



1.1: PERSONAL PROFILE

1.1.1: Personal Details

Name: Jane Wanjiku

Kamau

Department: Physical Education, Exercise and Sports Science

Designation: Senior Lecturer

Email: kamau.j@ku.ac.ke

Area of Specialization: Applied Exercise Physiology

Research Interest: Exercise in Non-communicable Diseases and Community Health Promotion through Physical Activity

Google

https://scholar.google.com/citations?pli=1&authuser=3&user=a9eRy_oAAAAJ

Scholar:

Orchid ID: <https://orcid.org/0000-0001-9590-830X?lang=en>

1.1.2 ACADEMIC & PROFESSIONAL QUALIFICATIONS

1.1.2.1: Academic

- **2008:** PhD in Exercise Physiology, Kenyatta University, Kenya
- **2003:** MEd (Physical and Health Education), Kenyatta University, Kenya
- **2001:** Bachelor of Education (Double Physical and Health Education), Kenyatta University, Kenya.

1.1.2.2: Professional

June, 2024: Certificate in Strategic Leadership Training by Equip Centre for Excellence

June, 2023: Certificate course on How to Publish Your Work with Routledge organized by The Association of African Universities and Tylor & Francis Publishers.

November 2022: Online Certificate course on implementing the United Nations

Integrity Curriculum in Kenyan Universities

November, 2022:	Certificate on Trainer of trainers in the implementation of Implementing the United Nations Integrity Curriculum in Kenyan Universities
November, 2019:	Certificate in Research and Public Health Ethics Practicum- CBEC-KEMRI- Bioethics Training Initiative
October 2019:	Certificate in Research and Public Health Ethics Certificate Course- CBEC- KEMRI-Bioethics Training Initiative
July 2019:	Certificate in Research methodology certificate course- CBEC- KEMRI- Bioethics Training Initiative
May 2019:	Certificate in sustainability and Health Promotion- from Global View to Local solutions-University of Helsinki, Finland and Kenyatta University
Feb 2019: initiative	Certificate in Research Bioethics- CBEC-KEMRI Bioethics Training initiative
2016:	Certificate in Public procurement and asset disposal act 2015- Kenya Institute of supplies Management
2016:	Certificate in Quality Palliative Care for Non- Health Care Providers- Nairobi Hospice
2016:	Certificate in Integrity Assurance- Ethics and Anti-Corruption Commission of Kenya
2016: project	Certificate in manuscript writing-Kenyatta University PRIME-K
May 2015:	Certificate of Attendance to a training on Physiology and Anatomy by Axiology Las
2014: of Nairobi 2014: University	Certificate in Critical Appraisal of Research Proposal – University Certificate in Module Writing and E-Learning Pedagogy- Kenyatta University
	– Institute of Open, Distance & e-learning
2013:	Certificate in Teaching Methodology – Kenyatta University through Directorate of Centre for Teaching Excellence and Evaluation
May 2013:	Certificate in Publishing Scientific Research by Springer hosted by

Kenyatta University

- 2012:** Certificate on Setting, Moderating and Marking Examination in Institutions of Higher Learning – Kenyatta University through Directorate of Regional Centre for Capacity Development
- 2011:** Certificate in Research Proposal Writing DAAD and National Council for Science and Technology.

1.1.3 EMPLOYMENT HISTORY

At Kenyatta University

- **2016 to date:** Appointed Senior Lecturer, Department of Physical Education, Exercise and Sports Science
- **2009 to 2016:** Appointed Lecturer, Department of Recreation Management and Exercise Science
- **2003-2009:** Appointed Tutorial Fellow, Exercise and Sports Science
- **2002-2003:** Appointed Graduate Assistant, Department of Exercise and Sports Science

1.2 PUBLICATIONS

1.2.1 Referred Journals

- Beatrice A.O., Sophie O. & **Jane K. (2025)**. Dietary Practices and Nutritional Status of Adults with Type II Diabetes Mellitus Attending Clinic at Nakuru County Referral and Teaching Hospital, Kenya. African Journal of Nutrition and Dietetics. <https://doi.org/10.58460/ajnd.v4i02.165>
- **Kamau, J.**, Kirimi, B. K., Muhoro, M., & Mwangi, J. (2024). Empowering First Responders to Be Physically Active Through Establishment of Mini Gyms: The Case of Murang'a County Fire Services and Disaster Management Unit. Journal of the Kenya National Commission for UNESCO,5(1). <https://doi.org/10.62049/jkncu.v5i1.203>
- **Kamau,J.**, Muchiri, B., Theuri,G., Waiganjo,L.Okoth, E.,& Restás, Á.(2023). Cardiorespiratory fitness and Body Composition of First Responders, in Murang'a County, Kenya. Vedelem Tudomány Journal, Budapest 2023, ISABN978-615-01-8104-2, page 111-115
- **Kamau, J.**, Muchiri, B., Wanderi, P &. Restás, A. (2022). Towards Improving the

Physical Fitness of First Responders in Kenya. *Vedelelem Tudomány Journal*, Budapest 2022, ISBN 978-615-01-5555-5 page 79-82

- **Kamau, J.**; Mwangi, P. and Wachira, L. (2020). Uptake of Pedometer-based Physical Activity: Success and Challenges of a Church based Physical Activity Promotion Programme among Overweight and Obese Adults in Kenya. In *Proceedings of the 8th International Conference on Sport Sciences Research and Technology Support - Volume 1: icSPORTS*, ISBN 978-989-758-481-7, pages 126-132. DOI: 10.5220/0010026001260132
- Matilda, M., **Kamau, J.**, Mwangi, F., Wanderi, M., & Onyango, E. (2020, July 15). 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), Pg 122-133. Retrieved from <https://ajest.info/index.php/ajest/article/view/470>
- Lillian, M., **Kamau, J.**, & Kasoma, S. (December, 2019). Status of participation in physical activity among day high school students in Kampala, Uganda. *Journal of Physical Education Research*, Volume 6, Issue IV, 22-28.
- Bailasha N. K, Rintaugu E. G, **Kamau J**, Mwangi F. M, Mucheke C. M, Otieno M.D (December, 2019) 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*
- Ismail N. Pangani, Festus K. Kiplamai, **Jane Wanjiku Kamau**, and Vincent Onywera (2016). Prevalence of Overweight and Obesity among Primary School Children Aged 8–13 Years in Dar es Salaam City, Tanzania. *Advances in Preventive Medicine*, vol. 2016, Article ID 1345017, 5 pages, 2016. doi:10.1155/2016/1345017
- Elijah Rintaugu, **Jane Kamau**, L.O Amusa and A.L Toriola. (2014). The forbidden Acts: Prevalence of sexual harassment among university Female athletes. *African Journal for physical, Health Education, Recreation and Dance. (AJPHERD)* Vol. 20 (3:1 pp 974 – 990)
- **Jane Wanjiku Kamau** and Peter Wanderi Mwangi. (2013) Effects of a 10 weeks Aerobic Dance Exercise Programme in Managing Overweight and Obesity among Primary School Children Aged 10-15 Years in Nairobi County, Kenya. *International Journal of Sports Technology, Management and Allied Sciences* ISSN 2319-5274 vol-2 No.3 pp. 6-12.
- Jared Nambaka, **Jane Wanjiku Kamau**, Andanje Mwisukha Sep 2011: Factors influencing participation in physical exercise by the elderly in Eldoret West district, Kenya *African Journal for Physical Health Education, Recreation and Dance (AJPHERD)* ISSN 11174315 Vol, 17 pp 462-472 (3)

- Jared Nambaka, Jane Kamau, Lateef O. Amusa, Daniel T. Goon and Mwisukha Andanje(2011). Measures for Enhancing Participation in Physical Exercise and Sports by the Elderly in Eldoret West District, Kenya. *AJPHERD) Vol 17(4), December, 2011, Pg. 804-811.*
- **Jane Wanjiku Kamau**, Mwangi Peter wanderi, Edwin Wamukoya and Wycliffe Njororai (2011):Prevalence of overweight and obesity among primary school children in Nairobi province, Kenya African Journal for Physical, Health Education, Recreation and Dance (*AJPHERD*) ISSN 11174315 Vol 17(2)
- Mwangi P. Wanderi, Bukhala P., Gitonga E., **Kamau J.**,Andanje M., Muniu R. Kamenju, J. Gikaria N., Mwose N. and Masinjila T September, 2008 Physical Education and Sports (PES) in Kenya with special reference to teacher education: current status, challenges and recommendations for improvements
- **Jane Wanjiku Kamau**, Njororai W.W. Simiyu and Wanderi P. Mwangi (2003) Aerobic capacity and need for its assessment among athletes: The case of Kenyatta university soccer players. *East African Journal of Physical Education, Sports Science, Leisure and Recreation Management: Vol 1 issue 1 2003, ISSN 1810-259*

1.2.2 Book Chapters

- Leisure from International voices: A Kenyan Perspective, **J,W.Kamau**, D.G.Njenga, Y. Goodwin, N. Muthomi and J. K. Rotich ©2018 Sagamore–Venture Publishing LLC, Library of Congress Control Number: 2017958304, ISBN print edition: 978-1-57167-887-4, ISBN ebook: 978-1-57167-888-1

1.2.3 Refereed Learning Modules

- **HES 103: Human Physiology I**, Level 100 : Written By: Dr Jane Wanjiku Kamau Edited By: Dr Gitahi Theuri, School of Virtual and Open Learning, Kenyatta University
- **HES 800: Applied Exercise Physiology**, Level 800 Written By: Dr. Jane W. Kamau, Dr. Edwin Boit , Vetted By: Dr. Joy Wachira, School of Virtual and Open Learning, Kenyatta University
- **HRS748-Research Methods In Sports, Level 700**, written by: Dr. Jane w. Kamau, edited by: Dr. Francis Mundia, School of Virtual and Open Learning, Kenyatta University
- **HES 812: Thesis Writing, , Level 100, Written By:** Dr. Jane Wanjiku Kamau, Dr. Lucy-Joy Wachira, Vetted By: PEBL Quality Assurance Team Members

1.2.4 Reviewed Conference Papers

- The Role of the Church in Community Health Promotion: Lessons from ack Canon Hesbon Parish. 8th International Council for Health, Physical Education, Recreation Sports and Dance (ICHPER-SD) Africa Regional Conference 2024 held at Kenyatta University, Nairobi Kenya from 11th-13th September, 2024.
- Comparative Analysis of High-Volume Training vs Sport Specific Training and VO2Peak and Lactate Threshold of Keyatta University Rugby Players”. 8th International Council for Health, Physical Education, Recreation Sports and Dance (ICHPER-SD) Africa Regional Conference 2024 held at Kenyatta University, Nairobi Kenya from 11th-13th September, 2024
- Overtraining and Mental Health of Athletes”. 8th International Council for Health, Physical Education, Recreation Sports and Dance (ICHPER- SD) Africa Regional Conference 2024 held at Kenyatta University, Nairobi Kenya from 11th- 13th September, 2024
- Awareness and Use of Mental Training Strategies among Amateur Boxers in Kenya”. 8th International Council for Health, Physical Education, Recreation Sports and Dance (ICHPER-SD) Africa Regional Conference 2024 held at Kenyatta University, Nairobi Kenya from 11th-13th September, 2024
- Cardiorespiratory fitness and Body composition of First Responders” during the 3rd Fire Engineering and Disaster Management Prerecorded International Scientific Conference on 26th April, 2023 in Budapest Hungary
- Towards Improving the Physical Fitness of First Responders in Kenya” during the 2nd Fire Engineering and Disaster Management Prerecorded International Scientific Conference on 26th April, 2022 in Budapest, Hungary.
- Uptake of Pedometer-based Physical Activity: Success and Challenges of a Church based Physical Activity Promotion Programme among Overweight and Obese Adults in Kenya.In *Proceedings of the 8th International Conference on Sport Sciences Research and Technology Support - Volume 1: icSPORTS*, ISBN 978-989-758-481-7, pages 126-132. DOI: 10.5220/0010026001260132
- The impact of Health Risk Appraisal on Physical Activity and Nutrition Behaviour in an Occupational setting, on 21st September, 2016 at the 2nd International Conference on Physical Activity and Sports for health and Development in Africa (PASHDA).\
- Assessment of the Nutritional and Anthropometric Profile of Adolescent Basketball Players in Zimbabwe on 21st September, 2016 at the 2nd International Conference on Physical Activity and Sports for health and Development in Africa (PASHDA

- The explosive strength training effectiveness on the lower Limbs of under 20 volleyball players in Zimbabwe on 22nd September, 2016 at the 2nd International Conference on Physical Activity and Sports for health and Development in Africa (PASHDA)
- The prevalence of Overweight and Obesity among Primary School Children aged 8-13 years in Dar-es-Salaam City, Tanzania, on 21st September, 2016 at the 2nd International Conference on Physical Activity and Sports for health and Development in Africa (PASHDA).
- Towards addressing physical activities and nutrition challenges to promote overall health in Africa. LARASA Congress, 16th September 2013 Durban, South Africa.
- Towards the promotion of Sports Management in Africa for Individual and Community Empowerment: The case of Kenyatta University Kenya. 9th November, 2013

1.2.5 Consultancy and Project Reports

- **December, 2025:** Appointed by Kenya Institute of Curriculum Development (KICD) to evaluate grade 11 curriculum support materials.
- **June, 2025:** Care givers empowerment Network Africa (CENetA) report development and launch titled “Silent Pillars of Care: A Case Study on the Burdens and Needs of Unpaid Family Caregivers for Patients with Non-Communicable Diseases, Older Persons, and Persons with Disabilities in Kenya” during the report launch held at Parklands Baptist Church, Nairobi on 24th July 2025.
- **May 2025:** Facilitated a workshop for members of the family caregivers support Group
- **February, 2025:** Invited guest speaker during monthly family caregivers support group meeting
- **January, 2025:** Appointment as a lead research consultant for Care Givers Empowerment network Africa (CENetA)
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- **October, 2020:** Invited to Participate in the validation of Kenya Academy of Sports (KAS) National Sports Academy Model.
- **June, 2019:** Invited by Mt. Kenya University as a Speaker during the symposium themed “Cutting Edge Management of Lifestyle Diseases-Obesity”

- **May, 2018:** Invited as a facilitator for the Kenya Academy of Sports in the Development of their Research Framework
- **August, 2016:** Invited in the Curriculum development workshop for the Kenya Academy of Sports

1.2.6 Non - Reviewed Conference Papers

- “Silent Pillars of Care: A Case Study on the Burdens and Needs of Unpaid Family Caregivers for Patients with Non-Communicable Diseases, Older Persons, and Persons with Disabilities in Kenya” during the report launch held at Parklands Baptist Church, Nairobi on 24th July 2025.
- “Fueling the Caregiver: Practical Nutrition and Movement Options for everyday Health and wellbeing” during the monthly Family Caregivers’ Support Group meeting held on 28th June, 2025 at Care360, Lavington, Nairobi.
- “The Power of Physical Activity and Exercise for Caregivers” during the monthly Family Caregivers’ Support Group meeting held online on 29th March, 2025.
- “Obesity Prevention and Reduction through Exercise and Diet” at the inaugural Obesity Symposium for Mount Kenya University held at Laico Regency, Nairobi Kenya on 5th July, 2019.
- “Empowering communities through Sports: The Case of Kenyatta University weekend Sports Programme during the international staff week conference on 9th and 11th April 2019 at National University of Public Service, Budapest, Hungary.
- Functions of a school Board of Management to BOM members of Kahatia Secondary at Lakeside Tourist Lodge, Naivasha on 17th August, 2018
- Good Nutrition for Health and wellbeing to Members of ACK Canon Hesbon on 5th August, 2018.
- “Overweight and Obesity: Risk Factors to Non Communicable Diseases” at St. Lucia Membley, Ruiru on 8th March 2015
- “Making an informed Career Choice” presented on 26th September 2014: at Kahatia Secondary school, Murang’a county.
- “Making an informed career Choice” on 5th June 2014 at Search Comprehensive School.

- “Income generating activities by young women in Kiambu County” presented in conference held at BTL, Ruiru. October 2011.
- “The gains of youth and women in the Kenyan 2010 constitution” presented in a conference held at Jumuia Resort, Kiambu on 20th July 2011
- “Effects of 10 weeks aerobic dance exercise program on overweight and obesity status of children aged 10 to 15 years in Nairobi province, Kenya. At Kenyatta University, November 2010.
- Obesity prevalence among children in Nairobi province: The case of Horizon Academy and Moi Avenue primary schools. A workshop held at Kenyatta University, Kenya on November 2005:
- Physiological Issues in Female Athletes and Their Implications to Participation in Physical Activities and Sport. A workshop held at Kenyatta University, Kenya on 19th November 2004:

1.2.7 Other Publications

- Empowering communities through sports: The case of Kenyatta University Sport Programme-July 2024 at a Conference held between 8th-21st April 2029 at the Ludovika University of Public Service, Budapest, Hungary.
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- The Role of the Church in the Health of our Communities, Published in the Anglican Church of Kenya, Diocese of Thika Magazine. Issue No.2, 2023.
-
- The Role of the Church in Community Health Promotion: Lessons from Canon Hesbon Parish. 8th International Council for Health, Physical Education, Recreation Sports and Dance (ICHPER-SD) Africa Regional Conference 2024 held at Kenyatta University, Nairobi Kenya from 11th-13th September, 2024.
-
- Comparative Analysis of High-Volume Training vs Sport Specific Training and VO2Peak and Lactate Threshold of Kenyatta University Rugby Players”. 8th International Council for Health, Physical Education, Recreation Sports and Dance (ICHPER-SD) Africa Regional Conference 2024 held at Kenyatta University, Nairobi Kenya from 11th-13th September, 2024
- Overtraining and Mental Health of Athletes”. 8th International Council for Health, Physical Education, Recreation Sports and Dance (ICHPER- SD) Africa Regional Conference 2024 held at Kenyatta University, Nairobi Kenya from 11th- 13th September, 2024
- Awareness and Use of Mental Training Strategies among Amateur Boxers in Kenya”. 8th International Council for Health, Physical Education, Recreation Sports and Dance (ICHPER-SD) Africa Regional Conference 2024 held at Kenyatta University, Nairobi Kenya from 11th-13th September, 2024

- Towards Improving the Physical Fitness of First Responders in Kenya” during the 2nd Fire Engineering and Disaster Management Prerecorded International Scientific Conference on 26th April, 2022 in Budapest, Hungary.
- Cardiorespiratory fitness and Body composition of First Responders” during the 3rd Fire Engineering and Disaster Management Prerecorded International Scientific Conference on 26th April, 2023 in Budapest Hungary
- The impact of Health Risk Appraisal on Physical Activity and Nutrition Behaviour in an Occupational setting, on 21st September, 2016 at the 2nd International Conference on Physical Activity and Sports for health and Development in Africa (PASHDA).
- Assessment of the Nutritional and Anthropometric Profile of Adolescent Basketball Players in Zimbabwe on 21st September, 2016 at the 2nd International Conference on Physical Activity and Sports for health and Development in Africa (PASHDA)
- The explosive strength training effectiveness on the lower Limbs of under 20 volleyball players in Zimbabwe on 22nd September, 2016 at the 2nd International Conference on Physical Activity and Sports for health and Development in Africa (PASHDA)
- The prevalence of Overweight and Obesity among Primary School Children aged 8-13 years in Dar-es-Salaam City, Tanzania, on 21st September, 2016 at the 2nd International Conference on Physical Activity and Sports for health and Development in Africa (PASHDA).
- Towards addressing physical activities and nutrition challenges to promote overall health in Africa. LARASA Congress, 16th September 2013 Durban, South Africa.
- Towards the promotion of Sports Management in Africa for Individual and Community Empowerment: The case of Kenyatta University Kenya. 9th November, 2013

1.2.8 Editorship of a Book or Conference Proceedings

- Edited Grade 11 Sports and Recreation course books for Kenya Institute for Curriculum Development (KICD) December, 2025
- Edited the physical education and Sports facilitators handbook for lower primary Written by GIZ- Sports for Development for Africa. (July 2024)
- HES 900/HRS 900: thesis, written by: Gitahi Theuri, PhD, edited by: Jane Kamau, PhD. School of virtual and Open Learning , Kenyatta university.

- HES 804 exercise in chronic diseases. written by: Gitahi Theuri, PhD, edited by: Jane Kama, PhD. School of virtual and Open Learning , Kenyatta university.
- HES 806: pharmacology in exercise & sport. written by: by Gitahi Theuri, edited PhD Jane Kamau, PhD, School of virtual and Open Learning , Kenyatta university.

1.2.9 Scholarly Presentations at Conferences/Workshops/Seminars

- Presented a report titled “Silent Pillars of Care: A Case Study on the Burdens and Needs of Unpaid Family Caregivers for Patients with Non-Communicable Diseases, Older Persons, and Persons with Disabilities in Kenya” during the report launch held at Parklands Baptist Church, Nairobi on 24th July 2025.
- Presented a paper titled “Fueling the Caregiver: Practical Nutrition and Movement Options for everyday Health and wellbeing” during the monthly Family Caregivers’ Support Group meeting held on 28th June, 2025 at Care360, Lavington, Nairobi.
- Presented a paper titled “The Power of Physical Activity and Exercise for Caregivers” during the monthly Family Caregivers’ Support Group meeting held online on 29th March, 2025.
- Presented a paper titled “The Role of the Church in Community Health Promotion: Lessons from ACK Canon Hesbon Parish during the 8th International Council for Health, Physical Education, Recreation Sports and Dance (ICHPER-SD) Africa Regional Conference 2024 held at Kenyatta University, Nairobi Kenya from 11th-13th September, 2024.
- Presented a paper titled “Empowering Communities to be Physically Active: Lessons from Jamii Mini-Gym Initiative in Murang’a County Fire Services and Disaster Management Unit during the 8th International Council for Health, Physical Education, Recreation Sports and Dance (ICHPER-SD) Africa Regional Conference 2024 held at Kenyatta University, Nairobi Kenya from 11th-13th September, 2024.
- Co-Presented a paper titled “Comparative Analysis of High-Volume Training vs Sport Specific Training and VO2Peak and Lactate Threshold of Keyatta University Rugby Players” during the 8th International Council for Health, Physical Education, Recreation Sports and Dance (ICHPER-SD) Africa Regional Conference 2024 held at Kenyatta University, Nairobi Kenya from 11th-13th September, 2024
- Co-Presented a paper Titled “Overtraining and Mental Health of Athletes” during the 8th International Council for Health, Physical Education, Recreation Sports and Dance (ICHPER- SD) Africa Regional Conference 2024 held at Kenyatta University, Nairobi Kenya from 11th- 13th September, 2024

- Co-Presented a paper Titled “Awareness and Use of Mental Training Strategies among Amateur Boxers in Kenya” during the 8th International Council for Health, Physical Education, Recreation Sports and Dance (ICHPER-SD) Africa Regional Conference 2024 held at Kenyatta University, Nairobi Kenya from 11th-13th September, 2024
- Presented a paper titled “Cardiorespiratory fitness and Body composition of First Responders” during the 3rd Fire Engineering and Disaster Management Prerecorded International Scientific Conference on 26th April, 2023 in Budapest Hungary
- Presented a paper titled “Towards Improving the Physical Fitness of First Responders in Kenya” during the 2nd Fire Engineering and Disaster Management Prerecorded International Scientific Conference on 26th April, 2022 in Budapest, Hungary.
- Presented a paper titled “Uptake of Pedometer-Based Physical Activity: Success and Challenges of a Church Based Physical Activity Promotion Programme Among Overweight and Obese Adults in Kenya”, in the 8th International Conference on Sport Sciences Research and Technology Support (icSPORTS 2020) held online from November 5 to 6, 2020
- Presented a paper titled “Obesity Prevention and Reduction through Exercise and Diet” at the inaugural Obesity Symposium for Mount Kenya University held at Laico Regency, Nairobi Kenya on 5th July, 2019.
- Presented a paper titled “Empowering communities through Sports: The Case of Kenyatta University weekend Sports Programme during the international staff week conference on 9th and 11th April 2019 at National University of Public Service, Budapest, Hungary.
- Presented on the functions of a school Board of Management to BOM members of Kahatia Secondary at Lakeside Tourist Lodge, Naivasha on 17th August, 2018
- Presented on Good Nutrition for Health and wellbeing to Members of ACK Canon Hesbon on 5th August, 2018.
- Presented on The impact of Health Risk Appraisal on Physical Activity and Nutrition Behaviour in an Occupational setting, on 21st September, 2016 at the 2nd International Conference on Physical Activity and Sports for health and Development in Africa (PASHDA).
- Presented on Assessment of the Nutritional and Anthropometric Profile of Adolescent Basketball Players in Zimbabwe on 21st September, 2016 at the 2nd International Conference on Physical Activity and Sports for health and Development in Africa (PASHDA)
- Presented on The explosive strength training effectiveness on the lower Limbs of

under 20 volleyball players in Zimbabwe on 22nd September, 2016 at the 2nd International Conference on Physical Activity and Sports for health and Development in Africa (PASHDA)

- “Overweight and Obesity: Risk Factors to Non Communicable Diseases” at St. Lucia

Membley, Ruiru on 8th March 2015

- “Making an informed Career Choice” presented on 26th September 2014: at Kahatia

Secondary school, Murang’a county.

- Made a presentation on “Making an informed career Choice” on 5th June 2014 at Search Comprehensive School.
- “Towards addressing Physical Activity and Nutrition Challenges to promote overall Health in Africa” presented at a conference held in South Coast Hotel, Durban, South Africa on 16th September 2013.
- “Income generating activities by young women in Kiambu County” presented in conference

held at BTL, Ruiru. October 2011.

- “The gains of youth and women in the Kenyan 2010 constitution” presented in a conference

held at Jumuia Resort, Kiambu on 20th July 2011

- “Effects of 10 weeks aerobic dance exercise program on overweight and obesity status of children aged 10 to 15 years in Nairobi province, Kenya. At Kenyatta University, November 2010.
- Prevalence of Overweight and Obesity among School Children Aged 10- 15 Years in Nairobi Province, Kenya. Presented at the 17th Biennial conference of the International society for Comparative Physical Education and Sports (ISCPES) **Kenyatta University**, Nairobi, Kenya. June 2010.
- “Running Economy and Efficiency”, a workshop held on 25th August 2007 at Kenyatta University, Kenya.
- Obesity prevalence among children in Nairobi province: The case of Horizon Academy and Moi Avenue primary schools. A workshop held at Kenyatta University, Kenya on November 2005:
- Physiological Issues in Female Athletes and Their Implications to Participation in

Physical Activities and Sport. A workshop held at Kenyatta University, Kenya on 19th November 2004:

1.3 QUALITY TEACHING, LEARNING AND MENTORSHIP

1.3.1 Student Evaluations

- Physical Education, Exercise and Sports Science 2nd Semester 2024/2025 Student Lecturer evaluation -HES114
- 2013-2014, First Semester Student Lecturer evaluation-SSS402
- 2011-2012, Second Semester Student Lecturer evaluation-SSS202
- 2011-2012, Trimester Student Lecturer evaluation-ESS103
- 2011-2012, Second Semester Student Lecturer evaluation-SSS104
- 2011-2012, First Semester Student Lecturer evaluation-SSS402
-

1.3.2 Ongoing Supervisions

PhDS

- **Sipho Heleni M'nyamana-Rutsate H87F/22588/2012:** Effects Of Health Risk Appraisal On Modifiable Risk Factors Associated With Obesity And Hypertension In The Banking Sector Workforce In Zimbabwe
- **Bernard Njekeya H87F/26455/2013:** Assessment of Biomechanical Gait Parameters and Gross Motor Performance of Overweight and Obese Children in Zimbabwe.
- **Elvis Onyango Okoth H87/21223/2023:** Association of Body Somatotype, High-Intensity Interval Training and Moderate-Intensity Continuous Training on Weight-Status of Overweight and Obese Adults in Ruiru Sub-County, Kenya

Masters

- **Caroline Mueni Kitaka:H60/CE/22650/2021:** Association Between Perceived Competence and Physical Activity of Adolescents Aged 13-16 Years in International Schools in Nairobi City Coounty, Kenya.
- **Betty Bridget Kajuju Kirimi:H107/20721/2022:** Effectiveness of a 10 Weeks Strength Training and Conditioning Program on Muscular Strength, Power and Endurance of first Responders in Murang'a County, Kenya.
- **Damaris Wanjiku Nguyo: Q57/CTY/PT/21361/2022:** Assessment of Physical Activity Levels and Health Related Fitness of Cancer Family Caregivers in Kenya
- **Sharipher Ongute: H60/CE/22156/2021:** The Role of Physical Education in Promoting Social Well- Being among Junior Secondary School Learners in Westlands Constituency-Nairobi

- **David Mutua Silu: P57/CTY/23710/2011:** Prevalence, Predictors, and Coping Mechanisms of Adverse Mental Health Outcomes among First Responders in Murang'a County-Kenya.
- **Pauline, Mukami Njeru: H108/CE/15212/08:** Association of Sports Betting and Physical Literacy among Students in Public Universities in Kenya.

Postgraduate Diploma Projects

- **Nicholas Aballa Abok: REG. NO. H67/37218/2017:** Legacy of Retired Rugby Players in Rugby Talent Development in Kenya

1.3.3 Supervision of Postgraduate Students

1.3.3.1 Completed Postgraduate Diploma Projects

- **Richard Kipkurui Mutai: H67/14644/2009:** An investigation into the performance status and factors influencing performance in field events in Kenya: The case of Bomet district
- **Jared E. Nambaka: H108/10869/2008:** Factors affecting participation in exercise by the elderly in Eldoret west district
- **Ngigi R. Njeri: H:67/13200/2009:** Assessment of state anxiety levels and its management strategies among Kenyan short distance runners
- **Nyangaga Nixon Onyango: H67/OL/14827/2009:** An investigation into factors influencing performance of the Kenya National Hockey Team Players.
-
- **David Cheruiyot Langat: H67/CE/10996/2008:** An Evaluation on the Management of High- Altitude Training Camps in Kericho County, Kenya.

1.3.3.2 Masters

- **Michael, N. Macaharia: H108/CE/22621/2010:** Awareness and Use of Mental Training Strategies among Kenyan Amateur Boxers
- **Beatrice Atieno Opiyo: H60/CE/14006/09:** Dietary Practices, Physical Activity Level, and Nutritional Status of Type-II Diabetic Adults Attending Nakuru County Referral and Teaching Hospital, Kenya
- **Okoth Elvis Onyango: H108/28958/15:** Comparative Analysis of High-Volume Training and Sports Specific Training on Vo2peak and Lactate Threshold of Elite Collegiate Rugby Players
- **Matilda Mukaro, H108F/29180/2014:** Determinants of Participation in Physical Activity in On-Site Fitness Centers: The Case of Employees at Kenyatta University and Africa Nazarene University, Kenya.
- **Lillian Mugisha H108EA/25700/2011:** Influence of Demographic Factors and Perceived Environmental Factors on participation in physical activity among high

school students in Kampala city Uganda.

- **Abisai Jacob:H108/15531/08:** Continuity of sport talent development in selected sport disciplines in Kenyan universities
- **Francis Njeru Karugu: H108/CE/15681/08:** Assessment of energy intake and energy expenditure of university students in Nairobi County, Kenya
- **Karobia Ann Wanjugu: H60/OL/10026/07:** An assessment of the contribution of leisure and recreation facilities to the revenue of three-star hotels in Nairobi County, Kenya
- **Kinuthia Teresa Wangui: H60/10479/2008:** Hotel industry perspectives on the implementation of the United Nations World Tourism Organization Code on Conduct in Kilifi District, Kenya

1.3.3.4 PhD

- **Ismael Nathaniel Pangani H87/21876/2010:** Assessment of overweight and obesity and their risk factors among primary school children in Tanzania: The case of Dar Es Salaam

1.4 PROFESSIONAL/CONSULTANCY

1.4.1 Networks/Collaborations

- Participated in the International Day of Care and Support (IDCS)- National commemoration at Kenyatta International Conference Centre under the invite of CENetA in October, 2025
- Appointment as a lead research consultant for Care Givers Empowerment network Africa (CENetA)
- Collaborated with Light a Candle in the caregivers' meetings
- Collaborated with KNATCOM, UNESCO and SOK to plan International Day of University Sports in September, 2025
- Collaborated with Murang'a County Fire Services and Disaster Management Unit to develop community Mini Gyms for First Responders under the Innovation Education Catalytic Grant by Kenyatta University/Rice360 Faculty
- Collaborated with Caregivers Empowerment Network-Africa in conducting a survey on Silent Pillars of Care, A Case Study on the Burdens and Needs of Unpaid Family Caregivers for Patients with Non-Communicable Diseases, Older Persons, and Persons with Disabilities in Kenya

1.4.2 Editorial Boards/Referee for professional periodicals

- **November, 2025:** Appointed Reviewer for International Journal of Human Movement
- **August, 2025:** Appointed Reviewer for Horizon Research Publishing Corporation
- **July, 2024:** Appointed Reviewer for Physical Education facilitators handbook

- Reviewer of 2016 Leisure and Recreation Association of South Africa (LARASA) Congress papers.
- Reviewer for BMC Pediatrics Journal Authors: Juan C Aristizabal, Jacqueline Barona, Marcela Hoyos, Marcela Ruiz and Catalina Marin Title: Association between anthropometric indices and cardiometabolic risk factors in pre-school children

1.4.3 Consulting for international/national boards

1.4.3.1 Local

- **20th Dec 2025:** Appointment as an evaluator Kenya Institute of Curriculum Development to evaluate grade 11 Curriculum Support Materials
- **24th April, 2025:** Appointed to the Kirinyaga County Education Board
- **March 2024:** Co-option to the PCC and Appointment Church Training Committee, Canon Hesbon Parish
- **June 2022:** Appointed BOM member for Kianyaga Boys High school
- **March 2022:** Co-option to Church Council – Canon Hesbon Parish
- **March 2022:** Appointed to Training and Seminar Committee, Canon Hesbon Parish
- **January 2021to date:** Appointed a mentor at Global Talent Mentoring
- **June 2022:** Appointed Chairman Board of Management Devki Ruiru Township secondary school
- **March, 2022:** Appointed member of Board of management Kahatia Secondary School
- **February 2019 to March, 2022:** Re-appointed chairman of the Board of Management of Kahatia Secondary School
- February 2019-to date Re-appointed chairman of the Board of Management of Kahatia Secondary School
- **December 2015:** -Re-appointed chairman of the Board of Management of Kahatia Secondary School
- **December, 2012:** Appointed Chairperson, Board of Management, Kahatia Secondary school

1.4.3.2 Regional

- **January, 2025:** Appointed a member of Caregivers Empowerment Network-Africa (CENetA), and Research lead for data collection and analysis for Advocacy.
- **July, 2023:** Appointed External Examiner for the Department of Physical Education and Sport Sciences, University of Dar Es Salaam, Tanzania
- **March 2021:** Appointed External Examiner for Bachelor of Science in Sports Science Program at Malawi University of Science and Technology
- **September, 2015:** Re-appointed External Examiner: Department of Sport Science and Coaching, National University of Science and Technology, Bulawayo Zimbabwe.
- **July, 2015:** Appointed External Examiner: Department of Sport Science and Coaching, National University of Science and Technology, Bulawayo Zimbabwe. (MPhil Examination).
- **October, 2014:** Appointed External Examiner: Department of Sport Science and Coaching, National University of Science and Technology, Bulawayo Zimbabwe
- **June 2014:** Appointed External Examiner: Department of Sport Science and Coaching, National University of Science and Technology, Bulawayo Zimbabwe. (MPhil Examination)

1.4.4 Consulting for organizations/institutions

In Kenyatta University

-October, 2025: Internal Examiner for PHD-104-2025 Titled “Cardiorespiratory Fitness, Physical Activity Profiles and Weight Status of 9-11year Old School Children in Rural and Urban Kenya” **August, 2025:** Internal Examiner for PH.D./084/2025 titled “Effects of 12-Weeks Aerobic Dance on Blood Pressure, Percent Body Fat and HS-CRP in Hypertensive Adults Attending Kyambogo Medical Centre, Uganda”.

August,2024: Internal Examiner for M/T/210/2024 Titled” Effects of an Eight-week Aerobics Programme on the Health- Related Components of Fitness of Kenyan female University Students

September 2023: Internal Examiner for M/TH/191/2023 Title” Influence of Sedentary Lifestyle Work related and Social Demographic Characteristics on Low Back Pain among Bank Employees in Nairobi City County, Kenya

April, 2023: Internal Examiner for MTH039-2023 Titled “Efficacy of an 8-week Soccer Training Programme Muscular and Cardiovascular Fitness: Case of Strathmore School,

Nairobi County, Kenya”

November, 2021: Internal Examiner for PHD-069-2021 Titled” Knowledge, attitudes, beliefs and Practices of Boxers, Wrestlers and Bodybuilders towards USEOF Performance enhancing substances in Kenya”

May 2021: Internal Examiner for MTH-097-2020 Titled “Efficacy of Carbohydrate Sports Drink as an ergogenic Aid in Competitive Male Cyclists in Kiambu County Kenya.,

2018: Internal Examiner for Ndambiri R. Karani Reg. NO H87/31722/15 PhD thesis Titled “ Prevalence of Psychological Traits and Overtraining Amongst Elite Male Field Hockey and Soccer Players in Top National Leagues in Kenya”

2018: Internal Examiner for Wanyoike Peter Kamau Reg. No Q57/CTY/PT/27152/14 MPH Thesis titled” Compliance to Dietary and Physical Activity Lifestyle Recommendations Amongst Type II Diabetic Patients in Thika Level 5 Hospital, Kiambu County”.

2018: Internal Examiner for Luka Boro Waiganjo PhD Thesis titled” Efficacy of Foot Orthotics and Exercise in Alleviating Occupation Related Low Back Pain Among Public Secondary School Teachers in Nairobi City County, Kenya”

2018 Internal Examiner for Stanley Kagunda Kinuthia M.SC Thesis titled Entitled “ Constraints to Exercise Adherence and negotiation Strategies Among Clients at Selected Fitness Centres in Nairobi County, Kenya”

2018: Internal Examiner for Nancy Yvonne Andanje’s Msc Thesis Entitled “Motivation for Competitive Soccer among Players in Public Secondary School in Nairobi and Kakamega’s Counties, Kenya.

2018: Internal Examiner for Victoria N. Njoroge’s Msc Thesis Entitled “Effects of Brand Association on Fan Loyalty among Non-Corporate Premier Football Teams in Kenya”

2017: Internal Examiner for Githang’a Julia Wambui’s PhD Thesis Entitled Effects of Relaxation Exercise and Sleep Environment Modification on Stress, Blood Pressure and Sleep among Institutionalized Elderly in Nairobi County, Kenya.

2016: Internal Examiner for Esther Wambui Kiama Reg. No. E55/20334/12 M.Ed Thesis Titled “Participation in Physical Activity and Its Implications on Health Behavior of Primary Schools’ Pupils in Westlands City County, Nairobi, Kenya.”

2016: Internal Examiner for Beatrice Ngonyo Kamau’s. Msc. Thesis Entitled, “Influence of Service Cape on Customer Satisfaction in Restaurants Within Classified Hotels in Nairobi County, Kenya”

2013: Internal Examiner for Maureen Awuor Okoth Reg. No H60/12702/2009 Master thesis entitled “overweight and obesity in relation to dietary intake and physical activity

among adolescents aged 15-19 yrs attending day secondary schools in Kisumu district”

2013: Internal Examiner for Vincent Nyamari Maranga Reg. No: N85/11281/2006 PhD Thesis titled Effects of security on Hotel Performance Competitiveness: A Comparative Study of 3-5 Star Hotels in Nairobi and Mombasa Counties Kenya

2013: Internal Examiner for Ndambiri Richard Karani Reg. No. H108/CE/14004/2009 Masters thesis “Psychophysical Dimensions of Coaching Female Athletes in Teacher Training Colleges in Central Region of Kenya.

2012: Internal Examiner for Francis Mundia Mwangi Reg. No: H87/13314/2009 PhD Thesis titled “Assessment of Pulmonary Function of Kenya Elite Distance Runners During Rest, Sub-Maximal and Maximal Endurance Exercise”

2011: Internal Examiner for Peter Wisuba Bukhala, Reg. No: H87/10653/2007 PhD Thesis titled “ Impact of peer tutoring programme on the social and physical activity level of youth with and without intellectual disability in Nairobi Kenya”

2011: Internal Examiner for Anarura Eunice Keteshumbwa Reg. No: I84/10302/2006 PhD Thesis titled Trends Towards Gender Equity in Selected Competitive Sports in Uganada

Internal Examiner for Gitahi Theuri PhD Thesis titled “Differences in Cardiovascular Disease, Biochemical risk Markers, Physical Activity and Nutrition between an Urban and Pastoral Sample in Kenya”.

2010: Internal Examiner for Constance Adron Nakayiza Nsibambi Reg. No: I84/10304/2006 PhD Thesis titled “Assessment of Health-Related Fitness Status of 6–9-Year-Old Primary School Pupils in Mukono and Wakiso Districts, Central Uganda”

Internal Examiner for Muchiri Mary Wangechi master’s thesis entitled “The Application of Food and Beverage Service Techniques Taught to Public Technical Institution Graduates in the Five Star Hotel Restaurant in Nairobi”

Other Institutions

- **December 2025:** Appointment as an evaluator Kenya Institute of Curriculum Development to evaluate grade 11 Curriculum Support Materials
- **April, 2025:** Appointed to the Kirinyaga County Education Board
- **March 2025:** Appointed BOM member for Kianyaga Boys High school
- **January, 2025:** Appointed a member of Caregivers Empowerment Network-Africa (CENetA), and Research lead for data collection and analysis for Advocacy.

- **March 2024:** Co-option to the PCC and Appointment Church Training Committee, Canon Hesbon Parish
- **July 2023:** Appointed External Examiner for the Department of Physical Education and Sport Sciences, University of Dar Es Salaam, Tanzania
- **June 2022:** Appointed BOM member for Kianyaga Boys High school
- **March 2022:** Co-option to Church Council – Canon Hesbon Parish
- **March 2022:** Appointed to Training and Seminar Committee, Canon Hesbon Parish
- **June 2022:** Appointed Chairman Board of Management Devki Ruiru Township secondary school
- **March, 2022:** Appointed member of Board of management Kahatia Secondary School
- **March 2021:** Appointed External Examiner for Bachelor of Science in Sports Science Program at Malawi University of Science and Technology
- **October, 2020:** Kenya Academy of Sports Operational Model Development
- **April, 2019:** Planning for Kenya Academy of Sports Conference
- **February 2019 to March, 2022:** Re-appointed chairman of the Board of Management of Kahatia Secondary School
- **December, 2018:** Facilitating the Development of Research Framework for Kenya Academy of Sports
- **May 2017:** Facilitated Stakeholders validation meeting for Kenya Academy of Sports Strategic Plan (2016-2022)
- **November, 2016:** Kenya Academy of sports Curriculum Development
- **September, 2015:** Re-appointed External Examiner: Department of Sport Science and Coaching, National University of Science and Technology, Bulawayo Zimbabwe.
- **July, 2015:** Appointed External Examiner: Department of Sport Science and Coaching, National University of Science and Technology, Bulawayo Zimbabwe. (MPhil Examination).
- **October, 2014:** Appointed External Examiner: Department of Sport Science and Coaching, National University of Science and Technology, Bulawayo Zimbabwe

- **June 2014:** Appointed External Examiner: Department of Sport Science and Coaching, National University of Science and Technology, Bulawayo Zimbabwe. (MPhil Examination)
- 2012: Appointed Chairperson, Board of Management, Kahatia Secondary school
- **December 2015:** -Re-appointed chairman of the Board of Management of Kahatia Secondary School
- **December, 2012:** Appointed Chairperson, Board of Management, Kahatia Secondary school

1.4.5 Membership to Academic/Professional bodies

- Caregivers Empowerment Network- Africa (CENetA)
- Sports Medicine Society of Kenya Membership No: SMSK044

1.4.6 Any other (Editorship/Peer review, external examiner, etc)

- **July, 2023:** Appointed External Examiner for the Department of Physical Education and Sport Sciences, University of Dar Es Salaam, Tanzania
- **March 2021:** Appointed External Examiner for Bachelor of Science in Sports Science Program at Malawi University of Science and Technology
- **September, 2015:** Re-appointed External Examiner: Department of Sport Science and Coaching, National University of Science and Technology, Bulawayo Zimbabwe.
- **July, 2015:** Appointed External Examiner: Department of Sport Science and Coaching, National University of Science and Technology, Bulawayo Zimbabwe. (MPhil Examination).
- **October, 2014:** Appointed External Examiner: Department of Sport Science and Coaching, National University of Science and Technology, Bulawayo Zimbabwe
- **June 2014:** Appointed External Examiner: Department of Sport Science and Coaching, National University of Science and Technology, Bulawayo Zimbabwe. (MPhil Examination)

1.5 Administrative and Responsibilities

1.5.1 Recognized university administrative positions

- **December, 2023 to date:** Appointed as Departmental Research, Innovation and Outreach Coordinator
- **December, 2019:** Appointed as Staff Mentor.

- **June, 2018 to 2023-** Appointed to the reconstituted University Ethics Review Committee.
- **July, 2017 to October, 2019:** Re- Appointed Director, Kenyatta University Community Outreach and Extension Programmes
- **October, 2017:** Appointed as a Member to the Wellness Board.
- **October, 2015 to June 2018:** -Re-appointed into the reconstituted Research Ethics Review Committee.
- **August, 2015 to July, 2017:** Appointed director Kenyatta University Community Outreach and Extension programmes.
- **February 2015:** Re- appointed as a staff mentor
- **July 2013 to July, 2015:** Re-appointed Chairperson, Department of Recreation Management and Exercise Science.
- **June 2014 to Date:** Appointed to the Kenyatta University Wellness Board
- **October 2013:** Appointed Member of the Reconstituted Kenyatta University Ethics Review Board
- **January 2012- July 2013:** Appointed Chairperson, Department of Recreation Management and Exercise Science.
- **December 2011:** Appointed Staff Mentor
- **October, 2011:** Appointed as Acting Chairman Department of Recreation Management and Exercise Science
- **August 2011:** Appointed as Acting Chairman Department of Recreation Management and Exercise Science.
- **October, 2009:** Appointed as Chairman School Board of Postgraduate Studies in the School of Applied Human Sciences
- **1.5.2 Other responsibilities in the University**
 - **February, 2024:** Appointed Co-Chairperson of the Resource Mobilization Subcommittee of the 8th International Council for Health, Physical Education, Recreation Sports and Dance (ICHPER-SD) Africa Regional Conference 2024 held at Kenyatta University, Nairobi Kenya from 11th-13th September, 2024
 - **December, 2023:** Appointed to the Local Organizing Committee of the 8th International Council for Health, Physical Education, Recreation Sports and Dance (ICHPER-SD) Africa Regional Conference 2024 held at Kenyatta University, Nairobi Kenya from 11th-13th September, 2024

- **June 2023 to date:** Appointed a member of the School of Health Sciences Research, Innovation and Product Development Board
- **November, 2022:** Appointed to the Committee to develop a coordinated response to drought and Famine Situation in Kenya by Kenyatta University Community.
- **June 2021 to date:** Appointed Departmental coordinator for Postgraduate Diploma in Physical Education
- **June, 2021 to date:** Appointed member of the Departmental postgraduate committee
- **December, 2019:** Nominated team leader for members to carry out Need assessment Visit in West Pokot
- **December, 2019:** Appointed to the Committee to develop a coordinated response to the West Pokot Land Slide Disaster by the Kenyatta University Community.
- **May, 2018:** Appointed chairman to the Committee to Develop a Coordinated Response to the Solai Dam Disaster by the Kenyatta University Community.
- **January, 2018:** Appointed Chairperson for the 2017-2018 Medical Camps Organizing Committee
- **August, 2017:** Appointed Chairperson to the committee to develop a proposal on Upgrading Trade Skills Training Centre
- **July 2017 to –date,** appointed to the Sports Coaches Academy Management Committee
- **March 2017:** Appointed to the Secretariat Sub-Committee for the World U-18 Athletics Championships Pre-Games Symposium held on 7th-8th July 2017.
- **February, 2017:** Appointed Chairman to the committee to develop a coordinated Response by KU Community to the Drought Situation in Kenya.
- **July, 2015-** Appointed to the Kenyatta University TV (KUTV) news subcommittee.
- **Feb 2015 –** Appointed Committee member to spearhead the KU –Phoenix Assurance Group collaboration on facilities at the REC Center.
- **Jan 2015:** Appointed committee member to explore leasing of equipment for university Recreation Centre.
- **November 2014 to date:** Appointed member of the sports Coaches Academy Management Committee.
- **June 2014 to Date:** Appointed University Representative in Research Group on

Athletics and Social Sciences in East Africa.

- **May 2014:** Appointed Member to the Coaches Academy Launch Committee
- **June 2013:** Appointed Committee Member to Develop Proposal for Sports Coaching Academy
- **August 2009- March 2012:** Appointed Chairman School Board of Postgraduate Studies School of Applied Human Science
- **September 2011:** Appointed Secretary to the committee to organize a Kenyatta University wellness and Health Walk
- **May, 2011:** Appointed Committee member of the 2nd wave of RRI in the thematic area of Thesis processing
- **June 2010:** Appointed Secretary organizing committee for East African University Pre- Games Symposium
- **September 2010:** Appointed Member of Protocol, Awards and Entertainment Committee for East African University Games.
- **September 2009:** Appointed as a member of the Gender of Equality Advocacy Team (GEAT)
- **2008 to 2011:** Appointed the chairman Postgraduate committee for the Department of Physical Education, Recreation Management and Exercise Scie

1.6 Community Engagements and Other Contributions

1.6.1 Research funding

- **September, 2025:** Awarded a symposium grant (**KES, 275,500**) by UNESCO to coordinate activities of celebrating International Day of University Sports (IDUS) held at Kenyatta University Business and Students Services Centre (BSSC) on 20th September, 2025
- **August, 2024:** Awarded Conference Grant (**KES 644,250**) by UNESCO to support hosting of the 8th International Council for Health, Physical Education, Recreation and Dance - Africa (ICHPER.SD-Africa) Regional Congress 2024 from September 11th – 13th, 2024, at the University's main Campus
- **November, 2023:** Submitted a research grant proposal titled “An Evaluation of Antidoping Education Programs in Kenya: Towards an Inclusive and Collective Action for all Sport Stakeholders” to WADA 2024 Social Science Research Grant Call.
- **October, 2023:** Submitted a research grant proposal titled “Functional Exercises

for Job Efficiency and Health of First Responders in Kenya” to the Open Society University Network

- **October, 2023:** Submitted a research grant proposal titled “Effectiveness of Functional Training in Management of Overweight and Obesity: The case of Emergency Response Providers in Muranga County, Kenya” to Fundación MAPFRE.
- **September, 2023:** Submitted a research grant proposal titled “Barriers and Promoters of Walking as a mode of Transport in Informal Settlements in Nairobi and Addis Ababa Cities” to the Volvo Research Educational Foundation.
- **June, 2023:** Awarded the Innovation Education Catalytic Grant (**KES, 200,000**) by Kenyatta University/Rice360 Faculty Grant for a Research Project titled “Effectiveness of Digital Devices in Promoting Physical Fitness of First Responders in Kenya: The case of Murang'a County Fire and Disaster Management unit”
- **March 2023:** Submitted a research grant proposal titled “Effectiveness of Physical Activity and Healthy Diet Implementation Strategies in Prevention of Non-communicable Diseases among Employees in Universities and the Banking Sector in Nairobi, Kenya to the NIH-NCD call.
- **January, 2021** Submitted a research grant proposal titled “Towards Addressing Physical Inactivity During Pandemic Induced Restrictions in Urban Settings: Lessons from Covid-19 Pandemic Experience” to the International Olympic committee 2021/2022 Advanced research Grant
- **February, 2020** submitted a grant proposal titled From Knowledge to Action: A Community- Based Lifestyle Intervention for Prevention and Management of Obesity and its Associated Non-Communicable Diseases in Urban Settings to the Kenyatta University Vice-Chancellors research grant
- **January 2017:** Submitted a proposal on Parents cardiovascular disease risk factors as predictors of children’s subsequent CVDs to Africa NCD open La
- **November 2016:** Submitted a proposal on adopting a community participatory approach in prevention and management of non-communicable diseases (NCDs) in Kenya using evidence-based research and innovative technologies- to the Kenya National Research Fund- NRF
- **May 2016:** Submitted a research grant proposal titled Partnership to Develop a Model Anti- doping Programme for Athletes in Kenya. A socio-Educational Approach (PADMAP-K) to the International Olympic Committee Anti-doping Research Grant
- **January 2016:** submitted a grant proposal to European and Developing Countries Clinical Trials Partnerships (EDCTP) on Ethics and Regulatory Capacities for

NACOSTI and PPB.

- **September 2015:** submitted a grant proposal to Toyota Foundation on Non-communicable Diseases
- **May 2015:** submitted a grant proposal to Fogarty Foundation on International Research Ethics Education and Curriculum.
- **July 2013: Won \$ 26,000** Research Grant from Kenya National Commission for UNESCO
- **2009:** Sports without Borders Social Sciences and Humanities Research Council of Canada (SSHRC) 25,000 Canadian dollars
- **2005-2008: Won\$10,000** Scholarship from DAAD

1.6.2 Community outreach

- Facilitated Caregivers Day activities and presented on Fueling the caregiver- Practical Nutrition and movement options for everyday well-being at Care, 360, Lavington in June 2025
- Kirinyaga County Education Board-April, 2025
- Kianyaga High Board of Management-March 2025
- Co-opted into the PCC and appointment into Training Committee-March, 2024.
- Developed and implemented a structured Physical Fitness Training Programme for first responders in Murang'a county in 2023.... This Programme is ongoing
- Appointed Volunteer for FARAJA cancer support Trust-February, 2023
- Appointed Board of Management for Kahatia Secondary School, Murang'a County-May, 2022
- Co-opted to the PCC For ACK Canon Hesbon Memorial church-March, 2022
- Appointed to Training and Seminars Committee of ACK Canon Hesbon Memorial church-March, 2022
- Organized and participated in the development of a coordinated response to drought and Famine Situation in Samburu County, Kenya by Kenyatta University Community in November, 2022.
- Participated in Health month Activities of ACK Canon Hesbon Mwangi Memorial Church in August, 2022.
- Organized and participated in the development of a coordinated response to the West Pokot Land Slide Disaster by the Kenyatta University Community in

December, 2019.

- Lead a team to conduct a needs assessment in West Pokot-December, 2019
- Facilitated a free medical camp and medical screening in collaboration with The Future Generation at Kasani Mwiki-July, 2019
- Participated in a clean up activity at Kamukunji, Bibera Slums conducted by UNESCO in partnership with Shining Hope for Communities (SHOFCO) in March, 2019
- Participated in a Free Medical camp and Cancer Screening held at Githurai 45, CORDIS Maria Medical Centre in collaboration with the Future Generations-February, 2019
- Organized and participated in the Solai (Nakuru County) community medical camp on 12th October, 2018.
- Organized and coordinated the fund drive towards the Solai (Nakuru County) dam tragedy response by Kenyatta University between May and October 2018.
- Organized and participated in the ACK canon Hesbon (Kiambu County) screening Medical camp on 26th August, 2018.
- Presented on the functions of a school Board of Management to BOM members of Kahatia Secondary at Lakeside Tourist Lodge, Naivasha on 17th August, 2018
- Presented on Good Nutrition for Health and wellbeing to Members of ACK Canon Hesbon on 5th August, 2018.
- Organized and participated in the Isinya (Kajiando County) Medical camp on 23rd June 2018.
- Organized and participated in the Ruiru (Kiambu County) Medical camp on 17th March, 2018.
- Organized and participated in the Garissa Drought Response initiative on 14th February to 4th May 2017.
- Organized and participated in the Visit to the Arks Childrens home inThika on 20th September, 2016.
- Organized and participated in palliative care training for Kenyatta University staff members by Nairobi Hospice on 8th to 12th August 2016.
- Organized and participated in the Nairobi Hospice annual Charity walk on 24th

September 2016.

- Organized and participated in Maragua, Murang'a county medical camp on 17th October 2015.
- Participated in Mental Health Day organized by UNESCO at Mathari National Hospital- October, 2015
- Member of BOM , Kahatia Secondary Murang'a County
- Made a presentation on "Overweight and Obesity: Risk Factors to Non Communicable Diseases" at St. Lucia Membley, Ruiru on 8th March 2015
- Made a presentation on "Making an informed Career Choice" presented on 26th September 2014: at Kahatia Secondary school, Murang'a county.
- Made a presentation on "Making an informed career Choice" on 5th June 2014 at Search Comprehensive School.
- From 2013 to date: Associate member of Mothers Union in Nairobi Diocese
- September 2014 to date: Appointed as Youth Patron for St. Mathews Parish Membley
- 2013 to date: Treasurer mothers Union A.C.K. St. Mathews church Membley
- 2012- to Date: Chairperson, Board of Management, Kahatia Secondary school
- June 2011: Elected Chairperson, young Women in Governance pilot project

1.6.3 Professional Affiliation & portfolios

- Appointment as a lead research consultant for Care Givers Empowerment network Africa (CENetA)
- Sports Medicine Society of Kenya Membership No: SMSK044
- UNITWIN/ UNESCO Chair Programme

1.6.4 Recognitions awards and Honours

- - Awarded UNESCO Chair in inclusive and sustainable physical Education and Sports for Community Development by UNITWIN/ UNESCO Chair Programme in November, 2025
- Awarded an in Country Scholarship by DAAD for further studies and training in Kenya- November 2005

1.7 REFEREE

Prof. Jane Wangari Mwai

Vice Chancellor

The Presbyterian University of East Africa

P.O. Box, 387-00902,

Kikuyu, Kenya

Prof. Mwangi Peter Wanderi (PhD.),

Director, Quality Assurance, Linkages and Partnerships,

MOUNT KENYA UNIVERSITY,

Main Campus,

General Kago Road, Thika Town

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Dr. Juliah Githang'a

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Kenyatta University

P.O Box, 43844-00100, Nairobi, Kenya

Email: chairman-pees@ku.ac.ke or githanga.juliah@ku.ac.ke