


Academic Staff Profile

Personal Profile

Personal Details

<p>Name: JULIAH WAMBUI GITHANG'A</p> <p>Title/Qualification: PhD Department: Physical Education, Exercise and Sports Science Designation/Position: Lecturer Email: githanga.juliah@ku.ac.ke; wambuigithanga@gmail.com Contact Address: 43844-00100 Area of Specialization:</p> <ul style="list-style-type: none">▪ Exercise and Geriatrics▪ Sport Psychology <p>Research Interests:</p> <ul style="list-style-type: none">▪ Curriculum Development in Physical Education and Sports▪ Sport Psychology▪ Gerontology and Physical Activity▪ Sport Pedagogy▪ Exercise Physiology <p>Google Scholar: ORCID ID:</p>	
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Academic & Professional Qualifications

EDUCATION BACKGROUND

2013-2017:	Doctor of Philosophy Physical and Health Education Applied Human Sciences Kenyatta University
2005-2008:	Masters Degree Physical and Health Education Applied Health Sciences Kenyatta University
2001-2004:	Bachelor of Education (Arts) Degree English and Physical Education Kenyatta University Second Class Honors – Upper Division
2000:	Egerton University Computer Applications Course Certificate

1996-1999: Kambala Secondary School
KCSE
B Plain

1988-1995: Kenana Primary School
KCPE
410 Marks

PROFESSIONAL QUALIFICATIONS

2021: CBC Curriculum Editing

2021: Seminar on Non-Communicable Diseases

2019: CBC Curriculum Design and Writing

2017: Doctor of Philosophy

2015: Certificate: Human Physiology Labs

2014: Certificate: Module Writing

2013: Certificate: Mainstreaming HIV/AIDs into University

2012: Certificate: Exam Setting and Moderation in University

2005-2008: Master of Science

2001-2004: Bachelor of Education

2000: Certificate: Computer Applications Course

Employment History

2021: CBC Curriculum Editing
KICD Workshop Venues

2019: CBC Curriculum Design and Writing
KICD Workshop Venues

2018 to date: Lecturer
Department of Physical Education, Exercise and Sports Science
Kenyatta University

2013 - 2017: Assistant Lecturer/Tutorial Fellow
Department of Physical and Health Education
Kenyatta University

- 2009 – 2013:** Kenyatta University
Part time lecturer
Department of Exercise Recreation and Sports
Science
- Daystar University
Health, First Aid and Physical Fitness
Part time lecturer
Department of Nursing, Engineering and Health Sciences
- 2010:** Mt. Kenya University – Thika
Physical Health Education
Part-time lecturer
Department of Education
- 2008-2011:** SCLP Samaj School and Samaj Australian University
Head of Department
Department of Physical Education and Sports
- 2004:** Teaching Practice
Njenga Karume Secondary School - Molo

Publications

Githang'a, J., Gitahi, T. and Mugala, H. (2019). "Effects of Relaxation Exercise and Sleep Environment Modification on Stress among Institutionalized Elderly in Nairobi City, Kenya" International Journal of Sports and Physical Education (IJSPE), vol 5, no. 4, 2019, pp. 1-7. doi: <http://dx.doi.org/10.20431/2454-6380.0504002>

Githang'a, Juliah W; Wamukoya, Edwin K; Onywera, Vincent O., (2013). Metabolic Equivalents (METs) of the Physical Activity patterns of the elderly Kenyans in homes for the aged in Nairobi province. Volume 1 No. 2. January 2013 issue page 43-49, ISSN 2070-917X

Conferenced/Workshops/Seminars Attended

Conferences Attended

- 2018:** International Colloquium on Physical Activity, Exercise and Sports Science
Kenyatta University
- 2016:** 2nd International Conference on physical Activity & Sports for Health & Development in Africa
Kenyatta University

Workshops Attended

- 2019:** Physical Activity Promotion Prototype creation
Kenyatta University in conjunction with Finland Universities

- 2015:** Departmental Curriculum Workshop
Kenyatta University Conference Center
- 2014:** Smart Board Training
eInstruction for lecturers
Kenyatta University
- 2013:** Advanced Fitness Instructor's Aerobics Course
Kenyatta University
- Basic Fitness Instructor's Aerobics Course
Kenyatta University

Seminars Attended

- 2007:** Kenyan Draft Policy on Ageing and Physical Activity
Panafric Hotel
- 2006:** Association for Health, Physical Education, Recreation, Sport
and Dance (FAHPER-SD)
Kenyatta University Grounds
- DAAD
Football Symposium
Kenyatta University Grounds

Supervision of Postgraduate Students

Masters

- VIOLET AUMA ODERO H68/CE/25635/2014
EFFECTS OF AN EIGHT-WEEK WALKING PROGRAMME ON HEALTH- RELATED FITNESS AND PERCEIVED BODY IMAGE OF PREMENOPAUSAL TEACHERS IN MVITA, MOMBASA COUNTY.
- IMMACULATE WAVINYA NZUKI H68/CE/34783/2016
ASSOCIATION BETWEEN COMPREHENSIVE PHYSICAL ACTIVITIES AND TRUANCY CONTROL AMONG OVER AGED CLASS FIVE PUPILS, MUTOMO SUB COUNTY IN KITUI, KENYA PROPOSAL
- NYASHA EBSON BOTMAN H68F/CE/32371/2017
ASSOCIATION BETWEEN PHYSICAL ACTIVITY AND PREVALENCE OF HYPOKINETIC DISEASES IN ETHNOSPORT ACTIVE COMMUNITIES IN ZIMBABWE
- AMBROSE KEVIN OMOLLO (B.ED) H68/CE/37220/2017
TEACHERS' KNOWLEDGE AND PRACTICE IN THE IMPLEMENTATION OF PRESCHOOL COMPETENCY BASED PHYSICAL EDUCATION AMONG CHILDREN IN RUIRU CONSTITUENCY, KENYA

Community Service and Other Engagements

-Caregiver at Mji wa Huruma Home for the Elderly

Affiliation of Professional Bodies

- African Sport Management Association (ASMA)

Administrative Positions Held

Recognized university administrative positions

2018: Departmental Regular Programme Coordinator
Departmental Curriculum Review Coordinator
Undergraduate Class Advisor
Department of Physical and Health Education
Kenyatta University

2013 – 2017: Institutional Based Programme Coordinator
E-Learning Programs Facilitator
IBP Undergraduate Advisor
Department of Physical and Health Education
Kenyatta University

Other administrative positions Held

2009: Head of Department
Sports Science
SCLP Samaj School and University

2003-2004: Kenyatta University Christian Union
Secretary
NUSETA Evangelistic Team

1996-1999: Kambala Secondary School
School Prefect
Debating Club Member
Science Club Member