, F.M.**, & Bailasha, NK. (2013). Negotiating constraints to sports participation of university soccer players. *Journal of Education and Practice*. Vol. 4(23), 146-153.
- xxxiv. **Mwangi, F.M.**, Kamenju, J.W., & Rintaugu, E.G. (2013). Educational role of Kenya Teachers Colleges Sports Association. *International Journal of Education and Research* Vol. 1(7): ISSN: 2201-6740 (Online). <https://www.ijern.com/July-2013.php>
- xxxv. Sheel A.W., Foster G.E., Koehle M.S., Dominelli P.B., **Mwangi F.M.**, Onywera V.O., Boit M.K., Tremblay J.C., & Boit C. (2012). Pulmonary gas exchange and the mechanics of breathing during exercise in Kenyan runners. Canadian Society for Exercise Physiology Annual Meeting, Regina, 2012. *Applied Physiology, Nutrition and Metabolism* 37:S34, 2012.
- xxxvi. Rintaugu, E.G., Mwisukha, J.A., & **Mundia, M.F.** (2011). Alcohol consumption patterns of student-athletes in a Kenyan public university: *International Journal of Humanities and Social Sciences*. Vol. 1, No. 17, pg. 162-167, Nov. 2012.
- xxxvii. **Mwangi, F.M.**, Wanderi, P.M., Wamukoya, E.K., Onywera, V.O. & Gitonga, E.R. (2011). Effects of different arm kinematics on performance in long distance running: *International Journal of Current Research*. Vol. 33, Issue 6, pg.185-190, June, 2011. <https://www.journalcra.com/article/effects-different-arm-kinematics-performance-long-distance-running>

1.2.2. Other Publications

Published Books, Book Chapters and Monographs

- xxxviii. **Mwangi, F.M.**, Enomoto, Y., Hong, S., Shanmugam, S.P., Tian, X., Rintaugu, E.G., Fuku, N., & Kidokoro, T. (2021). Sports science and efforts towards sub-two hour marathon performance. In (Ed.), *Contemporary Advances in Sports Science*. IntechOpen ISBN 978-1-83969-141-6 <https://doi.org/10.5772/intechopen.100005>
- xxxix. Kinuthia, S., **Mwangi, F.**, & Muthomi, N. (2021), "The fitness industry in Kenya", García-Fernández, J. and Gálvez-Ruiz, P. (Ed.) *The Global Private Health & Fitness Business: A Marketing Perspective*, Emerald Publishing Limited, Bingley, pp. 159-164. <https://doi.org/10.1108/978-1-80043-850-720211027>
- xl. **Francis M. Mwangi**, Helen N. Muthomi, and Lucy-Joy Wachira (2017). *Ability in disability*. Nairobi. Queenex Publishers Ltd. ISBN: 978-9966-075-66-6
- xli. **Mwangi, Francis Mundia** (2017). *Pulmonary physiology of Kenyan endurance runners*. Saarbrücken, Scholar's Press. ISBN: 978-3-659-84556-7
- xl.ii. Lucy-Joy Wachira, **Francis M. Mwangi**, and Helen N. Muthomi (2016). *The trash ball*. Nairobi. Queenex Publishers Ltd. ISBN: 978-9966-075-16-1
- xl.iii. Helen N. Muthomi, Lucy-Joy Wachira, and **Francis M. Mwangi**, (2015). *David gets fit*. Nairobi. Queenex Publishers Ltd. ISBN: 978-9966-075-13-0
- xl. iv. **Mwangi, Francis** (2011). *The role of arms movement in long distance running performance: Effects of different arm actions on performance in long distance running*. Saarbrücken: VDM Verlag. ISBN: 978-3-639-32457-0

Published Conference Papers/Abstracts/Posters

- xliv. **Mwangi M.F.** (2021). Sports science education and research in East and Central African regions. *International Symposium Report: Partnership in Sports and Development for Tomorrow*, pg. 8-13.
- xlvi. **Mwangi, M.F.**, and Rintaugu, E.G. (2019). Management of athletes' medical issues in East African university sports. *Book of Abstract and Conference Proceedings: The 4th African Sports Management Association (ASMA) International Conference* held on 4th – 6th April 2019, at Mount Kenya University, Thika, Kenya.
- xlvii. **Mwangi, M.F.**, Rintaugu, E.G., Ombiji, V., Wahome, P.W., Hussein, I.H., & Kimanzi, F. (2016). Physical fitness appraisal of Kenyan soccer players during 2016 pre-season tournament. *Book of Abstract and Conference Proceedings: Physical Activity and Sports for Health and Development in Africa*, Nairobi, Kenya, held on 21 – 23 September 2016.
- xlviii. **Francis M. Mwangi**, Mary Mwihiaki, Lucy-Joy Wachira, Isaah Wabuyabo and Vincent Onywera (2016). Assessment of fitness and training among East African universities swimming athletes. *Annals of Congress: International Convention on Science, Education and Medicine in Sports (ICSEMIS 2016)*, pg. 603.
- xlix. **Francis M. Mwangi**, Mary Mwihiaki, Lucy-Joy Wachira, Edna Thangu and Elijah G. Rintaugu (2016). Care and management of athletes' medical issues among East African universities. *Annals of Congress: International Convention on Science, Education and Medicine in Sports (ICSEMIS 2016)*, pg. 636.
- 1. Stella N. Wayong'o, **Francis M. Mwangi** & Lucy-Joy Wachira (2016). Safety precautions during physical education program in private primary schools in Nairobi City County, Kenya. *Book of Abstract and Conference Proceedings: Physical Activity and Sports for Health and Development in Africa*, Nairobi, Kenya, held on 21-23 Sep 2016.
- li. Patrick K. Maingi, **Francis M. Mwangi** and Elijah G. Rintaugu (2016). Attitude and practices of primary school pupils, teachers and head teachers in physical education in Kiambu County, Kenya. *Book of Abstract and Conference Proceedings: Physical Activity and Sports for Health and Development in Africa*, Nairobi, Kenya, held on 21-23 Sep 2016.
- lii. **Mwangi, F.M.**, Onywera, V.O., Boit, M., Foster, G.E., Koehle, M.S., Tremblay, J., Boit, C. & Sheel, A.W. (2012). Pulmonary function of Kenyan elite distance runners at rest and during sub-maximal and maximal endurance exercise. *Book of Abstract and Conference Proceedings: International Convention on Science, Education and Medicine in Sport (ICSEMIS 2012)* held in Glasgow, United Kingdom, the 2012 pre-Olympics Games scientific convention held on July 19 – 24, 2012.
- liii. Bukhala, P.W., Onywera, V.O., **Mwangi, F.M.** & Mwangi, J.W. (2012). Assessment of physical fitness levels among children with intellectual disabilities in Nairobi County, Kenya. *Conference Proceedings: International Convention on Science, Education and Medicine in Sport* held in Glasgow, United Kingdom, the 2012 pre-Olympics Games scientific convention held on July 19 – 24, 2012.
- liv. Sheel, A.W., Foster, G.E., Koehle, M.S., Dominelli, P.B., **Mwangi, F.M.**, Onywera, V.O., Boit, M.K., Tremblay, J.C., & Boit, C. (2012). Pulmonary gas exchange and the mechanics of breathing during exercise in Kenyan runners. *Conference Proceedings: Canadian Society for Exercise Physiology Annual Meeting*, Regina, 2012.
- lv. **Mwangi, F.M.**, Gitonga, E.R., Ondeng, M.O., Adalo, J.A., Ng'ethe, H.W., & Omondi, J.O. (2010). The Status of selected health related physical fitness attributes of university staff in JKUAT, Kenya. *Book of Abstract and Conference Proceedings: 17th Biennial Conference of the International Society for*

Comparative Physical Education and Sport, Kenyatta University, Nairobi, Kenya. June 6-8, 2010.

- lvi. Omondi, J.O., **Mwangi, F.M.**, Gitonga, E.R., Ondeng, M.O., Adalo, J.A., & Kizito, M. (2010). Status of selected physical fitness attributes and sexual wellbeing of bicycle taxi operators in Juja, Kenya. *Book of Abstract and Conference Proceedings: 17th Biennial Conference of the International Society for Comparative Physical Education and Sport*, Kenyatta University, Nairobi, Kenya. June 6-8, 2010.
- lvii. Adalo, J.A., **Mwangi, F.M.**, Ondeng, M.O., Kariuki, S.G., & Nganga, N. (2010). Analysis of selected fitness variables of 2008 Kenyan junior athletics team to Poland. *Book of Abstract and Conference Proceedings: 17th Biennial Conference of the International Society for Comparative Physical Education and Sport*, Kenyatta University, Nairobi, Kenya. June 6-8, 2010.
- lviii. **Mwangi, F.M.**, Wanderi, P.M., & Wamukoya, E.K. (2008). Effects of different arm actions on performance in long distance running. *2008 International Convention on Science, Education and Medicine in Sport Proceedings. Vol. 1*, 32 – 33.

1.3. RESEARCH

- Role of arm action /kinematics on performance in endurance running.
- Pulmonary physiology of elite Kenyan runners at rest, submaximal and maximal endurance performance
- Training and fitness evaluation in different team sport,
- Prevention and care of athletes' medical conditions in East Africa University Games
- Status of physical activity and health-related fitness attributes among different population demographics (university staff members athletes, youth with special needs (mentally handicap) and pre-teen children),
- Doping and anti-doping matters (knowledge, attitude and practice) as well as
- Psychological determinants of performance and wellbeing of athletes and gym exercisers.

1.4. FUNDED PROJECTS

1.4.1. GRANTS AND SCHOLARSHIPS:

- Japan Society for Promotion of Science (JSPS); Conference sponsorship for 2024 ICHPER-SD Africa Regional Conference (Link Contact) Ksh. 300,000
- Inter-University Council for East Africa (IUCEA) Staff Mobility Programme 2023/2024, Kyambogo University, Uganda. USD 2300
- World Anti-Doping Agency (WADA) Social Science Research Projects for 2023/2024 (CoPI) Sport motivation, moral decision-making and attitudes towards doping of secondary school athletes in East Africa. USD 56000
- WADA Social Science Research Projects for 2023/2024 (CoPI) Coaches' doping knowledge, motivational climate, confrontation efficacy and attitudes towards doping of coaches in selected sport in Kenya. USD 20000
- WADA Social Science Research Projects for 2022 (CoPI) Relationships between Dark Triad personality traits, perceptions of legitimacy towards anti-doping programmes and attitudes towards doping amongst Kenyan athletes in selected sports. USD 20000
- Japan Society for Promotion of Science (JSPS) and Ritsumeikan University Sponsorship for 2022 FASU Pre-Games Symposium (Link Contact) USD 2000

- Symposium Sponsorship by JSPS: International Symposium on “Partnership in Sports and Development for Tomorrow” held on 3rd March, 2020 at Kenyatta University, Nairobi, Kenya. Ksh. 100,000
- Conference and Academic Visit Sponsored by University of Tsukuba Educational Legacy and Tsukuba International Academy of Sport Studies (TIAS) Networking Conference: Held at University of Tsukuba, Tokyo and Main Campus, Japan, 11-20 Dec. 2019.
- Conference travel grant by Kenyatta University to attend 2016 International Convention on Science, Education and Medicine in Sport (ICSEMIS 2016) Olympics Games scientific convention, held in Santos SP, Brazil, held on 31st August - 4th September, 2016 (Return air ticket).
- National Council for Science Technology and Innovation (NACOSTI) PhD Call 2012. Ksh 400,000
- Kenyatta University (KU) PhD Research Grant 2011 Ksh. 70,000
- Full Conference Scholarship by LOC, International Convention on Science, Education and Medicine in Sport (ICSEMIS) 2008 pre-Olympics Games scientific convention, held in Guangzhou, China, on Aug. 1-4, 2008. (Return Air ticket, Registration fee and Accommodation).

1.5. INTERNATIONAL CONFERENCE AND SYMPOSIUM

1.5.1. Conferences Attended

Participated in 36 International Conference presentations (16 as a presenter, and 20 as a co-author):

- i. Xiaojie Tian, **Francis M. Mwangi**, Elijah G Rintaugu, Yasushi Enomoto, Kohske Takahahi, Peter Wanderi, Yauma M. Sisia, Michael Wilson, Kevin K. Kipchumba, Martin E. Wamalwa, Hadijah Namanda, Game Mothibi and Constance A.N. Nsibambi. Title of the Session: Bio Ecocultural Health and Wellbeing of Children, Youth and Athletes in Africa and Beyond. Conference Symposium held during the *8th International Council for Health, Physical Education, Recreation, Sports and Dance (ICHPER-SD) Africa Region Conference* held at Kenyatta University, Nairobi, Kenya, in Collaboration with the *Japan Society for the Promotion of Science (JSPS)* on 11th September, 2024.
- ii. **Mwangi M. Francis**, Elijah G. Rintaugu, Xiaojie Tian, Yauma M. Sisia, Yasushi Enomoto, M. Peter Wanderi. Danladi I. Musa Title: Competency-based education system and sports talent development: Opportunities, Challenges and Possible solutions. A conference paper presented during the *8th International Council for Health, Physical Education, Recreation, Sports and Dance (ICHPER-SD) Africa Region Conference* held at Kenyatta University, Nairobi, Kenya on 11th -13th September, 2024.
- iii. **Francis M. Mwangi**, Elijah G. Rintaugu, Abel Toriola, Johnathan Rotich, Michael Wilson, Xiaojie Tian, Kohske Takahashi. Title: Relationship between self-evaluative components and moderating contextual factors among university student gymnasium exercisers. A conference paper presented during the *8th International Council for Health, Physical Education, Recreation, Sports and Dance (ICHPER-SD) Africa Region Conference* held at Kenyatta University, Nairobi, Kenya on 11th -13th September, 2024.
- iv. Elijah G. Rintaugu, **Francis M. Mwangi**, Yauma M. Sisia. Title: Examination of Coaches’ Doping Knowledge, Motivational Climate, Confrontation Efficacy and Attitudes towards Doping of Coaches in Selected Sport in Kenya: Preliminary Findings. A conference paper presented during the *8th International Council for*

- Health, Physical Education, Recreation, Sports and Dance (ICHPER-SD) Africa Region Conference* held at Kenyatta University, Nairobi, Kenya on 11th -13th September, 2024.
- v. Yauma M. Sisia, Elijah G. Rintaugu, **Francis M. Mwangi**. Title: The Level of Application of Spirit of Sports Values in Kenyan Basic Level Education. A conference paper presented during the *8th International Council for Health, Physical Education, Recreation, Sports and Dance (ICHPER-SD) Africa Region Conference* held at Kenyatta University, Nairobi, Kenya on 11th -13th September, 2024.
 - vi. Kevin K. Kipchumba, Elijah G. Rintaugu, **Francis M. Mwangi** and Benson Gathoni. Title: Dispositional Goal Orientation and Perceptions of Coach Motivational Climate on Attitudes towards Doping among Kenyan Endurance Runners. A conference paper presented during the *8th International Council for Health, Physical Education, Recreation, Sports and Dance (ICHPER-SD) Africa Region Conference* held at Kenyatta University, Nairobi, Kenya on 11th -13th September, 2024.
 - vii. Martin Erixon Wamalwa, Kohske Takahahi, Peter Wanderi, **Francis M. Mwangi**, Tetsuya Kono and Xiaojie Tian. Title: Influence of Commercialization of Talents on the Quality of Competitive Sports and physical activities: A Critical Analysis. A conference paper presented during the *8th International Council for Health, Physical Education, Recreation, Sports and Dance (ICHPER-SD) Africa Region Conference* held at Kenyatta University, Nairobi, Kenya on 11th -13th September, 2024.
 - viii. M. Peter Wanderi, **Francis M. Mwangi**, Martin Erixon Wamalwa. The Sustainable Development Goals (SDGs) Perspectives on the Biopsychosocial Model in Physical Education, Physical Activity & Sports (PEPAS): The African Situation. A conference paper presented during the *8th International Council for Health, Physical Education, Recreation, Sports and Dance (ICHPER-SD) Africa Region Conference* held at Kenyatta University, Nairobi, Kenya on 11th -13th September, 2024.
 - ix. Yasushi Enomoto, **Francis M. Mwangi**. Long Term Athlete Development in Japan and Kenya. A conference paper presented during the *8th International Council for Health, Physical Education, Recreation, Sports and Dance (ICHPER-SD) Africa Region Conference* held at Kenyatta University, Nairobi, Kenya on 11th -13th September, 2024.
 - x. Elijah G. Rintaugu, John Bosco Muamba & **Francis M. Mwangi**. Title: Concussion prevention practices among adolescent rugby players in public selected secondary schools in three counties in Kenya. A conference paper presented during the *8th International Council for Health, Physical Education, Recreation, Sports and Dance (ICHPER-SD) Africa Region Conference* held at Kenyatta University, Nairobi, Kenya on 11th -13th September, 2024.
 - xi. **Mwangi M.F.** Title: Multi-disciplinary appraisal of physical activity and sports: Current and possible future collaboration studies – Kenyan & KU perspective. Presented at International Research Collaboration Colloquium on “*Sport, Physical Activities, and Bio-psycho-social Wellbeing in East Africa and Beyond*” held on 30th Jan 2024 at Kyambogo University, Kampala, Uganda
 - xii. **Mwangi M.F.** Title: Artificial ‘Citius’ in current pursuit of human ‘nature’ in endurance running. Presented at 10th FASU Pre-Games International Symposium held on 2nd and 3rd June, 2022 at Kenyatta University, Nairobi, Kenya.

- xiii. Tian, X., Kidokoro, T., **Mwangi, FM.** Title: Ethnographic Exploration of Quantitative Physical Activity Assessment in Rural Kenya. *The 2020 Yokohama Sport Conference*. September 2020.
- xiv. **Mwangi M.F.** Title: Sports science education and research in East and Central African regions. Presented at International Symposium on “*Partnership in Sports and Development for Tomorrow*” held on 3rd March, 2020 at Kenyatta University, Nairobi, Kenya.
- xv. **Mwangi M.F.** Title: Foot structure and function in relation to health and performance related fitness attributes among children and young adults: A comparative study between Kenya and Japan. Presented at *Kenyan-Japan Collaboration Workshop on Sports Research*: Organised by Japan Society for Promotion of Science (JSPS) at Japan Information and Cultural Centre, Embassy of Japan, Nairobi, Kenya.
- xvi. **Mwangi, M.F.,** and Rintaugu, EG. Title: Management of Athletes’ Medical Issues in East African University Sports. Paper Presented at the *4th African Sports Management Association (ASMA) International Conference*, held on 4th – 6th April 2019, at Mount Kenya University, Thika, Kenya.
- xvii. **Mwangi, M.F.,** Kidokoro, T., Fuku, N., Bogonko, LF., Boro, LW., Wachira, LJ., and Isika, J. Title: Assessment of Foot Structure and Function in Relation to Selected Health and Performance Related Fitness Attributes among Children and Young Adults: A Comparative Study Between Kenya and Japan. A Concept Paper Presented at the *International Colloquium in Physical Education, Exercise and Sports Science* held on Thursday 8th November 2018 at Kenyatta University, Nairobi, Kenya.
- xviii. Rintaugu, E. G., **Mwangi, F.M.,** Bailasha, N.K & Mwisukha, A. Title: Knowledge Attitudes and Perceptions of University Physical Education and Sport-Science Students towards Doping. Paper Presented at *International Conference on the Research and Innovation in Education 2018 (ICRIE2018)* on October 24th – 26th, 2018, at University of Nairobi, Kenya.
- xix. Bailasha, N.K, Rintaugu, E. G, **Mwangi, F.M,** Mucheke, C. M & Sebastian, O. Title: Determinants and Reasons for Non-Participation in Organized Physical Activity and Sport Among Kenyan University Students: Towards Modifying Students Lifestyle for Sustainable Development Through Sports. Paper Presented at *International Conference on the Research and Innovation in Education 2018 (ICRIE2018)* on October 24th – 26th, 2018, at University of Nairobi, Kenya.
- xx. Rintaugu, E. G., & **Mwangi, F.M.** Title: Influence of achievement goals and motivational climate on attitudes towards doping among university student-athletes. Paper Presented at *Laikipia University Sports Conference* held on 22nd – 25th May 2018 at Laikipia University, Kenya.
- xxi. Stella N. Wayong’o, **Francis M. Mwangi** and Lucy-Joy Wachira. Title: Safety Precautions during Physical Education Program in Private Primary Schools in Nairobi City County, Kenya: Presented at the *Physical Activity and Sports for Health and Development in Africa*, Nairobi, Kenya, held on 21st – 23rd September, 2016.
- xxii. Patrick K. Maingi, **Francis M. Mwangi** and Elijah G. Rintaugu. Title: Attitude and practices of primary school pupils, teachers and head teachers in physical education in Kiambu County, Kenya: Presented at the *Physical Activity and Sports for Health and Development in Africa*, Nairobi, Kenya, held on 21st – 23rd September, 2016.
- xxiii. **Mwangi, M.F,** Rintaugu, EG., Ombiji, V., Wahome, PW., Hussein, IH., & Kimanzi, F. Title: Physical Fitness Appraisal of Kenyan Soccer Players during 2016 Pre-Season Tournament: Presented at the *Physical Activity and Sports for*

- Health and Development in Africa*, Nairobi, Kenya, held on 21st – 23rd September, 2016.
- xxiv. **Francis M. Mwangi**, Mary Mwihaki, Lucy-Joy Wachira, Edna Thangu and Elijah G. Rintaugu. Title: Care and Management of Athletes Medical Issues among East African Universities: Presented at the 2016 Olympics Games scientific convention, the *International Convention on Science, Education and Medicine in Sports (ICSEMIS 2016)*, Santos SP, Brazil, held on 31st August - 4th September, 2016.
 - xxv. **Francis M. Mwangi**, Mary Mwihaki, Lucy-Joy Wachira, Isaah Wabuyabo and Vincent Onywera. Title: Assessment of Fitness and Training among East African Universities Swimming Athletes: Presented at the 2016 Olympics Games scientific convention, the *International Convention on Science, Education and Medicine in Sports (ICSEMIS 2016)*, Santos SP, Brazil, held on 31st August - 4th September, 2016.
 - xxvi. Kamenju, JW., Rintaugu, EG. & **Mwangi, FM.** Title: Development of physical education and sports in Kenya in the 21st century: an early appraisal: Presented at the *7th Edition of the FASU Pre-Games Scientific Conference*, University of Nairobi, Kenya. 2014.
 - xxvii. **Mwangi, Francis Mundia.** Title: Pulmonary Function of Kenyan Elite Distance Runners at Rest and During Sub-Maximal and Maximal Endurance Exercise: Presented at the *27th Kenyatta University PostGraduate Seminar*, Nairobi, Kenya, on Dec. 6, 2013.
 - xxviii. **Mwangi, FM.**, Onywera, VO., Boit, M., Foster, GE., Koehle, MS., Tremblay, J., Boit, C. & Sheel, AW. Title: Pulmonary Function of Kenyan Elite Distance Runners at Rest and During Sub-Maximal and Maximal Endurance Exercise: Presented at the 2012 pre-Olympics Games scientific convention, the *International Convention on Science, Education and Medicine in Sport (ICSEMIS 2012)* held in Glasgow, United Kingdom, on July 19 – 24, 2012.
 - xxix. Bukhala, PW., Onywera, VO., **Mwangi, F.M.** & Mwangi, JW. Title: Assessment of Physical Fitness Levels among Children with Intellectual Disabilities in Nairobi County, Kenya: Presented at the 2012 pre-Olympics Games scientific convention, the *International Convention on Science, Education and Medicine in Sport (ICSEMIS 2012)* held in Glasgow, United Kingdom, on July 19 – 24, 2012.
 - xxx. Sheel AW, Foster GE, Koehle MS, Dominelli PB, **Mwangi F.M.**, Onywera VO, Boit MK, Tremblay JC and Boit C. Title: Pulmonary gas exchange and the mechanics of breathing during exercise in Kenyan runners. Presented at the *Canadian Society for Exercise Physiology Annual Meeting*, Regina, 2012.
 - xxxi. **Mwangi F.M.**, Gitonga ER., Ondeng MO., Adalo, J.A., Ng'ethe, HW. & Omondi, JO. Title: The Status of Selected Health Related Physical Fitness Attributes of University Staff In JKUAT, Kenya: Presented at the *17th Biennial Conference of the International Society for Comparative Physical Education and Sport*, Kenyatta University, Nairobi, Kenya. June 6-8, 2010.
 - xxxii. **Mwangi, M.F.** & Kamenju, JW. Title: Educational Role of Kenya Teachers' College Sports: Presented at the *17th Biennial Conference of the International Society for Comparative Physical Education and Sport*, Kenyatta University, Nairobi, Kenya. June 6-8, 2010.
 - xxxiii. Omondi, JO., **Mwangi F.M.**, Gitonga, ER., Ondeng, MO., Adalo, JA & Kizito, M. Title: Status of Selected Physical Fitness Attributes and Sexual Wellbeing of Bicycle Taxi (Bodaboda) Operators in Juja, Kenya: Presented at the *17th Biennial Conference of the International Society for Comparative Physical Education and Sport*, Kenyatta University, Nairobi, Kenya. June 6-8, 2010.

- xxxiv. Adalo, JA., **Mwangi, F.M.**, Ondeng, MO., Kariuki, SG. & Nganga, N. Title: Analysis of selected fitness variables of 2008 Kenyan Junior Athletics Team to Poland: Presented at the *17th Biennial Conference of the International Society for Comparative Physical Education and Sport*, Kenyatta University, Nairobi, Kenya. June 6-8, 2010.
- xxxv. **Mwangi, F.M.**, Wanderi, PM. & Wamukoya, EK. Title: Effects of Different Arm Actions on Performance in Long Distance Running: Presented at the 2008 pre-Olympics Games scientific convention, the *International Convention on Science, Education and Medicine in Sport (ICSEMIS 2008)* held in Guangzhou, China, on Aug. 1-4, 2008.

1.5.2. Guest speaker, Seminars & Workshops

- 27th May. 2026: Topic: The Technical and Science Shift; Trial and Error vs Precision and Data: Invited Guest Speaker at the *3rd Annual Kenya University Sports Federation (KUSF) Symposium*, held from 27th–29th May, 2026 at Maseno University, Kenya.
- Oct 2025. Topic: Leadership and management in Sports: Invited Guest Speaker at the *2025 Jomo Kenyatta University of Agriculture & Technology Sports Captains' Workshop*.
- 20th Sep. 2024: Topic: Safeguarding in Sports: Invited Guest Speaker at the *2024 Kenya University Sports Federation (KUSF) Sports Students Leaders Boot Camp*, Taita-Taveta University, Voi, Kenya.
- 12th June 2024: Topic: Identification of Talents & Placement of Athletes: Invited Guest Speaker at the *2024 Kenya University Sports Federation (KUSF) Sports Tutors Seminar*, Kenyatta University, Nairobi, Kenya.
- 1st October 2023 - 7th February 2024: Visiting Staff, *Inter-University Council for East Africa (IUCEA)*, Kyambogo University, Uganda.
- 31st May 2023: Guest Speaker. Topic: Sports Science in Kenya: Invitation to Tairyoku Knowledge Creation - *Aizono and Associates Limited*.
- 14th-23rd July 2022: *Erasmus+ Staff Mobility*: University of West Attika, Athens, Greece.
- 3rd Mar. 2020: International Symposium on “*Partnership in Sports and Development for Tomorrow*” Held at Kenyatta University, Nairobi, Kenya. Co-hosted by KU together with Japan Society for Promotion of Science (JSPS) and Tsukuba International Academy of Sport Studies (TIAS), of University of Tsukuba, Japan.
- 20th Dec. 2019: Invited Guest Speaker. Topic: Research in Sports Science in Kenya, East Africa. Event and Venue: Tsukuba International Academy of Sport Studies (TIAS) postgraduate Class 2019, University of Tsukuba, Japan.
- 19th Dec. 2019: Invited Guest participant: The Body-Face research project meeting. Body-Face Project Group, Tokyo, Japan.
- 16th Dec. 2019: Invited Guest Speaker. Topic: Studies in Sport & Olympics in Kenya and East Africa. Event and Venue: Tsukuba International Academy of Sport Studies (TIAS) postgraduate Class 2019, University of Tsukuba, Japan.
- 13th Dec. 2019: Educational Legacy and Tsukuba International Academy of Sport Studies (TIAS) Networking Conference: Held at University of Tsukuba, Tokyo Campus, Japan.
- 21st Aug. 2019: Kenyan-Japan Collaboration Workshop on Sports Research: Japan Society for Promotion of Science, Japan Information and Cultural Centre, Embassy of Japan, Nairobi, Kenya.
- 25th June. 2019: Kenyan-Japan Collaboration Research Workshop: Foot Structure and Function in Relation to Selected Health and Performance Related Fitness

Attributes among Children and Young Adults: A Comparative Study Between Kenya and Japan. Held at Kenyatta University, Nairobi, Kenya.
6th May 2019. Guest Speaker. Topic: IAAF and Caster Semenya Ruling: African Dialogue -Channel Africa.

1.6. SUPERVISION OF POSTGRADUATE STUDENTS

1.6.1. Supervision of PhD Degree

- i. Martin Yauma (PhD in Exercise and Sports Science) H87/39360/2016: Assessment of risk factors and prevalence of doping among athletes in dominant Olympic sports in Kenya. – ***Graduated in December 2023***
- ii. Kipchumba Kevin Kiprotich (PhD in Exercise and Sports Science) H87/20416/2022: Influence of dark triad personality traits and perceptions of legitimacy on attitudes towards doping among athletes in selected sports in Kenya – ***Compiling thesis***
- iii. Francis Bogonko Lamech (PhD in Exercise and Sports Science) (H87/26354/2019): The Influence of foot structure and functional foot stability: Analyzing lower body Injury risk among elite male Kenyan rugby players. Continuing – ***Compiling thesis***
- iv. Makwasi Susan (PhD in Exercise and Sports Science) (H87EA/24500/2013): Anthropometric and selected physical characteristics of elite netball players in Kampala. Continuing – ***Proposal level***
- v. Balagana Charles Mukiibi (PhD in Exercise and Sports Science) (H87EA/27057/2014): Influence of Segmental Strength and Anthropometric Indices on Performance in Sprint Events among Ugandan Athletes. Continuing – ***Proposal level***
- vi. Muamba Johnbosco Kioko (PhD in Recreation & Sports Management) (H87/20625/2020): Concussion knowledge, prevention and treatment practices among adolescent rugby union players in public secondary schools in Kenya. Continuing – ***Proposal level***

1.6.2. Supervision of Master's Degree

- i. Patrick Kariuki Maingi (MSc. in Exercise & Sports Science) PE H108/CE/20851/2012: Attitudes of primary schools pupils and teachers towards physical education: A case of Kiambu County, Kenya. ***Graduated with MSc. (Exercise & Sports Science) in Dec. 2017.***
- ii. Stella Nasimiyu Wayong'o (MSc. in Exercise & Sports Science) H108/CE/22619/2010: Safety precautions during physical education program in private primary schools in Nairobi County, Kenya. ***Graduated with MSc. (Exercise & Sports Science) in Aug. 2018.***
- iii. Matilda Mukaro (MSc. in Exercise & Sports Science) H108F/29180/2014: Determinants of participation in physical activity in on-site corporate fitness centers: a comparative analysis of Kenyatta and Strathmore universities, Kenya. ***Graduated with MSc. (Exercise & Sports Science) in Dec. 2018.***
- iv. Stanley Kagunda Kinuthia (MSc. in Recreation & Sports Management) H60/24509/2013: Assessment of constraints and the negotiation strategies to exercise adherence among clients at selected fitness centres in Nairobi County, Kenya. ***Graduated with MSc. (Recreation & Sports Management) in Dec. 2018.***
- v. Anne Nyawira (MSc. in Public Health) Q139/CTY/PT/31621/2015: Predictors of spousal participation during child labour and delivery at Nyeri county referral hospital. ***Graduated with Master of Public Health (Reproductive Health) in Dec. 2020.***

- vi. Moses Gicharu Kung'u (MSc. in Exercise & Sports Science) H108/27673/2014: Efficacy of lucozade sports drink as an ergogenic aid in male cyclist aged 17-30 years. ***Graduated with MSc. (Exercise & Sports Science) in Dec. 2021.***
- vii. Racheal Khatievi Waswa (MSc. in Recreation & Sports Management) H108/CE/26478/2011: Infrastructural and instructional determinants of participation in physical education by primary school learners with hearing impairment in western region, Kenya. ***Graduated with MSc. (Recreation & Sports Management) in Dec. 2021.***
- viii. John Kweri Ndiege (MSc. in Physical and Health Education) H60/CE/21888/2010: Injury risk management practices in sports among secondary schools in Suba sub-county, Homa-bay county-Kenya. ***Graduated with MSc. (Physical and Health Education) in Dec. 2021.***
- ix. Nicholas Mwangi (MSc. in Exercise & Sports Science) H108/37418/2016: Exercise self-efficacy and physical activity status of gyms and outdoor-based group fitness programs participants in Nairobi county Kenya. ***Graduated with MSc. (Exercise & Sports Science) in July 2022.***
- x. Kipchumba Kevin Kiprotich (MSc. in Exercise & Sports Science) H108/26442/2015: Influence of motivational climate and goal orientation on attitudes towards doping among athletes in Elgeyo-Marakwet County, Kenya. ***Graduated with MSc. (Exercise & Sports Science) in July 2022.***
- xi. Ismail Kiprono Kirui (MSc. in Recreation & Sports Management) H108/OL/MSA/24265/2014: Athletic identity and athlete satisfaction of student-athletes in selected universities in Kenya. ***Graduating with MSc. (Recreation & Sports Management) in Dec. 2023.***
- xii. Omwenga Bonareri Lilian (MSc. in Exercise & Sports Science) H108/ OL/ 24074/ 2012: Effect of high intensity interval training on the blood pressure parameters in hypertensive middle aged women in Kisumu county. Continuing – ***Collecting data***
- xiii. Stanley Mbuthia Ngata (MSc. in Physical and Health Education) H68/ CE/ 26469/ 2013: Correlates of alcohol use and abuse among student-athletes and non-athletes from selected universities in Kenya. Continuing – ***Collecting data***
- xiv. Ocen Charles (MSc in Exercise and Sports Science) (H107E/22430/2021): Prevalence and predictors of mental health indicators among first responders in Kampala City Uganda. Continuing – ***Proposal level***
- xv. Juliet Kyambi Musombo (MSc. in Physical and Health Education) Reg No: H108/CE/28064/2018: Analysis of non-fatal injuries sustained by children below 12 years during school play and contextual factors/determinants in rural Kenya. Continuing – ***Proposal level***
- xvi. Naoya Kurihara (Student ID Number) 246402: Joint Master of Arts in International Development and Peace through Sport: National Institute of Fitness and Sports in Kanoya and University of Tsukuba, Japan. International On-the-Job Practice program (OJP) internship at Kenyatta University. September 2, 2025 to November 22, 2025.
- xvii. Mona Uchida (Student ID Number) 202421: Joint Master of Arts in International Development and Peace through Sport: Kanoya University and University of Tsukuba, Japan. International On-the-Job Practice program (OJP) internship at Kenyatta University September 2, 2025 to December 10, 2025.

1.6.3. Supervision of Postgraduate Diploma

- i. Stanley Chege G. (PGD. in Recreation & Sports Management) H67/CE/ 20850/2012: Awareness and use of carbohydrate loading among football players in

Kiambu county championship cup. *Graduated with PGD. (Recreation & Sports Management) in Dec. 2018.*

1.7. PROFESSIONAL / CONSULTING

1.7.1. External Examination

- University of the West Indies, Mona Campus Committee of Graduate Studies & Research, Department of Basic Medical Services: PhD thesis 2025
- Koitalel Samoei University College, School of Education, Department of PE and Sports: External Examiner. 2025.
- University of Johannesburg, Faculty of Health Sciences: PhD thesis 2024, 2025.
- Kyambogo University, Faculty of Sciences, Department of Sports Science: MSc and PhD theses 2024.
- University of KwaZulu-Natal, School of Health Sciences, Department of Biokinetics, Exercise and Leisure Sciences (Sport Science): MSc and PhD theses 2018.
- Masinde Muliro University of Science and Technology, School of Public Health Sciences, Department of Health Promotion & Sport Science: MSc & PhD theses 2018
- Kenya Science Teachers College; Diploma in Education Examination, 2005
- Ministry of Education; External Assessor, in final Diploma in Education examinations at Kenya Science Teachers College; Diploma in Education Examination, Sep. 2001 & Nov. 2005

1.7.2. Internal Examination

- 10 PhD Thesis
- 18 Master Thesis

1.7.3. Consulting

- 16th to 22nd June 2024: Development of curriculum structure, training tools and equipment catalogue for Advanced Diploma and Bachelor of Technology in Sports Science for Oyo Vocational and Technological Institute, Brazzaville, Republic of Congo –by Technical and Vocational Education & Training Authority (TVETA).
- 31st Mar. – 13th April. 2023: University of Embu: BEd. Physical Education and Sports Science curriculum development.
- May 13 – Oct. 13, 2007: Took part in Kenya Institute of Education (K.I.E) Workshop for the Review of Diploma in Education Curriculum.

1.7.4. Journal Editorial and Review

- Editorial board, Russian Journal of Physical Education and Sport; since 2017.
- Reviewer, Sports Medicine (SPOA) by Springer; 2024, 2025
- Reviewer, Journal of Sport Sciences Researches. E-ISSN: 2548-0723; 2023 to date
- Reviewer, African Journal for Physical, Health Education, Recreation and Dance; 2020 to date

1.8. COMMUNITY ENGAGEMENT AND CONTRIBUTIONS

- March - April 2026: Accompanying Coach to Team Kenya 14 & Under for the ITF/CAT Africa Junior Championships on Clay Courts, held in Cairo, Egypt.
- 2025 to-date: Board of Management (BOM) Chairman; Gikoe Sec. Sch., Murang'a County.
- Dec 11th 2021: Lenana School Career Day; Presenter on Sports Science profession
- June 2020: Support towards #Stayatlove Campaign during Covid 19 global pandemic
- 2018: Aga Khan Academy Career Day; Presenter on Sports Science profession.
- 2014, 2015: St. Austin Academy Career Day; Presenter on Sports Science profession.

- 2014 to 2020: BOM Member and Chairman of Academic Committee; Gikoe Sec. Sch., Murang'a County.
- 2013, 2014, 2015: Coordinating community outreach related to Management of Athletic Programmes of Persons with Disabilities
- Sep-Oct.2009: Exhibitor in Central ASK Show and Nairobi International Trade Fair
- Dec 17th - 21st 2009: Team Manager –JKUAT team to KUSA Interuniversity Games
- Mar. 2007 – Apr. 2010: Conducted Aerobics for members of staff at Kagumo T. T. C. and at Jomo Kenyatta University of Agriculture and Technology.
- Jan. 2001 - Jan. 2005: Worked with Kenya Teachers' Colleges Sports Association as a Referee and Technical Manager during K.T.C.S.A. National Ball Games and National Intercollegiate Athletics Championship.
- Jan.-Mar.1999: Project Proposal for the Rehabilitation of Kisii Sports Club.
- Nov. 1993: Worked with Kenya Volleyball Association (K.V.A.) as a First Aider: In charge of identification, recording, treatment and management of sports injuries during the C.A.V.B. African Zone 5 at Moi International Sports Center, Kasarani.

1.9. AFFILIATION TO PROFESSIONAL BODIES

- Member, International Council for Health Physical Education, Recreation Sports and Dance (ICHPERSD)
- Member, Africa Sports Management Association (ASMA)
- Member, iCoach -International Tennis Federation online Academy
- Member, International Physical Literacy Association (IPLA)
- Sports Medicine Society of Kenya (SMSK)

2.0 NATIONAL AND INTERNATIONAL AWARDS AND RECOGNITIONS

- 12th to 20th Dec. 2019: Invited guest faculty at Tsukuba International Sports Academy (TIAS), University of Tsukuba, Japan. Addressed Masters Class 2019 and attended Olympic Games Educational Legacy and Tsukuba International Academy of Sport Studies (TIAS) Networking Conference: Held at University of Tsukuba, Tokyo Campus, Japan.

2.1. ADMINISTRATIVE POSITIONS HELD

2.1.1. Recognized university Administrative positions

- Aug. 2025 –To date: Director, Sports and Games.
- Oct. 2018– Sep. 2022: Chairman, Department of Physical Education, Exercise & Sports Science.
- Jul. 2018 – Sep. 2018: Chairman, Department of Recreation Management & Exercise Science.
- May 2017–Jan 2019: Warden, Eastern Zone Male Hostels.

2.1.2. Other responsibilities in the University

- May 2026 –To date: Member, High Performance –NOCK-KU Centre Steering Committee.
- March 2026 –To date: Chair, National Beach Sports Facility at KU Steering Committee.
- Oct, 2025 –To date: Member, Committees on External Review of Nursing, Nutrition & Dietetic, Medicine & Surgery, and other programmes in the School of Health Sciences.
- Aug. 2023 – to Dec 2024: Member, Committee on 2024 ICHPER-SD African region conference
- Feb. 2023 – to date: Member, School of Education CBC Committee.

- October 2022 – to date: Convener, Departmental Committee on conferences and Workshops.
- March. 2020 - Aug. 2022: Member, University Committee on FASU Pre-Games Symposium Committee.
- March. 2020 - Aug. 2022: Member, University Committee on FASU Games, Technical and Facilities Committees.
- Aug. 2019 - Aug. 2021: Member, University Committee on U20 World Athletics hosting village.
- Aug. 2019 - Aug. 2021: Convener, Training and Competition Committee on U20 World Athletics hosting village.
- Aug. 2019 - Aug. 2021: Member, Pre-Games Symposium Committee on U20 World Athletics hosting village.
- Oct. 2018 - Aug. 2021: Secretary, University Committee on Sports Engineering and Technology
- Jul. 2018 – Sep. 2018: Secretary, University Committee on Expression of Interest in Implementation of Kenya-Cuba Bilateral Co-operations in Sports
- May 2018 – Aug. 2018: Chairman, School of Applied Human Sciences committee on undergraduate curriculum.
- Sep 2015 - Dec 2016: Member, LOC Committee for The 2nd Physical Activity and Sports for Health and Development in Africa, held in Kenyatta University, Nairobi, Kenya, on 21st – 23rd September, 2016.
- Jan. 2011– Aug. 2018: Chairman, Departmental committee on undergraduate curriculum, Member in School undergraduate curriculum committee, Human Performance Lab committee, school and departmental welfare committees.
- Apr - Jul. 2010: Member, LOC Committee for The 17th Biennial Conference of the International Society for Comparative Physical Education and Sport, held in Kenyatta University, Nairobi, Kenya. June 6-8, 2010.
- 12th Sep. 2018: Facilitated sessions on '*Data Analysis in Research: Identifying the most appropriate statistics to test your objectives and hypotheses*' at a Workshop organized by the department of Physical and Health Education, Kenyatta University
- 17th Nov. 2017: Facilitated training sessions on Walking Race during IAAF Elite Coach Endurance Academy training workshop, Moi International Sports Centre, Kasarani, Nairobi, Kenya.
- Jan. 2011 – Jul 2018: Coordination of undergraduate curriculum in the department, Member in School undergraduate curriculum committee, Human Performance Lab subcommittee, school and departmental welfare committees.
- Sep 2015 - Dec 2016: LOC member for The 2nd Biennial Conference of the Physical Activity and Sports for Health and Development in Africa, held in Kenyatta University, Nairobi, Kenya, on 21st – 23rd September, 2016.
- Apr. - Jul. 2010: LOC member for The 17th Biennial Conference of the International Society for Comparative Physical Education and Sport, Kenyatta University, Nairobi, Kenya. June 6-8, 2010.

2.1.3. Other Administration duties

- 2025: Appointed by Ministry of Education as BOM Chairman; Gikoe Sec. Sch., Murang'a County.
- 2014: Appointed by Ministry of Education as BOM Member and Chairman of Academic Committee; Gikoe Sec. Sch., Murang'a County.
- Feb. 2009 - Mar. 2010: Acted in the position of the Director, Sports & Games.

- Apr. and Jun. 2003, 2004, 2006 & 2007: Worked with Kagumo College Teaching Practice Secretariat as a Zone Co-ordinator, -Coordinating all Teaching Practice activities in Murang'a Zone.
- May 1997 - Jun. 1999: Worked with South Kisii District Secondary School Sports Association (S.K.D.S.S.A.) as a Zonal Organizer - Organizing all Extramural Sports (ball games, Athletics) in a Zone consisting of ten Secondary Schools.

2.2. SHORT COURSES, QUALITY TEACHING AND TRAINING

15th -18th Oct. 2017: ACSM/MMUST International Team Physician Course 2017: Masinde Muliro University of Science and Technology.

10th -11th July 2017: IAAF World Under 18 Athletics Championship Pre-Games International Symposium: Kenyatta University, Nairobi, Kenya.

Sep 22-25, 2016: International Tennis Federation (ITF) Play Tennis Coaching course: Public Service Club, Nairobi.

Sep 3, 2016: Beach Tennis Game course: Smile Tennis, Santos SP, Brazil.

Aug - Sep 2014: HSK Level 2, Confucius Institute, Kenyatta University.

Jul. 2014 - Apr. 2015: Student-Lecturer Evaluation: Grade A, Ranked 2nd Teaching staff in 2nd ranked Department, in the 2nd ranked National institution.

Jan. 2014 - Jul. 2014: Proficiency in Chinese Language and Culture course: Confucius Institute, Kenyatta University.

Feb 2014: Module writing workshop: Kenyatta University.

Feb 2014: Smart Board Operation TOT course: Kenyatta University.

Jul. 2013: GPS Beginners workshop: Kenyatta University.

May 21st -24th 2013: HIV Integration into Curriculum TOT, Kenyatta University.

Nov. 2012: Setting and Moderation of Exams: Kenyatta University.

May 2011: Kenyatta University-IPC Scientific Committee Workshop on disability sports: Kenyatta University.

Feb. 2011: International Society of Anthropometry & Kineanthropometry (ISAK) Level I certificate course, Kenyatta University.

Jan. 15 -30 2009: eLearning Course on MOODLE: Jomo Kenyatta University of Agriculture and Technology

Nov. 13 – 19, 2005 and Nov. 26 – 30, 2006: Physical Education Workshops for Lecturers in Teacher Training Colleges: Sports Administration, Sports Ethics and Legal Issues, Coaching of Softball, Rounder, Rugby, Tug of War, Goal Ball, Sports Philosophy and Entrepreneurship in Sports: Ministry of Education, Kenya.

Apr. 18 – 29, 2005: Fitness Instructors' Course: Kenyatta University.

Jun. 2003: Level 1 Officiating Course: Kenya Lawn Tennis Association

Jun. 2002: St. Mary's Basketball Coaching & Officiating Clinic.

Jul. 2000: Coaching and refereeing course in Athletics: Kenya Amateur Athletics Association.

Apr. 1995: Practical First Aid Course: Kenya Red Cross Society.

Dec. 1994: Kenya Amateur Handball Association; Coaching and Refereeing Course in Handball game.

Apr. - Jun. 1994: Springboard & Platform Diving Course: Ministry of Culture and Social Services in conjunction with Kenyan Chinese Embassy.

OTHER PERTINENT INFORMATION

Career goal

To combine my range of knowledge, skills and experience with my ability to be creative, nurturing and assertive yet patient person, to make a positive contribution in any position that I am in.

Career Objectives

- Teaching, Research and Application of Physical Education & Sports Science related disciplines such as Functional Human Anatomy and Physiology, Fitness Testing and Evaluation, Principles of Training, Exercise Physiology, Motor Learning & Development, Therapeutic modalities, Ergogenic aids in exercise and sports, Medical Aspects of Training and Conditioning, Psychology and Sociology of P.E. and sports, Psychology of Disability, Research Methods in Exercise and Sports Science, Outdoor Education, Sports Administration & Management, and related areas.
- Teaching and coaching of all common sports & games: Tennis, Handball, Aquatics (Swimming, Diving, Life Saving skills), Basketball, Volleyball, Netball, Hockey, Soccer, Gymnastics, Rugby, Athletics (Track and Field), Beach Tennis and Golf.
- Aerobic dance, Step Aerobics, Taebo and Aqua Aerobics, as well as Recreational dance choreography, instruction and Gym management.
- Training (Conditioning for sports performance and general fitness).
- Fitness Testing, Analysis and Exercise Prescription.
- Conducting practical P.H.E. and Cross Curricular Lessons, identifying & developing sports talent.
- Prevention, identification, treatment, management and rehabilitation of sports related injuries and impairments.
- Preparing and leading outdoor recreational and experiential education programmes.
- Sports and Recreational Administration and Management.

Hobbies: Tennis, swimming, adventure, gardening and reading on current trends in fitness and health matters.

REFEREES

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