

DR. LUCY-JOY MUTHONI WACHIRA (PHD)

Personal Profile

Name: Dr. Lucy-Joy Muthoni Wachira

Title/Qualification: PhD

Department: Physical Education, Exercise and Sport Science,
School of Health Sciences

Designation/Position: Senior Lecturer

Email: wachira.lucy@ku.ac.ke, wmlucyjoy@gmail.com,
lucyjoy.wachira@fulbrightmail.org

Contact Address: Kenyatta University
Main Campus, off Thika Highway, Education Building, Office
Room 426.
P.O Box 43844 – 00100, Nairobi, Kenya.

Area of Specialization:

- Physical activity and health

Research Interests:

- Physical activity Promotion and Surveillance
- Lifelong Physical Activity & Sports
- Sedentary Behaviour
- Pediatric Obesity
- Sports for Development

Google Scholar:

<https://scholar.google.com/citations?hl=en&authuser=1&user=axxsrIAAAAAJ>

Web of science: <https://www.webofscience.com/wos/author/record/HPH-7861-2023>

Scopus ID: 56106283400

ORCID ID: <https://orcid.org/0000-0003-2805-5997>



Academic & Professional Qualifications

PhD (Physical and Health Education)

August 2010 to July 2014, Kenyatta University

Department of Physical and Health Education

Title of thesis: *Physical Activity, Screen-Based Sedentary Behaviour, Dietary Habits and Adiposity of 9 to 11 Year Old School Children in Nairobi County, Kenya*

Master of Science Degree (Physical and Health Education) September 2005 to December 2008,
Kenyatta University Department of Exercise, Recreation and Sports Science

Title of thesis: *Use of Exercise Therapy in the Management of Diabetes Mellitus by Adult Diabetics at Kenyatta National Hospital, Nairobi, Kenya*

Bachelor of Education (Arts) Degree (Physical Education Double)

September 2001 – October 2005

Second Class Honours (Upper Division), Kenyatta University

Employment History

17th September 2025 to date

Senior Lecturer, Kenyatta University, Nairobi

Departments: Physical Education, Exercise and Sport Science, School of Health Sciences

- Coordinator Postgraduate Studies, Board member; Curriculum review and Development, Research and collaboration; Quality Management System

15th August 2022 to 15th May 2023

Visiting Scholar, Fulbright Fellowship, Scholar-In-Residence position Department of Kinesiology, College of Public Health,

Temple University, Philadelphia, Pennsylvania USA

September 2014 to August 2025

Lecturer, Kenyatta University, Nairobi

Departments: Physical Education, Exercise and Sport Science School of Public Health and Applied Human Sciences

April 2010 to September 2014

Tutorial Fellow, Kenyatta University, Nairobi Departments: Physical and Health Education School of Applied Human Sciences

January 2009 to July 2010

Part-time Lecturer, Daystar University, Nairobi Department of Science: Health and Physical Fitness Faculty of Science and Technology

September 2009 to April 2010

Part-time Lecturer, Mt Kenya University, (main campus)

Faculty of Education: Teacher Training Diploma course

Awards and Recognition

- Kenyatta University **Vice-Chancellor's Award 2024**. Top 5 Kenyatta University Mid-Career Researchers Publishing in Scopus Indexed Journals.
- Fulbright Fellowship award, **Scholar-In-Residence** position at Temple University, Philadelphia, USA for 2022-2023 academic year.

Funded Research Projects

-Laureus SESLA Project 2025

Project Title: Sport for Education and Sustainable Livelihoods in Africa (SESLA) sport for-development programme, Period: 2025 – 2026. Project Role: **Co-Investigator**. Granting Body: **Laureus**, the French Development Agency (AFD), and **IOC Olympism365**

-WADA 2022 Social Science Research Grant

Project Title: *The understudied nexus between national sports policy and clean sports behaviour: Dimensions, priorities, policy challenges and impacts*. Period: 2022 – 2024. Project Role: **Principle Investigator**. Granting Body: **World Anti-Doping Agency (WADA)**

-Kenya LINX Project

Project Title: *Kenya healthy diet and active Lifestyle Infrastructure for the NeXt generation (Kenya-LINX)*. Joint collaborative research project by Swansea University, UK and Kenyatta University, Kenya. Period: November 2019 – November 2021. Role: **Co-Investigator**. Granting Body: **British Academy**

-Kenya Finland Project

Project Title: *Building higher education and research capacity to address the physical activity and nutrition transition in Kenya: the Kenya-Finland Education and Research Alliance (KENFIN-EDURA)* Period: 2017-2020. Role: **Co-Investigator**, Granting Body: **Ministry for Foreign Affairs of Finland** (HEI ICI project fund HEL7M0453-82)

-Kenyatta University Vice-chancellors Research grant.

Project Title: *Outdoor Adventure Practice in the Afro-Alpine Mountain Areas in East Africa: Training, Certification, Competence and Standards in Injury Occurrence and Pre-Hospital Emergency Risk Management (PHERM)* Period: 2016 – 2019. Role: **Principle Investigator**, Granting Body: **Kenyatta University Vice-chancellors Research grant**

Publications

Books and Books Chapters

Editorship of Books

Wachira, L.-J. (Ed.). (2023). Sport and Fitness in Children and Adolescents - A Multidimensional View. doi: 10.5772/intechopen.98108 <https://www.intechopen.com/books/sport-and-fitness-in-children-and-adolescents-a-multidimensional-view>

Books Chapters

1 - Theuri, G., & **Wachira, L.-J.** (2023). [Vitamin D3 Deficiency: The Missing Component in the Physical Activity and Lifelong Health of Children and Adolescents in Sub-Sahara Africa?](https://www.intechopen.com/books/sport-and-fitness-in-children-and-adolescents-a-multidimensional-view/vitamin-d3-deficiency-the-missing-component-in-the-physical-activity-and-lifelong-health-of-children) Sport and Fitness in Children and Adolescents - A Multidimensional View. doi: 10.5772/intechopen.105470 <https://www.intechopen.com/books/sport-and-fitness-in-children-and-adolescents-a-multidimensional-view/vitamin-d3-deficiency-the-missing-component-in-the-physical-activity-and-lifelong-health-of-children>

2 - **Lucy-Joy Wachira** (2021). [Lifestyle Transition towards Sedentary Behavior among Children and Youth in Sub-Saharan Africa: A Narrative Review](https://mts.intechopen.com/books/sedentary-behaviour-a-contemporary-view/lifestyle-transition-towards-sedentary-behavior-among-children-and-youth-in-sub-saharan-africa-a-nar) [Online First], IntechOpen, DOI: 10.5772/intechopen.95840. Available from: <https://mts.intechopen.com/books/sedentary-behaviour-a-contemporary-view/lifestyle-transition-towards-sedentary-behavior-among-children-and-youth-in-sub-saharan-africa-a-nar>. Full Book accessible at <https://mts.intechopen.com/books/sedentary-behaviour-a-contemporary-view> Published: October 13th 2021, DOI: 10.5772/intechopen.91074, ISBN: 978-1-83968-576-7.

Books Publications

1 - E. Onyango, L.B Waiganjo, V. Okoth, **L.J. Wachira**, Y. Goodwin, V. Onywera (2023). **Book Title:** *Physical and Health Education Fundamental Movement Skills (for Pre-primary to Grade 3 Instructors): A teacher's guide and collection of activities for teaching fundamental movement skills.* Moran (E.A) Publishers Ltd. ISBN: 978 9966634276.

2 - Francis M. Mwangi, Nkatha Muthomi **Lucy-Joy Wachira** (2017). *Ability in Disability*. Nairobi. Queenex Publishers Ltd. ISBN: 978-9966-075-66-6.

3 - **Lucy-Joy Wachira**, Francis M. Mwangi, and Nkatha Muthomi (2016) *The Trash Ball*. Nairobi. Queenex Publishers Ltd. ISBN: 978-9966-075-16-1.

4 - Helen N. Muthomi, **Lucy-Joy Wachira**, and Francis M. Mwangi, (2015). *David Gets Fit*. Nairobi. Queenex Publishers Ltd. ISBN: 978-9966-075-13-0.

Monograph

-Lucy Joy Wachira (2010). *Use of Exercise Therapy in the Management of Diabetes Mellitus: A Baseline Clinical Survey on Exercise and Diabetes Mellitus among Adult Diabetic Patients at Kenyatta National Hospital, Nairobi, Kenya.* VDM Verlag Dr. Muller Berlin, Germany. ISBN: 978-3-639-30764-1

Referred Journal publications

1. Lee, E.-Y., Kim, Y.-B., Cheng, J., Carbone, M., Abu-Omar, K., Bisung, E., Ding, D., Hallal, P. C., Jeon, J. Y., Kangmennaang, J., Klopp, J. M., Lârn, S., de Lannoy, L., Manyanga, T., Morrison, S. A., Silva, D. A. S., Spence, J. C., **Wachira, L.-J.**, Yi, K. J., Tremblay, M. S. (2026). [PLAY+ \(Play, Land, Animals, You and +\) Framework: The role of active outdoor play in advancing One Health. Sustainable Horizons](https://doi.org/10.1016/j.horiz.2025.100172). Jun 1;18: pp.100172. <https://doi.org/10.1016/j.horiz.2025.100172>
2. Maeghan E. James, Louise de Lannoy, Olivia Lopes, Avril Johnstone, Eun-Young Lee, Peter Bakalár, Javier Brazo-Sayavera, Taru Manyanga, Leigh M. Vanderloo, Erin Wentzell, Lisa M. Barnett, Peter Bentsen, Valerie Carson, Scott Duncan, Ryan Fahey, Shawnda A. Morrison, Lærke Mygind, Alessandra Prioreschi, Suryeon Ryu, Lindsey Sikora, Patricia Tucker, **Lucy-Joy Wachira**, Mark S. Tremblay, (2025). [A systematic review and meta-analyses of the relationships between active outdoor play and 24-hour movement behaviors](https://doi.org/10.1016/j.jshs.2025.101115). *Journal of Sport and Health Science*, p.101115. <https://doi.org/10.1016/j.jshs.2025.101115>
3. de Lannoy, L., James, M. E., Badruddin, Z., Thankarajah, A., Bakalár, P., Barnett, L. M., Bentsen, P., Brazo-Sayavera, J., Carson, V., Down, M., Duncan, S., Fahey, R., Harper, N. J., Johnstone, A., Lang, J. J., Larouche, R., Lee, E.-Y., Lopes, O., Manyanga, T., McCurdy, A. P., McGarty, A. M., Mygind, L., Prince, S. A., Prioreschi, A., Ryu, S., Sikora, L., Tucker, P., Vanderloo, L. M., **Wachira, L.-J.**, and Tremblay, M. S. (2025). [Association between active outdoor play and health among children, adolescents, and adults: an umbrella review](https://doi.org/10.1123/jpah.2025-0391). *Journal of Physical Activity and Health*, 1(aop), pp.1-16. <https://doi.org/10.1123/jpah.2025-0391>
4. Darko, R. A., Mwangi, J., & **Wachira, L. J.** (2025). [Unpacking Student-Teachers Concerns For Inclusive Practical Physical Education Teaching In Ghana: Perspective From The University Preparation Programme](http://dx.doi.org/10.46827/ejes.v12i11.6299). *European Journal of Education Studies*, 12(11). <http://dx.doi.org/10.46827/ejes.v12i11.6299>
5. Kinuthia SK, Stratton G, **Wachira LJ**, Okoth VO, Owino GE, Ochola S, et al. (2025) [Average acceleration and intensity gradient of 9–11-year-old rural and urban Kenyan school-going children and associations with cardiorespiratory fitness and BMI: The Kenya-LINX project](https://doi.org/10.1371/journal.pone.0329173). *PLoS One* 20(8): e0329173. <https://doi.org/10.1371/journal.pone.0329173>
6. Eun-Young Lee, Seiyeong Park, Yeong-Bae Kim, Henry Liu, Priya Mistry, Kevin Nguyen, Yeonjae Oh, Maeghan E James, Steven Lârn, Louise de Lannoy, Richard Larouche, Taru Manyanga, Shawnda A Morrison, Stephanie A Prince, Amanda Ross-White, Leigh M Vanderloo, **Lucy-Joy Wachira**, Mark S Tremblay (2025). [Ambient environmental conditions and active outdoor play in the context of climate change: A systematic review and meta-synthesis](https://doi.org/10.1016/j.envres.2025.122146). *Environmental Research*, p.122146. <https://doi.org/10.1016/j.envres.2025.122146>
7. **Wachira, L.J.**, Swindell, N., Kanerva, N., Munuhe, M., Vuorimaa, T., Laiho, T., Ochola, S., Erkkola, M., Owino, G., Stratton, G., Fogelholm, M. and Onywera V, (2025). [Objectively measured 24-h movement behaviours of child-guardian pairs in low-to-middle income households in Nairobi City County, Kenya](https://doi.org/10.1016/j.smhs.2025.01.008). *Sports Medicine and Health Science*, 7(4), pp.263-271. <https://doi.org/10.1016/j.smhs.2025.01.008>
8. Kinuthia, S.K., Stratton, G., **Wachira, L.J.**, Okoth, V., Owino, G.E., Ochola, S., Richards, A.B., Kiplamai, F., Onywera, V. and Swindell, N., (2025). [Differences Between Health-and Skill-Related Physical Fitness Profiles of Kenyan Children from Urban and Rural Areas: The Kenya-LINX Project](https://doi.org/10.3390/ijerph22040542). *International Journal of Environmental Research and Public Health*, 22(4), p.542. <https://doi.org/10.3390/ijerph22040542>
9. Nahwera, L., Boit, E. K., Nsibambi, C. A., Maghanga, M., & **Wachira, L. J.** (2025). [Effects of aerobic dance on systolic blood pressure in stage one hypertensive adults in Uganda](https://bmjopensem.bmj.com/content/11/2/e002325). *BMJ Open Sport & Exercise Medicine*, 11(2). <https://bmjopensem.bmj.com/content/11/2/e002325>
10. Odero, V. A., Goodwin, Y., & **Wachira, L. J.** (2025). [Effect of an Eight-Week Walking Program on](#)

11. Francisco B. Ortega, Kai Zhang, Cristina Cadenas-Sanchez, Mark S. Tremblay, Gregor Jurak, Grant R. Tomkinson, Jonatan R. Ruiz, Katja Keller, Christine Delisle Nyström, Jennifer M. Sacheck, Russell Pate, Kathryn L. Weston, Tetsuhiro Kidokoro, Eric T. Poon, **Lucy-Joy M. Wachira**, Ronald Ssenyonga, Thayse Natacha Gomes, Carlos Cristi-Montero, Brooklyn J. Fraser, Claudia Niessner, Vincent O. Onywera, Yang Liu, Li-Lin Liang, Stephanie A. Prince, David R. Lubans, Justin J. Lang (2025). The Youth Fitness International Test (YFIT) battery for monitoring and surveillance among children and adolescents: A modified Delphi consensus project with 169 experts from 50 countries and territories, *J Sport Health Sci* 2024; xxx:101012 <https://doi.org/10.1016/j.jshs.2024.101012>
12. Nahwera, L., Kiptolo, E. B., Nsibambi, C. A., Maghanga, M., & **Wachira, L. J.** (2024). Effects of an aerobic dance programme on percent body fat in stage one hypertensive adults aged 30-59. *Advances in Health and Exercise*, 4(2), 147-153. <https://www.turkishkinesiology.com/index.php/ahe/article/view/133>
13. Nahwera, L., Boit, E. K., Nsibambi, C. A. N., Maghanga, M., & **Wachira, L. J.** (2024). Effects of a 12-week aerobic dance programme on diastolic blood pressure in stage one hypertensive adults. *Turkish Journal of Kinesiology*, 10(4), 232-240. <https://doi.org/10.31459/turkjin.1520577>
14. Thuany, M., Gomes, T.N., Kipchumba, K., **Wachira, L.J.**, Malchrowicz-Moško, E., Rozmiarek, M., Knechtle, B., Rolim, R. and dos Santos, M.A.M., (2024). Is there an association between countries' culture and runners' performance?. *Sport Sciences for Health*, pp.1-10. <https://doi.org/10.1007/s11332-024-01177-w>
15. Kiplagat SJ, Steyl T, **Wachira L-J**, Phillips J. (2023). Knowledge of non-communicable diseases among adolescents in Uasin Gishu County, Kenya. *Afri Health Sci*. 2023;23(2):589-96. doi.org/10.4314/ahs.v23i2.68, <https://www.ajol.info/index.php/ahs/article/view/250768>
16. Oyeyemi AL, Mabry R, **Wachira L-J**, Gomes A and De Siqueira G (2023) Editorial: Addressing the impact of urbanization on health and well-being in African and Asian cities. *Front. Public Health* 11:1193519. doi: 10.3389/fpubh.2023.1193519 <https://doi.org/10.3389/fpubh.2023.1193519>
17. Kiplagat, S.J., Steyl, T., **Wachira, L.J.** and Phillips, J., (2023). Prevalence of risk factors of non-communicable diseases among adolescents in Uasin Gishu County, Kenya. *East African Medical Journal*, 100(10), pp.6367-6376. <https://www.ajol.info/index.php/eamj/article/view/261188>
18. Kanerva, N., **Wachira, L.J.**, Uusi-Ranta, N., Anono, E.L., Walsh, H.M., Erkkola, M., Ochola, S., Swindell, N., Salmela, J., Vepsäläinen, H. Stratton, G., Onywera V, and Fogelholm M (2023). Wealth and Sedentary Time Are Associated With Dietary Patterns Among Preadolescents in Nairobi City, Kenya. *Journal of Nutrition Education and Behavior*, 55(5), 322-330. <https://doi.org/10.1016/j.jneb.2023.02.001>
19. Ochola S, Kanerva N, **Wachira LJ**, Owino GE, Anono EL, Walsh HM, Okoth V, Erkkola M, Swindell N, Stratton G, Onywera V, Fogelholm M, (2023). Wealth and obesity in pre-adolescents and their guardians: A first step in explaining non-communicable disease-related behaviour in two areas of Nairobi City County. *PLOS Glob Public Health* 3(2): e0000331. <https://doi.org/10.1371/journal.pgph.0000331>
20. Nkatha Muthomi, **Lucy-Joy Wachira** & Shikuku Willy Ooko (2023). Occurrence of fatalities in mountaineering: The case of Mt. Kenya, *Cogent Social Sciences*, 9:1, DOI: 10.1080/23311886.2023.2220534. <https://doi.org/10.1080/23311886.2023.2220534>
21. Swindell, N., **Wachira, L.J.**, Okoth, V., Kagunda, S., Owino, G., Ochola, S., Brophy, S., Summers, H., Richards, A., Fairclough, S.J., Onywera, V., & Stratton, G. (2022). Prevalence and correlates of compliance with 24-h movement guidelines among children from urban and rural Kenya—The

[Kenya-LINX project](#). *PLoS ONE* 17(12): e0279751. <https://doi.org/10.1371/journal.pone.0279751>

22. Regina Akuffo Darko, Jane Mwangi, **Lucy-Joy Wachira** (2022). [Intention of Including Learners with Disabilities in Practical Physical Education Lessons by University Teacher Trainees in Ghana, Education](#), Vol. 12 No. 1, 2022, pp. 7-15. doi: 10.5923/j.edu.20221201.02.
23. **Wachira, L. J.**, Arena, R., Sallis, J. F., Lambert, E. V., Ong'wen, O. M., Laddu, D. R., Onywera, V., Oyeyemi, A. L., & HL-PIVOT Network (2022). [Why are COVID-19 effects less severe in Sub-Saharan Africa? Moving more and sitting less may be a primary reason](#). *Progress in cardiovascular diseases*, S0033-0620(22)00041-X. Advance online publication. <https://doi.org/10.1016/j.pcad.2022.04.012>
24. Travis J. Saunders, Scott Rollo, Nicholas Kuzik, Iryna Demchenko, Stacey Bélanger, Kara Brisson-Boivin, Valerie Carson, Bruno G. G. da Costa, Melanie Davis, Susan Hornby, Wendy Yajun Huang, Barbi Law, Michelle Ponti, Chris Markham, Jo Salmon, Jennifer R. Tomasone, Antonius J. Van Rooij, **Lucy-Joy Wachira**, Katrien Wijndaele & Mark S. Tremblay (2022). [International school-related sedentary behaviour recommendations for children and youth](#). *Int J Behav Nutr Phys Act* **19**, 39. <https://doi.org/10.1186/s12966-022-01259-3>
25. Nicholas Kuzik, Bruno G. G. da Costa, Yeongho Hwang, Simone J. J. M. Verswijveren, Scott Rollo, Mark S. Tremblay, Stacey Bélanger, Valerie Carson, Melanie Davis, Susan Hornby, Wendy Yajun Huang, Barbi Law, Jo Salmon, Jennifer R. Tomasone, **Lucy-Joy Wachira**, Katrien Wijndaele & Travis J. Saunders (2022). [School-related sedentary behaviours and indicators of health and well-being among children and youth: a systematic review](#). *Int J Behav Nutr Phys Act* **19**, 40. <https://doi.org/10.1186/s12966-022-01258-4>
26. Muthomi, N., **Wachira, L. J.**, & Ooko, W. S. (2022). [Training and certification in first responder care among mountaineering practitioners in east Africa](#). *African Journal of Emergency Medicine*, 12(2), 129-134. <https://authors.elsevier.com/sd/article/S2211419X22000088>
27. **Wachira, L.-J.**, Muthomi, N., & Ooko, S. (2022). [Standards of Practice, Risk Assessment, and Safety Concerns in Outdoor Adventure Programmes in the Afro-Alpine Mountains of East Africa](#). *African Journal of Emerging Issues*, 4(3), 98 - 118. <https://ajoeijournals.org/sys/index.php/ajoei/article/view/271>
28. Darko, R. A., Mwangi, J., & **Wachira, L. J.** (2022). [Student teachers' pedagogical knowledge on the inclusion of students with disabilities in practical physical education lessons in Ghana](#). *International Journal of Whole Schooling*, 18(1), 51-73. http://www.wholeschooling.net/Journal_of_Whole_Schooling/articles/18-1%20Darko%20Mwangi%20&%20Wachira.pdf
29. **Wachira L-J**, Hayker SO, Larouche R, Oyeyemi AL, Prista A, Owino GE, et al. (2022) [Physical activity and active transportation behaviour among rural, peri-urban and urban children in Kenya, Mozambique and Nigeria: The PAAT Study](#). *PLoS ONE* 17(1): e0262768. <https://doi.org/10.1371/journal.pone.0262768>
30. Nakabazzi B, **Wachira L-JM**, Oyeyemi AL, Ssenyonga R, Onywera VO (2021). [Parental- perceived home and neighborhood environmental correlates of accelerometer-measured physical activity among school-going children in Uganda](#). *PLOS Glob Public Health* 1(12): e0000089. <https://doi.org/10.1371/journal.pgph.0000089>
31. Regina Akuffo Darko, Jane Mwangi & **Lucy Joy Wachira** (2021). [Inclusive Physical Education during the University Preparation Programme in Ghana: Bridging the Gap between Theory and Practice](#). *African Journal of Teacher Education*. Vol 10. Iss.1: 21-37 DOI: <https://doi.org/10.21083/ajote.v10i1.6455>
32. **Wachira, Lucy Joy**; Muthomi, Helen Nkatha; and Ooko, Willy Shikuku (2021). [Outdoor Adventure](#)

Practice in Kenya: Injuries, Illnesses, Non-Medical Concerns, and Evacuation Profiles on Mt. Kenya. *Journal of Human Performance in Extreme Environments*: Vol. 16: Iss. 1, Article 3. DOI: 10.7771/2327-2937.1137 <https://docs.lib.purdue.edu/jhpee/vol16/iss1/3>

33. **Lucy-Joy Wachira**, Stella Muthuri, Sophie Ochola, Vincent Onywera & Mark Tremblay (2021). Association between dietary behaviours and weight status of school children: results from the International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE) -Kenya. *Child and Adolescent Obesity*, 4:1, 1-22, <https://doi.org/10.1080/2574254X.2020.1842014>
34. Muthomi, N., **Wachira, L. J.**, & Ooko, W. S. (2021). Knowledge in pre-hospital emergency and risk management among outdoor adventure practitioners in East Africa afro-alpine mountains. *African Journal of Emergency Medicine*, 11(1), 87-92. <https://doi.org/10.1016/j.afjem.2020.08.006>
35. Nahwera, L., Nsibambi, C., Wachira, L. J., & Kiptolo, E. B. (2021). Research Application Summary: Overweight and obesity among health clubs attendants in Kampala City, Uganda. *RUFORUM Working Document Series* (ISSN 1607-9345), 2021, No. 19 (1):632-638. Available from <http://repository.ruforum.org>
36. Kamau, J. W., Mwangi, P. W., & **Wachira, L. J.** (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 SCETRESS Digital Library. <https://www.scitepress.org/PublicationsDetail.aspx?ID=sHvdnRtUcZg=&t=1>
37. Nakabazzi B., **Wachira L-J. M.**, Oyeyemi A. L., Ssenyonga R., Onywera V. O., (2020) Prevalence and socio-demographic correlates of accelerometer measured physical activity levels of school-going children in Kampala city, Uganda. *PLoS ONE* 15(7):e0235211. <https://doi.org/10.1371/journal.pone.0235211>
38. Xiao, Qian, Jean-Philippe Chaput, Timothy Olds, Mikael Fogelholm, Gang Hu, Estelle V. Lambert, Carol Maher et al. (2020). "Sleep characteristics and health-related quality of life in 9-to 11-year-old children from 12 countries." *Sleep Health* 6, no. 1 (2020): 4-14. <https://doi.org/10.1016/j.sleh.2019.09.00>
39. Stella N. Wayong'o, Francis M. Mwangi, **Lucy-Joy M. Wachira** and 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 (Pedagogical-Psychological and Medico-Biological Problems of Physical Culture and Sports)*, Volume 14 No.1. ISSN 2070 -4798. DOI 10.14526/2070-4798-2019-14-1-102-112 <https://cyberleninka.ru/article/n/emergency-plans-and-safety-regulations-during-physical-education-lessons-in-private-primary-schools-in-kenya/viewer>
40. **Wachira L-JM**, Muthuri S. K, Ochola S. A, Onywera V. O, Tremblay MS (2018). Screen-based sedentary behaviour and adiposity among school children: Results from International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE) - Kenya. *PLOS ONE* 13(6):e0199790. <https://doi.org/10.1371/journal.pone.0199790>
41. Ogana, S. O., Osero, J. O., & **Wachira, L. J.** (2017). Musculoskeletal pain and backpack usage among school children in Nairobi County, Kenya. *East African Medical Journal*, 94(6), 413-419. <https://www.ajol.info/index.php/eamj/article/view/163443>
42. Muthuri, S. K., **Wachira, L. J. M.**, Onywera, V. O., & Tremblay, M. S. (2016). Associations between Parental Perceptions of the Neighbourhood Environment and Childhood Physical Activity: Results from ISCOLE-Kenya. *Journal of Physical Activity and Health*, 2016, 13, 333 -343 <http://dx.doi.org/10.1123/jpah.2014-0595> Human Kinetics, Inc.

43. Onywera, V. O., Muthuri, S. K., Hayker, S., **Wachira, L. J. M.**, Kyallo, F., Mang'eni, R. O., Bukhala, P., Mireri C. (2016) [Results From Kenya's 2016 Report Card on Physical Activity for Children and Youth](https://dx.doi.org/10.1123/jpah.2016-0359). *Journal of Physical Activity and Health*, 2016, 13 (Suppl 2), S195 -S200 <https://dx.doi.org/10.1123/jpah.2016-0359> Human Kinetics, Inc.
44. Muthuri, S. K., **Wachira, L. J.**, Onywera, V. O., & Tremblay, M. S. (2015). [Direct and self-reported measures of physical activity and sedentary behaviours by weight status in school-aged children](https://doi.org/10.3109/03014460.2014.932847): results from ISCOLE-Kenya. *Annals of human biology*, 42(3): 237–245. <https://doi.org/10.3109/03014460.2014.932847>
45. **Wachira, L. J. M.**, Muthuri, S. K., Tremblay, M. S., & Onywera, V. O. (2014). [Results from Kenya's 2014 Report Card on the Physical Activity and Body Weights of Children and Youth](https://journals.humankinetics.com/view/journals/jpah/11/s1/article-pS69.xml). *Journal of Physical Activity and Health*, 11(suppl 1), S69-S73. <https://journals.humankinetics.com/view/journals/jpah/11/s1/article-pS69.xml>
46. Muthuri, S. K., **Wachira, L. J. M.**, Onywera, V. O., & Tremblay, M. S. (2014). [Correlates of objectively measured overweight/obesity and physical activity in Kenyan school children](http://www.biomedcentral.com/1471-2458/14/436): results from ISCOLE-Kenya. *BMC Public Health*, 14(1), 436. <http://www.biomedcentral.com/1471-2458/14/436>
47. Muthuri, S. K., Francis, C. E., **Wachira, L. J. M.**, LeBlanc, A. G., Sampson, M., Onywera, V. O., & Tremblay, M. S. (2014). [Evidence of an overweight/obesity transition among school-aged children and youth in Sub-Saharan Africa](https://pubmed.ncbi.nlm.nih.gov/24676350): A systematic review. *PloS one*, 9(3), e92846. <https://pubmed.ncbi.nlm.nih.gov/24676350>
48. Muthuri, S. K., **Wachira, L. J. M.**, Leblanc, A. G., Francis, C. E., Sampson, M., Onywera, V. O., & Tremblay, M. S. (2014). [Temporal trends and correlates of physical activity, sedentary behaviour, and physical fitness among school-aged children in Sub-Saharan Africa: a systematic review](http://www.mdpi.com/journal/ijerph). *International journal of environmental research and public health*, 11(3), 3327-3359. <http://www.mdpi.com/journal/ijerph>
49. Muthuri, S.K., **Wachira, L-J.M.**, Onywera, V.O. & Tremblay, M.S. (2014). [Comparative study of physical activity patterns among school children in Kenya and Canada: Results from the ISCOLE Project](https://www.ajol.info/index.php/ajpherd/article/view/105597). *African Journal for Physical, Health Education, Recreation and Dance*, 20(2:2), 765- 779. <https://www.ajol.info/index.php/ajpherd/article/view/105597>
50. 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](https://www.ajol.info/index.php/ajpherd/article/view/105491). *African Journal for Physical, Health Education, Recreation and Dance*, 20(2:1), 291-307. <https://www.ajol.info/index.php/ajpherd/article/view/105491>
51. Goodwin, Y., Monyeke, M.A., Boit, M.K., De Ridder, J.H., Toriola, A.L., Mwangi, F.M., **Wachira, J. L.** & Muihaki, M.G. (2014). [Profile of the female athlete triad in elite Kenyan endurance athletes and in non-athletes](https://journals.co.za/doi/abs/10.10520/EJC155217). *African Journal for Physical, Health Education, Recreation and Dance*, 20(2:2), 610-625. <https://journals.co.za/doi/abs/10.10520/EJC155217>
52. **Wachira, L.**, Simiyu N, and Onywera, V (2009). Physical Activity Practices among Adults with Diabetes: A Clinical Survey on Management of Diabetes Mellitus at Kenyatta National Hospital, Kenya. *African Journal of Applied Human Sciences*. Vol.1 No.1 pp 22-30

Conference/Workshops/Seminar Papers

Conferences Presentations

1. Lucy-Joy Wachira (2022). *Topic*: Teaching and Scholarly Engagements as a Fulbright Visiting Scholar-In Residence at Temple University, PA, USA. Presentation at the *African Studies Association 65th Annual meeting, African Urbanities: Mobility, Creativity and Challenges* held on 17th -19th November, 2022 at the

Philadelphia Marriot Downtown, Philadelphia, Pennsylvania, USA.

- 2. Lucy-Joy Wachira**, Nils Swindell, Gareth Stratton, Muhoro Munuhe, Vincent Onywera, Mikael Fogelholm, Sophie Ochola, Maijaliisa Erkkola, Noora Kanerva, George Owino (2021). *Topic*: Use of accelerometers to objectively measure physical activity of pre-adolescents and their parents in a community-based study in Nairobi, Kenya. *ICDAM International Conference on Diet and Activity Methods (eICDAM (virtual 2021))*, held on February 8-12, 2021 by Wageningen University & Research Center, The Netherlands.
- 3. Lucy-Joy Wachira** (2019). *Topic*: Physical Activity among Adolescents and their Parents in Low and Middle Income Suburbs in Nairobi presented at the *Kenyatta University Biennial Research and Innovation Conference: the Research Project Symposium* held on 23rd-25th October, 2019 at Kenyatta University, Nairobi, Kenya
- 4. Wachira, L. J. M.**, Muthuri, S. K., Tremblay, M. S., & Onywera, V. O. (2017). *Topic*: Physical Activity, Sedentary Time, Diet and BMI Status of Kenyan Urban School Children: Results from ISCOLE-Kenya: Presented at the *KENFIN-EDURA International Colloquium* held on the 19th September 2017 at the, EE-house Walter-hall, Viikki campus, University of Helsinki, Finland
- 5. Wachira, L. J. M.**, Muthuri, S. K., Tremblay, M. S., & Onywera, V. O. (2016). *Topic*: School related opportunities for physical activity: The physical activity transition and the global childhood obesity epidemic – Results from the ISCOLE presented at the *2nd Physical Activity and Sports for Health and Development in Africa (PASHDA) International Conference* held on the 21st to 23rd September, 2016 at Kenyatta University, Nairobi, Kenya.
- 6. Wachira, L. J. M.** -Invited Guest - International Faculty - Exercise is Medicine (2015) at the *16th Biennial Conference of the South African Sports Medicine Association (SASMA)* held on the 20th to 22nd October 2015 at the Sandton Convention Center, Johannesburg, South Africa
- 7. Wachira, L. J. M.**, Muthuri, S. K., Tremblay, M. S., & Onywera, V. O. (2014). *Topic*: Association between BMI and Percent Body Fat Status and Screen-Based Sedentary Activity of Kenyan Urban School Children: Results from ISCOLE-Kenya: Presented at the *2014 Global Summit on the Physical Activity of Children* held from May 19-22, 2014 at the Westin Harbour Castle in Toronto, Canada
- 8. Wachira, L. J. M.**, Muthuri, S. K., Tremblay, M. S., & Onywera, V. O. (2014). *Topic*: School Related Opportunities for Physical Activity in Kenyan Urban Schools: Presented at *International Conference on Physical Activity and Sports for Health and Development in Africa* held from March 25th to 29th, 2014 at the Pedagogic University of Maputo in Maputo, Mozambique
- 9. Wachira, L. J. M.**, Muthuri, S. K., Tremblay, M. S., & Onywera, V. O. (2013). *Topic*: The International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE) Kenya: Protocols, Experiences and Advice for African Countries: Presented at the *Ghana Physical Education & Sport Think-tank & Exercise Medicine Ghana (GPESSt-EMG) International Conference* held on 4th to 7th June 2013 at the Ghana College of Physicians & Surgeons, Ridge, Accra, Ghana
- 10. Wachira, L. J. M.**, Njororai, S. W., & Onywera, V. O. (2011). *Topic*: Factors Affecting Participation in Physical Activity and Adherence to Exercise Programmes by Persons Living With Diabetes. Presented at the *9th Biennial Africa Association for Health, Physical Education, Recreation, Sport and Dance (AFAHPER-SD) International Conference* held on 13th – 15th September 2011 at Colline Hotel Mukono: Kyambogo University, Uganda

Co-authored Presentations at Conferences

- 11. 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. *8th International Conference on Sport Sciences Research and Technology Support*, held on November 05 - 06, 2020, Budapest, Hungary.

12. Francis M. Mwangi, Mary Mwihaki, **Lucy-Joy Wachira**, Edna Thangu and Elijah G. Rintaugu (2016). Care and Management of Athletes Medical Issues among East African Universities: Presented at the *2016 Olympics Games scientific convention, International Convention on Science, Education and Medicine in Sports (ICSEMIS 2016)*, held on 31st August - 4th September, 2016 in Santos SP, Brazil.

13. Francis M. Mwangi, Mary Mwihaki, **Lucy-Joy Wachira**, Isaah Wabuyabo and Vincent Onywera (2016). 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)*, held on 31st August - 4th September, 2016 in Santos SP, Brazil.

14. Lang, J. J., Longmuir, P., LeBlanc A., Chaput, J. P., Lambert, E. V., Muthuri, S., Onywera, V., **Wachira, L. J.**, and Tremblay, M. S. (2015). [Correlates of objectively measured moderate-to-vigorous physical activity and cardiorespiratory fitness in Canadian, Kenyan, and South African children](#). In Proceedings of the 2015 CSEP General Meeting / Résumés de la 2015 Congrès

annuelle de la SCPE Publication: *Applied Physiology, Nutrition, and Metabolism* 40(S1):S37.
<https://doi.org/10.1139/apnm-2015-0359>

15. Vincent O. Onywera, **Lucy J. Wachira**, Stella K. Muthuri and Mark S. Tremblay (2014). The ISCOLE study: Methods and preliminary results from Kenya. 25th Congress of the Nutrition Society of South Africa and the 13th Congress of the Association for Dietetics in South Africa held in Johannesburg on September 16-19, 2014.

16. Tremblay MS, Boyer C, Muthuri SK, **Wachira L-J**, Onywera VO, Longmuir PE, Okinda F, Leduc G, Chaput J-P (2014) Comparison of child physical literacy scores between Canada and Kenya. Canadian Society for Exercise Physiology Annual Scientific Conference (St. John's), Page 14 of 47 October, 2014.

17. Stella K. Muthuri, **Lucy-Joy M. Wachira**, Vincent O. Onywera, Mark S. Tremblay (2014). Socioeconomic Differences in Objectively Measured Overweight/Obesity and Physical Activity in Kenyan School Children: Results from ISCOLE-Kenya. Presented at the Global Summit on the Physical Activity of Children, Toronto, Canada, *Journal of Physical Activity and Health* 2014; 11(Suppl 1): S126- S198.

18. Francis O. Odindo, Stella K. Muthuri, **Lucy-Joy M. Wachira**, Vincent O. Onywera, Mark S. Tremblay (2014). Assessment of Health Related Physical Fitness and Motor Skill Ability of 9-11 Year Old School Children in Nairobi County, Kenya. Poster presentation at the Global Summit on the Physical Activity of Children, Toronto, Canada, *Journal of Physical Activity and Health* 2014; 11(Suppl 1): S126-S198.

19. Stella K. Muthuri, **Lucy-Joy M. Wachira**, Vincent O. Onywera, Mark S. Tremblay (2014). Overweight/Obesity Transitions over Time in Sub Saharan Africa's School Children: Results from a Systematic Review. Abstract submitted to and presented at the PASHDA Conference, Maputo, Mozambique (March 2014).

20. Stella K. Muthuri, **Lucy-Joy M. Wachira**, Mark S. Tremblay, Vincent O. Onywera (2014). Kenya's 2014 Report Card on the Physical Activity and Body Weight of Children and Youth. Poster presentation at the Global Summit on the Physical Activity of Children, Toronto, Canada (May 2014).

21. Vincent O. Onywera, **Lucy J. Wachira**, Stella K. Muthuri and Mark S. Tremblay (2013). The ISCOLE study: Methods and preliminary results from Kenya. A paper presented at the International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE) symposium during the IUNS Page 15 of 47 20th International Congress of Nutrition held in Granada, Spain on September 15-20, 2013.

Workshops and Seminar Presentations

Fulbright Scholars-In-Residence Seminar organised by the US Institute of International Education (2023). Topic: Strategies for making the most of the S-I-R experience in the USA. Workshop Held Virtually on March 24th 2023.

Presented at the UNESCO/ KNATCOM capacity building workshop of Physical Education and Sports for University students, January 2020, Moi University, Eldoret

Presented in a workshop in the University of Helsinki and Haaga-Helia University of Applied Sciences, Vierumaki, Finland for the Kenya-Finland Collaboration workshop

Presented in a workshop in Kenyatta University, Nairobi, Kenya at the Kenya-Finland Education and Research Alliance (KENFIN-EDURA) Research Project Staff and postgraduate students Workshop held on 12th to 15th February 2019.

28th Kenyatta University Postgraduate Seminar held on 23rd June, 2014 at Kenyatta University Students' Service and Business Centre, Nairobi, Kenya. **Topic:** Physical Activity, Screen-Based Sedentary Behaviour, Dietary Habits and Adiposity of 9-11 year old School Children in Nairobi County, Kenya.

Kenyan and Canadian KIDS-CAN Scholars Seminar held on 5th May, 2011 at Kenyatta University Students' Service and Business Centre, Nairobi, Kenya. Theme: *Enhancing Academic Excellence through Collaboration*. **Topics:** Assessment of Physical Activity, Dietary Intake, Screen Time and Adiposity of School Children in Nairobi County (ISCOLE PROJECT)

Student Co-authored Publications

1. Kiplagat SJ, Steyl T, **Wachira L-J**, Phillips J. (2023). [Knowledge of non-communicable diseases among adolescents in Uasin Gishu County, Kenya](https://www.ajol.info/index.php/ahs/article/view/250768). Afri Health Sci. 2023;23(2):589-96. doi.org/10.4314/ahs.v23i2.68, <https://www.ajol.info/index.php/ahs/article/view/250768>
2. Kiplagat, S.J., Steyl, T., **Wachira, L.J.** and Phillips, J., (2023). [Prevalence of risk factors of non-communicable diseases among adolescents in Uasin Gishu County, Kenya](https://www.ajol.info/index.php/eamj/article/view/261188). East African Medical Journal, 100(10), pp.6367-6376. <https://www.ajol.info/index.php/eamj/article/view/261188>
3. Regina Akuffo Darko, Jane Mwangi, **Lucy-Joy Wachira** (2022). [Intention of Including Learners with Disabilities in Practical Physical Education Lessons by University Teacher Trainees in Ghana, Education](https://doi.org/10.5923/j.educ.2022120102), Vol. 12 No. 1, 2022, pp. 7-15. doi: 10.5923/j.educ.2022120102.
4. Darko, R. A., Mwangi, J., & **Wachira, L. J.** (2022). [Student teachers' pedagogical knowledge on the inclusion of students with disabilities in practical physical education lessons in Ghana](http://www.wholeschooling.net/Journal_of_Whole_Schooling/articles/18-1%20Darko%20Mwangi%20&%20Wachira.pdf). *International Journal of Whole Schooling*, 18(1), 51-73. http://www.wholeschooling.net/Journal_of_Whole_Schooling/articles/18-1%20Darko%20Mwangi%20&%20Wachira.pdf
5. Nakabazzi B, **Wachira L-JM**, Oyeyemi AL, Ssenyonga R, Onywera VO (2021). [Parental- perceived home and neighborhood environmental correlates of accelerometer-measured physical activity among school-going children in Uganda](https://doi.org/10.1371/journal.pgph.0000089). *PLOS Glob Public Health* 1(12): e0000089. <https://doi.org/10.1371/journal.pgph.0000089>
6. Regina Akuffo Darko, Jane Mwangi & **Lucy Joy Wachira** (2021). [Inclusive Physical Education during the University Preparation Programme in Ghana: Bridging the Gap between Theory and Practice](https://doi.org/10.21083/ajote.v10i1.6455). *African Journal of Teacher Education*. Vol 10. Iss.1: 21-37 DOI: <https://doi.org/10.21083/ajote.v10i1.6455>
7. Nahwera, L., Nsibambi, C., Wachira, L. J., & Kiptolo, E. B. (2021). Research Application Summary: [Overweight and obesity among health clubs attendants in Kampala City, Uganda](#).

8. Nakabazzi B., **Wachira L-J. M.**, Oyeyemi A. L., Ssenyonga R., Onywera V. O., (2020) [Prevalence and socio-demographic correlates of accelerometer measured physical activity levels of school-going children in Kampala city, Uganda. PLoS ONE 15\(7\):e0235211. https://doi.org/10.1371/journal.pone.0235211](https://doi.org/10.1371/journal.pone.0235211)
9. Stella N. Wayong'o, Francis M. Mwangi, **Lucy-Joy M. Wachira** and 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 \(Pedagogical-Psychological and Medico-Biological Problems of Physical Culture and Sports\), Volume 14 No.1. ISSN 2070 -4798. DOI 10.14526/2070-4798-2019-14-1-102-112 https://cyberleninka.ru/article/n/emergency-plans-and-safety-regulations-during-physical-education-lessons-in-private-primary-schools-in-kenya/viewer](https://cyberleninka.ru/article/n/emergency-plans-and-safety-regulations-during-physical-education-lessons-in-private-primary-schools-in-kenya/viewer)
10. Ogana, S. O., Osero, J. O., & **Wachira, L. J.** (2017). [Musculoskeletal pain and backpack usage among school children in Nairobi County, Kenya. East African Medical Journal, 94\(6\), 413-419. https://www.ajol.info/index.php/eamj/article/view/163443](https://www.ajol.info/index.php/eamj/article/view/163443)

Other Publications

Published Reports

Kenya Report Card, 2016. Onywera, V. O., Muthuri, S. K., Hayker, S., **Wachira, L. J. M.**, Kyallo, F., Mang'eni, R. O., Bukhala, P., Mireri C. (2016) Kenya's 2016 Report Card on Physical Activity for Children and Youth. Healthy Active Kids Kenya (HAKK), 2016

Kenya Report Card, 2014. Muthuri, S. K., **Wachira, L. J. M.**, Onywera, V. O., & Tremblay, M. S. (2014). Kenya's 2014 Report Card on the Physical Activity and Body Weight of Children and Youth. Healthy Active Kids Kenya (HAKK), 2014

Research

On-going research:

- Sports for development studies
- Physical activity in Promotion and Surveillance
- Pediatric Obesity
- Sedentary Behaviour across Population

Previous research work:

- Kenya-Linx – Kenya and Swansea, UK collaborative research project
- KENFINEDURA – Kenya Finland Education Research Alliance
- ISCOLE research - International Study of Childhood Obesity, Lifestyle and the Environment
- PAAT research – Physical Activity and Active Transportation
- PHERM study - Pre-Hospital Emergency Risk Management

Conferenced/Workshops/Seminars Attended

Conferences Attended

1. The African Studies Association 65th Annual meeting (2022). *Conference on African Urbanities: Mobility, Creativity and Challenges* held on 17th -19th November, 2022 at the Philadelphia Marriot Downtown, Philadelphia, Pennsylvania, USA.
2. American College of Sports Medicine (ACSM): The Mid-Atlantic Regional Chapter (MARC) 2022

Conference held 4th – 5th November 2022 in Harrisburg, Pennsylvania, USA.

3. *FASU Pre-games International Conference* held at Kenyatta University Nairobi from 2nd to 3rd June 2022.

4. *Kenyatta University Biennial Research and Innovation Conference*, Pre-conference Scientific Workshop on Research Ethics, Open Access, Scientific Writing and Communication held on 22nd October 2019 at Kenyatta University, Nairobi, Kenya.

5. *IAAF World under 18 Athletics Championship Pre-Games International Conference* held on 10th to 11th July 2017 at Kenyatta University, Nairobi, Kenya.

6. *2nd Physical Activity and Sports for Health and Development in Africa (PASHDA) International Conference* held on the 21st to 23rd September, 2016 at Kenyatta University, Nairobi, Kenya.

7. *17th Biennial International Conference of the International Society for Comparative Physical Education and Sport (ISCPES)* held on 6th to 8th June 2010, at Kenyatta University, Nairobi, Kenya.

8. *6th Biennial Africa Association for Health, Physical Education, Recreation, Sport and Dance (AFAHPER-SD) International Scientific Conference*, held on 9th to 11th November 2005, at Kenyatta University, Nairobi, Kenya.

Workshops and Seminars Attended

Enrichment (Final) Seminar for Fulbright Scholars-In-Residence organised by the US Institute of International Education on The S-I-R experience: Teaching, Research and community Engagements. Workshop Held Virtually on March 24th 2023.

Community Engaged Research and Practice Symposium held on March 16th 2023 at the Howard Gittis Students Centre in Philadelphia, Pennsylvania, USA.

Enrichment Seminar for Fulbright 2022/2023 Scholars organized by the US Institute of International Education held on 7th – 10th December 2022 at the Marriot Hotel in Cleveland, Ohio, USA.

Fulbright Visiting Scholars (2022-2023 Scholars to USA) Seminar hosted by The *African Studies Association* 65th Annual meeting (2022) held on 17th -19th November, 2022 at the Philadelphia Marriot Downtown, Philadelphia, Pennsylvania, USA.

International Colloquium on Physical Education, Exercise and Sports Science held on 8th November 2018, at Kenyatta University, Nairobi, Kenya. *Theme*: Strategic Partnership in Physical Education, Exercise and Sports Science for the Attainment of Sustainable Development Goals.

American College of Sports Medicine: International Team Physician Course held on 16th to 18th October 2017, by American College of Sports Medicine, USA at Masinde Muliro University, Kenya.

Axiology Labs – Physiology and Anatomy workshop held on 21st to 22nd May 2015 at Kenyatta University, Nairobi, Kenya.

Policy Advocacy Workshop by Ministry of Health and PATH International held on 8th to 11th December 2014 in Nakuru, Kenya.

Module Writing and E-Learning Pedagogy training workshop held on 19th to 20th February 2014 at Kenyatta University, Nairobi, Kenya.

Teaching Methodology Course by Kenyatta University Centre for Teaching Excellence and Evaluation held between 28th May and 14th November 2013 at Kenyatta University, Nairobi, Kenya.

International Paralympic Committee (IPC) –Sports Science Committee Workshop held on 13th to 15th

May 2011 at Kenyatta University. Theme: *Enhancing Paralympic Sports through Science and Technology*

UNESCO and KNATCOM Sub-Regional Capacity Building Workshop on the Interpretation and Domestication of the Universal Declaration on Bio-Ethics and Human Rights held on 25th – 28th May 2009 at Multi-Media University Mbagathi, Nairobi, Kenya.

East African Pre-University Games symposium held in November, 2010 at Kenyatta University, Nairobi, Kenya

DAAD – Football Symposium held on 27th May, 2006 at Kenyatta University, Nairobi, Kenya.

Supervision of Postgraduate Students

Masters (Graduated)

-Violet Odera, (Graduated July 2025). **Topic:** Effects of an eight-week walking program on health related fitness and perceived body image of pre-menopausal teachers in Mvita, Mombasa County. **Institution:** Kenyatta University, **Co-Supervisor:** Dr. Yasmin Goodwin

- Brian Lugano, (Graduated December 2023). **Topic:** Prolonged sitting, physical inactivity and musculoskeletal pain among taxi drivers in Nakuru town Sub-county, Nakuru County Kenya. **Institution:** Kenyatta University, **Co-Supervisor:** Dr. Luka Waiganjo

-Jane Ellah Makandi Kimathi, (Graduated July 2023). **Topic:** Efficacy of Ten Weeks Physical Activity on Health Related Fitness of Trainees at Teachers' Training Colleges in Meru County, Kenya. **Institution:** Kenyatta University, **Co-Supervisor:** Dr. Yasmin Goodwin

-Rotich Jepkorir Noelle, (Graduated December 2022). **Topic:** Physical Activity, Gender, Socio- Economic Status and Diet Of Students in Private Boarding Secondary Schools in Uasin-Gishu County, Kenya. **Institution:** Kenyatta University, **Co-Supervisor:** Dr. Yasmin Goodwin

-Lydia Ngahu (Graduated July 2021). **Topic:** Levels and Determinants of Physical Activity among Students in Public Boarding Secondary Schools in Nairobi County, Kenya. **Institution:** Kenyatta University, **Co-Supervisor:** Dr. Yasmin Goodwin

- Noora Uusi-Ranta (**External Supervision**) (Graduated May 2020). **Topic:** The Association of Diet and Physical Activity in Nairobi Pre-Adolescents. **Institution:** University of Helsinki, Finland **Co-Supervisor:** Prof. Mikael Fogelholm

-Stella Nasimiyu Wayong'o, (Graduated July 2018). **Topic:** Safety Precautions during Physical Education Program in Private Primary Schools in Nairobi City County, Kenya. **Institution:** Kenyatta University, **Co-Supervisor:** Dr. Francis Mundia

-Simon Ochieng Ogana, (Graduated December 2016). **Topic:** Musculoskeletal Pain and School Bag Usage Among Upper Primary School- Going Children In Starehe Sub- County, Nairobi County, Kenya. **Institution:** Kenyatta University, **Co-Supervisor:** Dr. Justus Osero

PhD (Graduated)

–Sharon Jemutai Kiplagat, (**External Supervision**) (Graduated September 2024). **Topic:** The effectiveness of a school-based intervention programme to address non-communicable disease risk factors among high school learners in Kenya. **Institution:** University of Western Cape, South Africa **Co-Supervisors:** Prof. Julie Phillips and Dr. Tania Steyl

-Bernadette Nakabazzi, (Graduated December 2021). **Topic:** Perceived Home and Neighbourhood Built Environment Correlates of Physical Activity among School-Going Children in Kampala City, Uganda. **Institution:** Kenyatta University, **Co-Supervisors:** Prof. Vincent Onywera and Dr. Adewale Oyeyemi

-Regina Akuffo Darko, (Graduated December 2021). **Topic:** Adequacy of University Student-Teacher Preparation Programmes towards Achieving Inclusion of Learners with Disabilities in Practical Physical Education Lessons in Ghana. **Institution:** Kenyatta University, **Co-Supervisor:** Dr. Jane Wairimu Mwangi

-Daniel Gaita Njenga (Graduated July 2021). **Topic:** Physical Activity Behaviour, its Correlates and Efficacy of School-Based Interventions among Learners with Physical Disabilities in Special Secondary Schools in Kenya. **Institution:** Kenyatta University, **Co-Supervisor:** Dr. Edna Thangu

-Sylvester Hayker, (Graduated December 2020). **Topic:** Determinants of Active Transport among 9 – 12 Year Old School Children in Kisumu and Nairobi Counties in Kenya. **Institution:** Kenyatta University, **Co-Supervisors:** Prof. Vincent Onywera and Prof. Caleb Mireri

On-going Postgraduate Students Supervision

Masters

-Etiene Turikamana, **Topic:** Physical activity levels of the university staff and students at the University of Rwanda, Rwanda. **Institution:** Kenyatta University, **Co-Supervisor:** Dr. Yasmin Goodwin

-Munuhe Muhoro, **Topic:** Physical Activity and Active Transport among Pre-Adolescents of Kayole and Lang'ata Sub-Counties, Nairobi County, Kenya: A Comparative Study **Institution:** Kenyatta University, **Co-Supervisor:** Prof. Vincent Onywera

-Caroline Mueni Kitaka, **Topic:** Relationship Between Perceived Competence and Physical Activity of Adolescents Aged 13-16 Years In International Schools In Nairobi City County, Kenya. **Institution:** Kenyatta University, **Co-Supervisor:** Dr. Jane Kamau

-John Douku Nartey, **Topic:** Influence of the Built Environment on Physical Activity and Walkability in Urban and Rural Accra, Ghana. **Institution:** Kenyatta University, **Co-Supervisor:** Dr. Regina Darko Akuffo.

Ph.D

-Stanley Kagunda Kinuthia, **Topic:** Variations in Cardiorespiratory Fitness and Physical Activity Volumes across Weight Status of 9-11 Year Old Children in Nairobi and Kitui Counties, Kenya. **Institution:** Kenyatta University, **Co-Supervisors:** Dr. Festus Kiplamai and Dr. Nils Swindell

-Nahwera Loyce, **Topic:** Effect of Twelve (12) Weeks Physical Exercise on the Health Related Components of Physical Fitness of Public Servants in Kampala City, Uganda. **Institution:** Kenyatta University, **Co-Supervisors:** Dr. Edwin K. Boit and Prof. Constance Nsibambi

-Lilian Mugisha, **Topic:** Effect of a School Intervention on 24-Hour Movement Behaviour and Selected Health Outcomes among Female Adolescents in Wakiso District Uganda. **Institution:** Kenyatta University, **Co-Supervisors:** Dr. Bernadette Nakabazzi

-Lennah Nyatichi Nyakundi, **Topic:** Efficacy of Combined Dietary and Physical Activity Intervention on Weight Management among Overweight and Obese Female Employees in Kenyatta University, Kenya. **Institution:** Kenyatta University, **Co-Supervisors:** Prof. Peter Chege

-Lydia Nduta Ngahu, **Topic:** Uptake of Online Exercise Program, Effect on Physical Activity Levels and Health Related Physical Fitness Among, Perimenopausal Teachers in Ruiru Sub County. **Institution:** Kenyatta University, **Co-Supervisors:** Dr. Jane Wairimu Mwangi

Professional/ Consultancy (Editor/ Peer review in journals, Networks/ Collaborations, External Examiner, Patents)

Networks/Collaborations

Core-member in the following international collaborations

-Kenya-UK Collaboration (Kenya Linx) 2019-2022– Kenyatta University and Swansea University

-Kenya-Finland Collaboration (KENFIN-EDURA) 2017-2020 - Kenyatta University and University of Helsinki and Haaga-Helia University of Applied Sciences, Vierumäki, Finland

- Africa Physical Activity Network (AFPAN) – 2014-2020

Editorial Boards/Referee for Professional periodicals

Editorial board member: Journal of Physical activity and Health, Human Kinetics Inc.

Consulting for International/national boards

Kenya Bureau of Standards – On-going consulting and Appointed Technical Committeemember
- Facility Management Committee - 2019-2023

Editorship/peer review, external examiner, etc.

Editorship

- **Guest Journal Academic Editor**

Frontiers in Public Health – Journal Special Issue 2022

Special Issue topic: Addressing the Impact of Urbanization on Health and Well-being in African and Asian Cities

– Peer Review

Reviewer - Peer review in Refereed International Journals

Worked as a peer reviewer for the following journals:

- The Lancet Global Health
- Journal of Physical Activity and Health (JPAH), Human Kinetics
- PLOS One
- BMC Pediatrics

External Examiner

Thesis External Examination

Examined Theses for masters and PhD work from the following universities

- University of Strathclyde, UK
- University of Cape Town, South Africa
- University of KwaZulu Natal, South Africa
- Kyambogo University, Uganda

Community Service and Other Engagements

2022-2023 - **Communities That Care Coalition: Philadelphia 37th Ward.** A large coalition of over 100 community based organizations, initiatives and interest groups that serve the greater Philadelphia, Pennsylvania, USA. Engaged with various groups that focus on health promotion and behaviour change through physical activities

On-going volunteer service and support to the following community based organizations and vulnerable groups:

-Living Faith International – 2010 to date. On-going Support and Partnership in Orphans and Vulnerable children programmes (support in Education, health, sports and fitness as a trainer and financial aid and guardianship for the orphans).

-The Warren Foundation (TWF) - 2016 to date. On-going training and sensitization on safety in the outdoors and adventure programmes of interest groups in East Africa

-Volunteer trainer 2013 to date – Volunteer training in First Aid and Emergency care, exercise, health and well-being – give talks and training to interested groups (local community, church, informal/chamas and

organized groups) and as an on-call first aider.

Affiliation of Professional Bodies

Membership/affiliation with the following Academic and Professional bodies:

- International Society of Behavioural Nutrition and Physical Activity (ISBNPA)
- Global Observatory for Physical Activity (GOPA)
- Sports Medicine Society of Kenya (SMSK)
- Sedentary Behaviour Research Network (SBRN)
- Africa Physical Activity Network (AFPAN)
- The International Society for Comparative Physical Education and Sport (ISCPES)

National and International awards and Recognitions

- Fulbright Award - 2022-2023 academic year

Fulbright Fellowship- **Scholar-in-Residence** position at Temple University, Philadelphia, PA,USA

Administrative Positions Held

Recognized university administrative positions

Appointed to serve in the following university positions and boards:

- University level - Kenyatta University Ethics Review Committee (KUERC) – member, February 2026
- School of Health Sciences - School Board of Postgraduate Studies, 2023
- School of Public Health & Applied Human Sciences- New School Board of Postgraduate Studies, 2021
- University Module Review Champion, 2020
- School of Public Health & Applied Human Sciences - School Board of Postgraduate Studies, 2018
- School of Public Health & Applied Human Sciences - School Coordinator University Library, 2018
- School of Public Health & Applied Human Sciences - School Coordinator for Website, 2018
- School of Applied Human Sciences - School Board of Postgraduate Studies, 2015
- Department Coordinator of Post Graduate Studies 2015
- Department Coordinator of Curriculum Review and Development 2018

Other administrative positions Held

Appointment in university committees and LOCs

- Appointed to the 8th ICHPER-SD Africa 2024 Regional Congress Local Organizing Committee
- Appointed to the 2022 FASU Pre-games conference organizing committee
- Appointed to the Bill and Melinda Gates proposal writing committee, 2017
- Appointed to the Kenya-Cuba collaborations committee, 2018
- Appointed to the World under 18 games, Pre-games symposium Subcommittee, 2017
- Appointed to the University committee for Sports Engineering and Technology, 2019
- Appointed to Chair sessions at the Pre-graduation School 33rd graduation Seminar, December 2016
- Organization and Chairing the International Colloquium on Physical Education, Exercise and Sports, Kenyatta University, November 2018