

## DR. LUCY-JOY MUTHONI WACHIRA (PHD)

### 1.1 Personal Profile

#### 1.1.1 Personal Details

**Name:** Dr. Lucy-Joy Muthoni Wachira (PhD)  
**Title/Qualification:** Dr. (PhD)  
**Department:** Physical Education, Exercise and Sport Science  
**Designation/Position:** Lecturer  
**Email:** wachira.lucy@ku.ac.ke  
**Contact Address:** P.O. Box 43844-00100  
Nairobi – Kenya  
**Telephone:** +254-02-8701901 Ext. 4146



#### **Area of Specialization:**

- Physical activity in population health and obesity studies

#### **Research Interests:**

- Physical activity in population health
- Physical activity promotion and advocacy
- Prevention and management of NCDs
- Pediatric Obesity
- Exercise Physiology

**ORCID ID:** 0000-0003-2805-5997

#### 1.1.2 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 Honors (Upper Division), Kenyatta University

##### **American College of Sports Medicine: International Team Physician Course**

October 2017, American College of Sports Medicine, USA and Masinde Muliro University, Kenya

##### **Kinanthropometry (ISAK level 1)**

February 2011, Certified ISAK Level 1

### 1.1.3 Employment History

*April 2010 to date*

Lecturer, **Kenyatta University, Nairobi**

Departments: Physical Education, Exercise and Sport Science

School of Public Health and Applied Human Sciences

*January 2009 to July 2010*

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

## 1.2 Publications

### 1.2.1 Referred Journals

1. 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>
2. **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
3. **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, DOI: [10.1080/2574254X.2020.1842014](https://doi.org/10.1080/2574254X.2020.1842014)
4. 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.
5. 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.
6. 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>
7. 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

8. **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>
9. 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.
10. 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.
11. 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](#). *Journal of Physical Activity and Health*, 2016, 13 (Suppl 2), S195 -S200 <http://dx.doi.org/10.1123/jpah.2016-0359> Human Kinetics, Inc.
12. 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>
13. 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: results from ISCOLE-Kenya](#). *Annals of human biology*, 42(3): 237–245.
14. **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](#). *Journal of Physical Activity and Health*, 11(suppl 1), S69-S73.
15. 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: results from ISCOLE-Kenya](#). *BMC Public Health*, 14(1), 436.
16. 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: A systematic review](#). *PloS one*, 9(3), e92846.
17. 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](#). *International journal of environmental research and public health*, 11(3), 3327-3359.
18. 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](#). *African Journal for Physical, Health Education, Recreation and Dance*, 20(2:2), 765-779.
19. Goodwin, Y., Monyeki, M.A., Boit, M.K., De Ridder, J.H., Toriola, A.L., Mwangi, F.M. & **Wachira, J. L.** (2014). [Association between energy availability and menstrual function in elite Kenyan runners](#). *African Journal for Physical, Health Education, Recreation and Dance*, 20(2:1), 291-307.
20. Goodwin, Y., Monyeki, M.A., Boit, M.K., De Ridder, J.H., Toriola, A.L., Mwangi, F.M., **Wachira, J. L.** & Mwihiaki, M.G. (2014). [Profile of the female athlete triad in elite Kenyan](#)

[endurance athletes and in non-athletes](#). *African Journal for Physical, Health Education, Recreation and Dance*, 20(2:2),610-625.

21. Muthuri, S. K., **Wachira, L. J. M.**, Onywera, V. O., & Tremblay, M. S. (2014). [Socioeconomic Differences in Objectively Measured Overweight/Obesity and Physical Activity in Kenyan School Children: Results From ISCOLE-Kenya](#). In *Journal of Physical Activity & Health* (Vol. 11, Pp. S178-S178). USA: Human Kinetics Publ Inc.
22. **Wachira, L. J. M.**, Muthuri, S. K., Tremblay, M. S., & Onywera, V. O. (2014). [Association Between BMI and Percent Body Fat Status and Screen-Based Sedentary Activity of Kenyan Urban School Children: Results From ISCOLE-Kenya](#). In *Journal of Physical Activity & Health* (Vol. 11, Pp. S196-S196). USA: Human Kinetics Publ Inc.
23. Onywera, V., **Wachira, J.**, Muthuri, S., & Tremblay, M. (2013). [The International Study of Childhood Obesity, Lifestyle And The Environment: Preliminary Results From Kenya](#). *Annals of Nutrition and Metabolism*, 63.
24. **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

## 1.2.2 Books and Books Chapters

### **Book chapters**

Lucy-Joy Wachira (January 29th 2021). [Lifestyle Transition towards Sedentary Behavior among Children and Youth in Sub-Saharan Africa: A Narrative Review](#) [Online First], IntechOpen, DOI: 10.5772/intechopen.95840. Available from: <https://www.intechopen.com/online-first/lifestyle-transition-towards-sedentary-behavior-among-children-and-youth-in-sub-saharan-africa-a-nar>

### **Books/Monograph**

**Wachira, L. J. M.** (2011). [Use of exercise therapy in the management of diabetes mellitus by adult diabetic at Kenyatta National Hospital, Nairobi, Kenya](#). *VDM VerlagDr. Muller Berlin, Germany*. ISBN: 978-3-639-30764-1

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

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

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

### **Magazine/Report**

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

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

### 1.2.3 Conference/Workshops/Seminar Papers

#### 1.2.3.1 Conference Papers

##### Presented

1. **Lucy-Joy Wachira**, Nils Swindell, Gareth Stratton, Muhoro Munuhe, Vincent Onywera, Mikael Fogelholm, Sophie Ochola, Maijaliisa Erkkola, Noora Kanerva, George Owino (2021). 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.
- 2 **Wachira, L. J. M.**, Muthuri, S. K., Tremblay, M. S., & Onywera, V. O. (2017). 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 19<sup>th</sup> September 2017 at the, EE-house Walter-hall, Viikki campus, University of Helsinki, Finland
3. **Wachira, L. J. M.**, Muthuri, S. K., Tremblay, M. S., & Onywera, V. O. (2016). School related opportunities for physical activity: The physical activity transition and the global childhood obesity epidemic – Results from the ISCOLE presented at the *2<sup>nd</sup> 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.
4. **Wachira, L. J. M.** -Invited Guest - International Faculty - Exercise is Medicine (2015) at the *16<sup>th</sup> Biennial Conference of the South African Sports Medicine Association (SASMA)* held on the 20<sup>th</sup> to 22<sup>nd</sup> October 2015 at the Sandton Convention Center, Johannesburg, South Africa
5. **Wachira, L. J. M.**, Muthuri, S. K., Tremblay, M. S., & Onywera, V. O. (2014) 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
6. **Wachira, L. J. M.**, Muthuri, S. K., Tremblay, M. S., & Onywera, V. O. (2014) 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
7. **Wachira, L. J. M.**, Muthuri, S. K., Tremblay, M. S., & Onywera, V. O. (2013) 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
8. **Wachira, L. J. M.**, Njororai, S. W., & Onywera, V. O. (2011) 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

9. 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.

10 Francis M. Mwangi, Mary Mwhiki, **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.

11 Francis M. Mwangi, Mary Mwhiki, **Lucy-Joy Wachira**, Isiah Wabuyabo and Vincent Onywere (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.

12. Stella N. Waiyong'o, Francis M. Mwangi and **Lucy-Joy Wachira** (2016). Safety Precautions during Physical Education Program in Private Primary Schools in Nairobi City County, Kenya: Presented at the *2<sup>nd</sup> Physical Activity and Sports for Health and Development in Africa (PASHDA)*, held on the 21st to 23rd September, 2016 at Kenyatta University, Nairobi, Kenya.

13. Ogana, Simon, Osero, Justus, & **Wachira, Lucy-Joy.** (2016). Musculoskeletal Pain and Backpack usage among Upper Primary school children in Nairobi Kenya: Presented at the *2<sup>nd</sup> Physical Activity and Sports for Health and Development in Africa (PASHDA)*, held on the 21st to 23rd September, 2016 at Kenyatta University, Nairobi, Kenya.

#### 1.2.3.2 Workshops Papers

The Kenya-Finland Education and Research Alliance (KENFIN-EDURA) Research Project Staff Training Workshop held on 12<sup>th</sup> to 15<sup>th</sup> February 2019 at Kenyatta University, Nairobi, Kenya.

International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE) – Kenya Site Research Project Staff Training Workshop held on 27<sup>th</sup> January 2012 at Kenyatta University, Nairobi, Kenya.

Mathare Youth Sports Association (MYSA) Sports Administration and Management Workshop held on 11<sup>th</sup> to 14<sup>th</sup> March 2009 at KCA University, Nairobi Kenya.

Kenyatta University Directorate of Sports and Games Team and Facilities Management Clinic held on 27<sup>th</sup> to 31<sup>st</sup> August 2007 at Kenyatta University, Nairobi, Kenya.

#### 1.2.3.3 Seminar Papers

28<sup>th</sup> Kenyatta University Postgraduate Seminar held on 23<sup>rd</sup> 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 5<sup>th</sup> 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)

#### 1.2.4 Student Co-authored Publications

- 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>

- 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>

- 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

- 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.

#### 1.3 Research

- Prevention and Control of Physical Inactivity related Non-Communicable Diseases (NCDs) – On-going independent research and advocacy work

- Pediatric Obesity Research - Ongoing independent research work and collaboration with local and international researchers

- Physical Activity Surveillance – On-going independent research work and postgraduate students' research

- Safety and Risk Assessment and Management in Outdoor Adventure Programs – independent research

-Care and Management of Athletes Medical Issues and Training among East African Universities Athletes

#### 1.4 Funded Projects

1. 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: **Principle Investigator (Kenya)**. *Granting Body: British Academy*, *funding:* British Pounds 297,929.00

2. 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)

2017-2020. *Role: Co-Investigator, Granting Body: Ministry for Foreign Affairs of Finland* (HEI ICI project fund HEL7M0453-82), *funding: Euros 517,500.*

3. 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) 2016 – 2019. *Role: Principle Investigator, Granting Body: Kenyatta University Vice-chancellors Research grant, funding: Kshs. 1,100,000/=*

4. International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE) – KENYA SITE: 2011-2015. *Role: Project Coordinator: Granting Body: Pennington Biomedical Research Centre, Baton Rouge USA - Coca-Cola, funding: US\$ 140,000.*

5. GOK (Ministry of Health) and Micro-nutrient Initiative (2014): Large Country LOT Quality Assurance (LC-LQAS) Analysis Survey for Zinc, Vitamin A and Iron/Folic Acid Supplementation programs in Kenya: January 2014 – July 2014: **Regional Supervisor; South Nyanza, Kenya**

## 1.5 Conference/Workshops/Seminars Attended

### 1.5.1 Conferences Attended

*Kenyatta University Biennial Research and Innovation Conference* held on 23<sup>rd</sup> to 25<sup>th</sup> October, 2019 at Kenyatta University, Nairobi, Kenya.

Invited Guest - International Faculty - Exercise is Medicine (2015) at the 16<sup>th</sup> Biennial Conference of the South African Sports Medicine Association (SASMA) held on the 20<sup>th</sup> to 22<sup>nd</sup> October 2015 at the Sandton Convention Center, Johannesburg, South Africa.

17<sup>th</sup> Biennial International Conference of the International Society for Comparative Physical Education and Sport (ISCPEs) held on 6<sup>th</sup> to 8<sup>th</sup> June 2010, at Kenyatta University, Nairobi, Kenya.

IAAF World under 18 Athletics Championship Pre-Games International Symposium held on 10<sup>th</sup> to 11<sup>th</sup> July 2017 at Kenyatta University, Nairobi, Kenya.

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

### 1.5.1 Workshops Attended

Pre-conference Scientific Workshop on Research Ethics, Open Access, Scientific Writing and Communication held on 22<sup>nd</sup> October 2019 at Kenyatta University, Nairobi, Kenya.

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

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

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



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

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

International Paralympic Committee (IPC) –Sports Science Committee Workshop held on 13<sup>th</sup> to 15<sup>th</sup> 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 25<sup>th</sup> – 28<sup>th</sup> May 2009 at Multi-Media University Mbagathi, Nairobi, Kenya.

### 1.5.1 Seminars Attended

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.*

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

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

## 1.6 Supervision of Postgraduate Students

### 1.6.1 Masters

-Simon Ochieng Ogana, (**Graduated**). **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

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

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

-Lydia Ngahu, **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

-Jane Ellah Makandi Kimathi, **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, **Topic:** Levels of Physical Activity Among Students Aged 14-18 in Private Boarding Secondary Schools In Uasin Gishu County, Kenya. **Institution:** Kenyatta University, **Co-Supervisor:** Dr. Yasmin Goodwin

-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

-Brian Lugano, **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

-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:** Prof. Reginald Ocansey

-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

#### 1.6.2 Ph. D

-Sylvester Hayker, (**Graduated**). **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

-Daniel Gaita Njenga, **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

-Bernadette Nakabazzi, **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, **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

-Sharon Jemutai Kiplagat, **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, **Co-Supervisors:** Prof. Julie Phillips, Dr. Tania Steyl and Prof. Linda Skaal

-Joyce Muthoni Mwaniki, **Topic:** Influence of Built Environment on Non-School Based Physical Activity of 9-12 Years Olds in Selected Neighbourhoods in Nairobi City County, Kenya. **Institution:** Kenyatta University, **Co-Supervisor:** Dr. Edna Thangu

-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

-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

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

### **- Professional Collaborations**

- Kenya Bureau of Standards – Technical Committee member - Facility Management
- Kenya National Commission for UNESCO- Promotion and Sensitization of the UNESCO International Charter of Physical Education, Physical Activity and Sports

### **- Thesis External Examination**

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

### **- Reviewer - Peer review in Journals**

- PLOS One
- BMC Public Health

## **1.8 Community Service and Other Engagements**

- Living Faith International – On-going Support and Partnership in Orphans and Vulnerable children programmes
- The Warren Foundation (TWF) – On-going sensitization of interest groups in East Africa on safety in the outdoors and adventure programmes
- On-going Sensitization of various community groups, clubs and organised groups on Pre-Hospital Emergency Care and risks management

## **1.9 Affiliation of Professional Bodies**

- Sedentary Behaviour Research Network (SBRN) - Member
- Africa Physical Activity Network (AFPAN) –Steering committee Member
- Sports Medicine Society of Kenya (SMSK)- Member
- The International Society for Comparative Physical Education and Sport (ISCPES)
- Africa Association for Health, Physical Education, Recreation, Sport and Dance (AFAHPER-SD)

## **2.0 Administrative Positions Held**

### **2.1.2 Other administrative positions Held**

- School Coordinator for the University Library
- Department Coordinator of Post Graduate Studies
- Department Coordinator of Curriculum Review and Development