

STANLEY KAGUNDA KINUTHIA, (MSc)**PROFESSIONAL PROFILE**

Stanley Kagunda Kinuthia is a dedicated educator and researcher specializing in physical activity, exercise science, and sports management. He is experienced in curriculum development, research, and consultancy within academic, government, and private sectors. He is passionate about promoting physical activity, wellness, and performance, with a keen focus on children and youth. He is also recognised for leadership in programme development, interdisciplinary collaboration, and capacity building.

1.0 PERSONAL DETAILS

Name: Stanley Kagunda Kinuthia
Title /Qualifications: Mr./ M.Sc., B.Sc.
Department: Physical Education, Exercise & Sports Science
Contact Address: P.O. BOX 43844- 00100, NAIROBI, KENYA
Email: kagunda.stanley@ku.ac.ke
Position: Tutorial Fellow
Area of Specialization: Exercise and Sports Science
Research Interests: a) Physical Activity Surveillance b) Exercise Science and Kinesiology c) Climate Change and Health d) Physical Education for Well-being
ORCID Information: https://orcid.org/0000-0002-0085-6058
WEB OF SCIENCE ID: https://www.webofscience.com/wos/author/record/NGS-1060-2025

2.0 ACADEMIC AND PROFESSIONAL QUALIFICATIONS**2.1 Academic Qualifications****Doctor of Philosophy in Exercise & Sports Science** (*Completed, awaiting graduation*)

Kenyatta University

Thesis: “Cardiorespiratory Fitness, Physical Activity Profile, and Weight Status of 9–11-Year-Old School Children in Rural and Urban Kenya”

Master of Science in Sports & Recreation Management (2018)

Kenyatta University — *Honours*

Thesis: “Constraints to Exercise Adherence and Negotiation Strategies among Clients at Selected Fitness Centres in Nairobi County, Kenya”

Bachelor of Science in Sports Sciences (2010)

Kenyatta University — *First Class Honours*

2.2 Professional Qualifications

2023: Community Trainer Course (CATCH PE), Coordinated Approach to Child Health Physical Education (Global Foundation)

2021: Accelerometry Measurement in Africa (WAMAA), University of Cambridge (UK)
2012 & 2011: Life Saver International First Aid (Refresher), St. John's Ambulance Kenya

2011: Aerobics Instructor & Personal Trainer, International Fitness Association

2007: Computer Packages, Skynet Computer College

3.0 EMPLOYMENT HISTORY

Kenyatta University

- **Tutorial Fellow** (Oct 2023–Present), Department of Physical Education, Exercise & Sport Science
- **Fitness Instructor** (Apr 2013–Sep 2023), Health & Fitness Centre
- **Part-Time Lecturer** (Feb 2020–Sep 2023)
- **Teaching Assistant** (Sep 2013–Dec 2019)

KCA University

- **Program Manager** (Oct 2023–April 2024), Physical Activity & Sports School Holiday Programme

Malezi College, Nairobi

- Part-Time Tutor, Sports, Physical Education & Recreation (Sep–Dec 2013)

Agro-Chemical & Food Company Ltd., Muhoroni, Kisumu

- Fitness Manager/Instructor (Feb 2011–Mar 2013)

Body and Spirit Gym, Nairobi

- Fitness Instructor (Jan 2010–Jan 2011; part-time Sep 2007–Dec 2009)

Pole Pole Gymnasium, Thika

- Part-Time Fitness Instructor (Apr–Dec 2010)

4.0 TEACHING AND ACADEMIC CONTRIBUTIONS

- Developed and delivered undergraduate and short courses in physical education, sport science, and fitness
- Designed e-learning modules and reviewed postgraduate research proposals
- Participated in curriculum review and development at undergraduate and postgraduate levels
- Supervised and mentored students in research and practical training

4.1 COURSES TAUGHT (UNDERGRADUATE & SHORT COURSES)

4.1.1 Courses Taught at Undergraduate Level

- Foundations and Pedagogy of Physical Education
- Physical Activity and Health
- Functional Human Physiology
- Racket Sports (Squash and Tennis)
- Athletics I- Track Events and II- Field Events
- Physical and Sports Literacy
- Individualized Fitness Programme Design
- Physical Fitness and Principles of Training
- Aerobics
- Dance
- Rugby
- Swimming I
- Rounders
- Calisthenics and Weight Training
- Gymnastics
- Skill Specialization I and II
- Outdoor Education and First Aid
- Ethical and Legal Issues in Physical Education, Sports and Recreation
- Principles of Training and Conditioning

4.1.2 Short courses on Fitness Training and Aerobics facilitated at Various Places

- Fitness, Exercise and Physical Activity
- Principles of Training and Conditioning
- Choreography and Cueing
- Plyometrics, Circuit and Interval Training
- Resistance Training
- Conditioning and Calisthenics
- Stretching
- Prevention and Management of Injuries
- Fitness Evaluation

- Physical Fitness and Performance Training
- Role of Nutrition in Physical Exercise
- Legal Issues in Fitness Industry
- Vitality and Exercise at Workplace
- Designing a Workout Schedule
- Workplace Ergonomics and Assessments

5.0 PROFESSIONAL CONSULTANCY

- 2026:** Validation Expert, Grade 12 Curriculum Designs; Kenya Institute of Curriculum Development (KICD).
- 2025:** Evaluator, Curriculum Support Materials for Sports and Recreation (Grade 10 and 11); Kenya Institute of Curriculum Development (KICD).
- 2025:** Panellist- Sports and Recreation: Editing of Grade 12 Curriculum Designs; KICD.
- 2021:** Training Instructor, Physical Fitness and Performance Training for National Intelligence Service Shooting Team.
- 2019:** Workshop Lecture, Principles of Physical Training at the National Intelligence Service Academy.
- 2018:** Training Consultant under International Centre for Capacity Development-Kenyatta University; Aerobics and Fitness Training Course, Kenya Military Academy (KMA).
- 2017:** Workshop facilitator, Role of Nutrition in Physical Exercise and Legal Issues in Fitness Industry, Parliament of Kenya (Parliamentary Health Club).
- 2017:** Wellness Champions Facilitator, Vitality and Exercise at Workplace, Designing a Workout Schedule, and “Work Place Ergonomics and Assessments for Cooperative Bank of Kenya and Kenya Commercial Bank.
- 2010-Present:** Exercise and Rehabilitation Therapist for Personal Physical Fitness Training

6.0 RESEARCH AND PUBLICATIONS

6.1 Peer-Reviewed Journal Articles

Kinuthia, S. K., Stratton, G., Wachira, L. J., Okoth, V. O., Owino, G. E., Ochola, S., Kiplamai, F., Onywera, V., & Swindell, N. (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. *PloS one*, 20(8), e0329173. <https://doi.org/10.1371/journal.pone.0329173>

Kinuthia, S. K., Stratton, G., Wachira, L. J., Okoth, V., Owino, G. E., Ochola, S., Richards, A. B., Kiplamai, F., Onywera, V., & Swindell, N. (2025). Differences Between Health- and Skill-Related Physical Fitness Profiles of Kenyan Children from Urban and Rural Areas: The Kenya-

LINX Project. *International journal of environmental research and public health*, 22(4), 542. <https://doi.org/10.3390/ijerph22040542>

Delphi Fitness Expert Group. **Kagunda, S.** DELPHI study on fitness testing 2024: Development of 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. Preprint: <https://osf.io/8y6t7/>

Swindell N, Wachira LJ, Okoth V, **Kagunda S**, Owino G, et al. (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>.

6.2 Book Chapters and Training Manuals

Kinuthia, S., Githang’a, J. (2025). “Building a Sustainable Future for Sports Organizations in Kenya”, Grimaldi-Puyana, M., García-Fernández, J., Mohammadi, S. and Gálvez-Ruiz, P. (Ed.) *A Global Perspective of Sustainability in Sports Organizations*, 77–84, Emerald Publishing Limited. <https://doi.org/10.1108/978-1-83608-726-720251008>. ISBN electronic: 978-1-83608-726-7. ISBN print: 978-1-83608-727-4

Kinuthia, S., Kinuthia, M. (2022). “The Digital Transformation of the Fitness Sector in Kenya”, García-Fernández, J., Valcarce-Torrente, M., Mohammadi, S. and Gálvez-Ruiz, P. (Ed.) *The Digital Transformation of the Fitness Sector: A Global Perspective*, 151–157, Emerald Publishing Limited. <https://doi.org/10.1108/978-1-80117-860-020221020>. ISBN electronic: 978-1-80117-860-0 ISBN print: 978-1-80117-861-7

Kinuthia, S., Mwangi, F. and Muthomi, N. (2021), "The Fitness Industry in Kenya", García-Fernández, J. and Gálvez-Ruiz, P. (Ed.) *The Global Private Health & Fitness Business: A Marketing Perspective*, 159-164, Emerald Publishing Limited, Bingley, pp. ISBN: 978-1-80043-851-4, eISBN: 978-1-80043-850-7. <https://doi.org/10.1108/978-1-80043-850-720211027>

Kinuthia, S. (2021). Total Body Transformation. A Physical Fitness and Performance-Training Manual.

Kinuthia, S., and Gathwe, M. (2019). USC- Rs001, Fitness Training and Aerobics.

6.3 Book Reviews

- Physical Education Resource Book (KENFIN-EDURA Research Project)

6.4 Peer Reviews

JOURNAL	TITLE OF THE ARTICLE
PLOS One	A comparative analysis of objectively assessed physical activity levels in kindergarten and home among children aged 5 to 6
PLOS One	Association between vitamin D status and circulating myokines (irisin, myostatin, and myonectin) in children: a cross-sectional study

PLOS One	Effects of the competition schedule in major-competition years on performance in major-competition: Evidence from speed- and power-type track and field events
PLOS One	A longitudinal study of four-year changes in physical fitness among university students before and after COVID-19: 2019-2022
PLOS One	Relative age of youth swimmers and their sporting performance at the end of the season
PLOS One	The training process of the World Masters Orienteering Championships medallists

6.5 Masters' Proposal Examination

- The Influence of Competence-Based Didactic Approaches in Teaching Swimming in Primary Schools Based in Laikipia County, Kenya.
- The Role of Physical Education in Promoting Social Well-Being Among Junior Secondary School Learners in Wetlands Constituency-Nairobi city, Kenya.
- Effectiveness of A 10-Week Training and Conditioning Program on Muscular Strength, Power, Endurance of First Responders in Murang'a County Kenya
- Participation in Competitive Sports, Self-Esteem and Discipline of Secondary School Students in Meru County, Kenya.
- Sports Stressors and Academic Performance of Student-Athletes in Selected Colleges of Education in Ghana.
- The Relationship Between Mental Toughness of Hockey Players and Performance in The Kenya Premier League.
- Physical Activity and Active Transportation among Adolescents Residing in Low-and Middle-Income Areas of Nairobi City County, Kenya.
- Effects of President's Award Programme on Physical Fitness, Mental Wellbeing and Social Skills among Secondary School Students in Kenya.
- Teachers' Knowledge and Practice in The Implementation of Pre-School Competency-Based Physical Education among Children in Ruiru Constituency, Kenya.

7.0 CONFERENCES, SEMINARS AND WORKSHOPS

7.1 Presentations & Accepted Abstracts

- 2025:** Accepted abstract on *“Association of Physical Activity Volume and Intensity with Cardiorespiratory Fitness and Weight Status In 9–11-Year-Old Kenyan Schoolchildren”*. At International Conference on Diet and Activity Methods (ICDAM), Toronto Canada (27-30 April 2025).
- 2024:** Presented a paper titled *“Results of the Study on Physical Education (PE) Practices: A Comparative Analysis of Urban and Rural Schools”* at the 8th International Council for Health, Physical Education, Recreation, Sports and Dance (ICHPER.SD) Africa Regional Congress. Nairobi-Kenya. (11th to 14th September).

- 2024:** Accepted abstract on “*Evaluating Physical Education Practices in Rural and Urban Kenya: A SOFIT-Based Assessment*”. At the International Society of Behavioural Nutrition and Physical Activity (ISBNPA) in Omaha, Nebraska USA (20-23 May 2024).
- 2016:** Presented a paper on *Adherence in Exercise for Clients in Selected Health Clubs in Nairobi* at the 2nd International Conference on Physical Activity and Sports for Health and Development in Africa, Nairobi Kenya (21st to 23rd September).

7.2 Attendance

- 2025:** Kenyatta University, University of Tsukuba and Japanese Society for Promotion of Science (JSPS) International Symposium on Sport and Wellness in East Africa, Kenyatta University, Nairobi 2025 held on 9-10th September, at KUBSSC Kenyatta University under the Theme: Endurance Running as an Effective Strategy for Youth Development and Public Wellness.
- 2025:** 3rd Annual Meeting of the Global Youth Fitness Forum held virtually on Wednesday, September 3rd, 2025.
- 2024:** 8th International Council for Health, Physical Education, Recreation, Sports and Dance (ICHPER.SD) Africa Regional Congress (11th to 14th September). Kenyatta University, Nairobi-Kenya.
- 2024:** 2nd International Youth Fitness Meeting held virtually on Thursday, September 5th, 2024.
- 2023:** 1st International Fitness Meeting held virtually on Thursday, September 7th, 2023.
- 2021:** 2nd International Virtual Conference on Technology in Physical Activity and Sport-TAPAS 2021 (22th to 25th November)
- 2020:** 1st International Virtual Conference on Technology in Physical Activity and Sport-TAPAS 2020 (24th to 27th November).
- 2020:** Scientific Committee Member & Assistant- International Virtual Conference on Technology in Physical Activity and Sport
- 2019:** International Research Symposium in Physical Education, Exercise and Sports Science held at Kenyatta University, Nairobi (June).
- 2018:** International Colloquium in Physical Education, Exercise and Sports Science held at Kenyatta University, Nairobi (November)
- 2015:** Workshop on Physiology and Anatomy at Axiology Labs (April)
- 2014:** Workshop on Module Writing and E-Learning Pedagogy at Institute of Open, Distance & E-Learning, Kenyatta University (February).

8.0 AWARDS AND RECOGNITION

- 2025:** Letters of appreciation (KICD, Editing and Evaluation of Curriculum Support).
- 2022:** Certificate of recognition, Organising Committee Member, 10th all Africa University Games
- 2020:** Certificate Of Appreciation (Kenya-LINX, Trainer for Research Assistants and Staff)
- 2019:** Research assistant, Kenyatta University and two Japan Universities collaboration research project.
- 2012:** Certificate (ACFC, Alcohol & Drug Abuse, Gender and Disability Policy Awareness Workshop).
- 2009:** Certificate of Participation, Kenya Universities Sports Association.
- 2009:** Appreciation Volunteer Coach Certificate (Special Olympics Kenya).
- 2009:** Cross Certificate of Participation in Life Saving Skills and Demonstration (Kenya Red Cross).
- 2008:** Certificate of Attendance (Kenya National Sports Institute, Basic Football Coaching Course)
- 2007:** Certificate of Attendance (Athletics Kenya, Refresher Officiating Course).
- 2007:** Participant Certificate in “Effects of Mental Training on the Performance of College aged Distance Athletes”.

9.0 COMMITTEE MEMBERSHIP

9.1 University Committees

- Marketing & Publicity Subcommittee, ICHPER-SD Africa Regional Congress 2024
- Symposium Committee, ICHPER-SD Africa Region Congress 2024
- FASU Pre-Games Symposium Subcommittee (2022)
- Sports Engineering & Technology Committee (2019)

9.2 International Committees

- Scientific Committee Member, 2nd & 1st International Virtual Conference on Technology in Physical Activity & Sport (2021, 2020)

10.0 ADMINISTRATIVE EXPERIENCE

- Coordinator, EDU 110, Kenyatta University (2022-Present)

- Academic Advisor (Physical Education & Sports, Class of 2021-2025)
- Acting Gym Manager, Kenyatta University (2015–2021)
- Fitness Manager, Agro-Chemical & Food Company Ltd., Muhoroni, Kisumu (2011–2013)

11.0 PROJECT / RESEARCH GRANTS

S/No.	Researcher	Year	Title	Granting Body	Funding US\$ / €/Kes
1	Stanley Kagunda Hunter Paris Juliah Githang’a	2026	How high is too high? Assessing the physiological bounds of the ABP upon exposure to high altitude	World Anti-Doping Agency (WADA)	\$93,000 Under review
2	Stanley Kagunda Juliah Githang’a Peter Wanderi Lamech Bogonko	2026	Efficacy of Combined Massage Therapy and Flexibility Training on Functional Movement Screen (FMS) Scores and Injury Risk: A Randomized Controlled Trial of Elite Kenyan Rugby Players	Massage Therapy Foundation (MTF)	\$75,000 Under review
3	Juliah Githang’a Stanley Kagunda	2025	The Impact of National Sport Policy on Clean Sport Culture and Anti-Doping Behaviours in Kenyan Athletes	World Anti-Doping Agency (WADA)	\$20,000 Under review
4	Juliah Githang’a Stanley Kagunda Hunter Paris	2025	Mapping Psychosocial Risk Factors for Doping: Development of a Diagnostic Tool for Early Prevention	World Anti-Doping Agency (WADA)	\$28,409 Under review
5	Hunter Paris Stanley Kagunda Juliah Githang’a	2025	Mountains as medicine: Improving obesity and cardiovascular disease in Kenya through high altitude physiology	Fullbright	Under review
6	Stanley Kagunda	2025	Association of physical activity	International Society of	\$1500 CAD

			volume and intensity with cardiorespiratory fitness and weight status in 9–11-year-old Kenyan schoolchildren	Diet and Activity Methods (ISDAM)	
7	Hunter Paris Stanley Kagunda Juliah Githang'a	2024-2027	Improving obesity and cardiovascular disease in Kenya through high altitude physiology	Fullbright	(Declined)
8	Stanley Kagunda	2023	Evaluating Physical Education Practices in Rural and Urban Kenya: A SOFIT-Based Assessment	International Society for Behavioural Nutrition and Physical Activity (ISBNPA)	US\$3,000
9	Christine Wasanga, Vincent Onywera, Stanley Kagunda , Tom Osborn, Teresia N. Irura, Belindah Mutumi Mumo, Lamech Odiwuor, Carol Kimani	2023	Promoting mental health through physical activity and sports: A school-based intervention in low-resourced settings in Nairobi City County, Kenya	National Research Fund(NRF)	4,988,000 (Declined)
10	Vincent Onywera, Gareth Stratton, Nils Swindell, Grace Otinwa, Stanley Kagunda , Ismail Pangani, Bernadette Nakabazzi	2023	Africa Healthy Diet and Active Lifestyle Infrastructure for the Next Generation (Africalinx)	Global Challenges Research Fund	£25,000 (Declined)
11	Gareth Stratton, Nils Swindell, Vincent Onywera, Stanley Kagunda	2023-2024	Kenyalinx-PLAYCE (Physical Literacy, Active Youth, Children and Education)	British Academy	£49,584 Declined
12	Walter Cheryl, Du Randt Rosa, Nqweniso Siphesihle, Dolley Danielle, Larissa, Adams, Pühse Uwe, Gerber Markus, Müller Ivan, Arnaiz Patricia, Onywera	2023-2025	KESWISA: Move Afrika! The Kenya-Switzerland-South Africa Healthy Schools Project	Global Research Council	€ 300,000 (Declined)

Vincent, Wachira Joy Lucy, Kagunda Stanley , Onyango Elvis, Okoth Victor, Zeller Deborah				
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12.0 PROFESSIONAL AFFILIATIONS

S/No.	Name of professional body
1	Member, International Society for Behavioural Nutrition and Physical Activity (ISBNPA)
2	Member, International Society for Developmental Origins of Health and Diseases (DOHaD)
3	Member, International Conference on Physical Activity and Sports (TAPAS)
4	Member, International Union for Health Promotion and Education (IUHPE)
5	Member, American College of Sports Medicine (ACSM)
6	Member, African Physical Activity Network (AFPAN)
7	Member, International Society for Developmental Origins of Health and Diseases-Africa

REFEREES

Available on request