

# ELIJAH GITONGA RINTAUGU-CURRICULUM VITAE

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## 1.0: PERSONAL INFORMATION

**Name** Elijah Gitonga Rintaugu  
**Gender** Male  
**Languages** English, Kiswahili (Written and spoken)  
**Present Address** Department of Recreation Management and Exercise Science  
Kenyatta University  
P.O Box 43844-00100  
Nairobi, KENYA  
Cell Phone: 0727649790

**Email:** [elijahgitonga2001@yahoo.com](mailto:elijahgitonga2001@yahoo.com) or [rintaugu.elijah@ku.ac.ke](mailto:rintaugu.elijah@ku.ac.ke).

## 2.0 QUALIFICATIONS

### 2.1 Academic Qualifications

- 2005 : PhD in Physical Education and Sport, Kenyatta University, Kenya.
- 1998 : Master of Education , Kenyatta University, Kenya
- 1994 : Bachelor of Education (Arts), Kenyatta University, Kenya.

### 2.2 Other Courses

1992: First Aid	St. John Ambulance
1998: Leadership development	Mt Kenya school of adventure
2001: Mini-Basketball seminar	Kenyatta University
2001: Computer application certificate	Jordan computers
2003: Soccer coaching clinic	Kenyatta University
2003: Volleyball coaching clinic	Kenyatta University
2005: Volleyball coaching course	Kenyatta University
2006: Performance contracting	Jomo Kenyatta University
2006: Public procurement and Disposal	Utalii Hotel Nairobi, Kenya
2008: Budgeting and procurement course	Merica Hotel, Nakuru
2010: Setting University Examinations	Kenyatta University
2012: E-learning workshop	University of Nairobi
2013: Modern Methods of Teaching	Kenyatta University

## 3.0 EMPLOYMENT HISTORY

2013 to Date Senior Lecturer, Department of Recreation Management & Exercise Science, Kenyatta University.

2010-2013 Senior lecturer, Department of Physical Education

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	& Sport, University of Nairobi.
2006-2010	Senior Sports and Games officer (Grade 13)-JKUAT.
2002-2006	Games tutor, Department of Sports and Games, Kenyatta University
1998-2002	Lecturer Kilimambogo Teachers Colleges.
1994-1995	Secondary School Teachers at Kitoto Secondary School.

## **4.0 ADMINISTRATIVE RESPONSIBILITY**

### **4.1 Kenyatta University**

2013 to date: Departmental Examinations coordinator,  
2013 to date : Member of School of Applied Human Sciences website committee.  
2013 to date: Member of School of Applied Human Sciences Journal committee  
2013 to date: Member of School of Applied Human Sciences Member  
Infrastructure committee

### **4.2 At Other Institutions**

#### **University of Nairobi.**

2010-2013:

Member School of Education Post Graduate committee at the school of education.  
Chairman, Department of Physical Education and Sports Post graduate  
Programme.

Chairman curriculum review of Department of Physical Education and Sports.

#### **Jomo Kenyatta University of Agriculture and Technology.**

2006-2010: Acting Director of Sports and Games, JKUAT.

## **6.0 POSTGRADUATE SUPERVISION**

### **6.1 Ph D SUPERVISION**

**1. Wanjira J.Kamenju:H87/22000/2011:**Attitudes and perception on doping among Kenyan athletes (Graduated in Dec.2014)

**2. Ruth Kahiga Mugo: E80/90201/13:**An evaluation of the implementation of physical education curriculum in Kenyan pre-schools (Graduated in Dec.2014).

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**3. Florence W.Gitau-H87/21092/10:**Contribution of community-based sports organisations towards achievements of Selected millennium development goals (Written the first draft of thesis).

**4. Muasya Vincent-H87/25835/2013:** Mental skills status of Hockey and Volleyball players in Kenya.(Proposal Writing)

**5.Peninah Wanjiku Mwenda.H87/27459/2014:**The effects of participation in competitive sports on character development of secondary school students in Nairobi County.(Proposal Writing)

### 6.2 MASTERS SUPERVISION

#### 6.2.1 COMPLETED

**2012. S.O, Oketch H08/CE/11956/07:**Player satisfaction among elite rugby teams in Kenyan Universities.

**2014. Mucheke Muthiani-I56/13819/05:** The role of team cohesion in sports performance: The case of Basketball and Hockey National players in Kenya.

**2015.Wamaitha J.K- H108/CE/12150/07:**An assessment of gender representation in sports participation and leadership in Teachers Training Colleges in Kenya (To graduate in June 2015)

**2015.Njuguna I. Wangari-H108/12989/09:** An assessment of the implementation of Physical Education Programme for students with physical disability in special secondary schools in Kenya (To graduate in June 2015)

**2015.Agnes W.Kamau-H108/CE/22546/11:**Relationship between participation in competitive sports and school connectedness' among secondary school students in Muranga County (To graduate in June 2015).

#### 6.2.2 ON GOING

**1.Caroline, A Ajowi- H60/CE/22630/2010:**

Participation motives and competitive orientation of women football players in Kenya (Thesis Writing).

**2.Lamaara Timothy- I56/11782/07:**

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Joint family leisure and recreation pursuits and family cohesion of tutors in teacher training colleges in Kenya. (Data collection)

### **3. Gitonga Gerald-I56/10307/06.**

An analysis of the methods of funding Kenyan teams to the Olympic Games (Proposal writing).

**4. Edward Muema -H60/13432/09:** Management of high altitude training centers and mass sport development in Kenya. (Proposal Writing)

**5..Okoth,E.Ombori-H60/CE/24535/2013.**Perceptions on drugs use and substance abuse among students in secondary schools in Rachuonyo Subcounty,Homa –Bay county,Kenya. (Proposal Writing)

**6. Macharia,N.Michael-H108/CE/22621/2010:.**The influence of mental skills training on the performance of elite boxers in Kenya. (Proposal Writing).

**7. Ester N.Githongora-E55/22858/11:**The mainstreaming initiatives to involve students with special needs in sports: The case of public secondary schools in Nairobi county (Proposal Writing).

**8.Victoria N.Njoroge –H108/CE/22391/2011:**Role of brand association in determining fan loyalty: A case study of Thika United Football Club.(Proposal Writing).

**9. Mwangi,P.K-H108/CE/22390/2011:**Influence of current football resources on performance of Premier league football teams in Kenya.(Proposal Writing).

**10.Jumbe Sagaya,J-H60/CE/22626/2010:**Motivation influencing participation in extreme sports in Kenya: A case of mt.kenya extreme adventure challenge-2015.(Proposal Writing)

### **11.Kisaka,T.M-H108/21005/2010.**

Determinants of awarding corporate sponsorship opportunities for premier league clubs in Kenya. (Proposal Writing)

**12..Ndiege,J.Kweri-H60/CE/21888/2010.**Assesment of risk management practises during sports in secondary schools in sub-county,Homa-bay county .(Proposal Writing)

### 6.2.3 Thesis Examination.

1. **Macharia, H.K. (2012).**Influence of school playground safety on the participation of pre-school children in outdoor activities in central division,naivasha district, Kenya-MED Thesis in Early childhood Education. Department of Educational Communication and Technology, University of Nairobi.
2. **Daniel, N. (2012).**Culture and athletics in Kenya: An ethnographic study of everyday practise in Nandi hills.MA Thesis. Institute of anthropology, University of Nairobi.
3. **Bailasha, N.K. (2013).**Determinants and pattern of sport injuries in selected indoor team sports during a season of the Kenya national league.Ph.D Thesis, School of Education, University of Nairobi.
4. **Mwenda, P.W. (2013).** Identification and Promotion Strategies of Traditional Games of the Gusii Community of Kenya. Masters Thesis,School of Applied Human Sciences, Kenyatta University.
- 5.**Selina Chebet. (2014) .**Evaluation of knowledge, attitudes and practice of doping among Kenyan elite middle and long distance runners.Ph.D Thesis. School of Applied Human Sciences, Kenyatta University.
- 6.**Olanga,C.Achieng.**(2014).Planning expertise, variables influencing performance outcomes and management of wedding organizations firms in Nairobi County,Kenya.Masters Thesis. School of Hospitality and Tourism, Kenyatta University.
- 7.**Appida,F.Onyango** (2014).Hospitality products quality as a competitive advantage in private hospitals in Mombasa County. Masters Thesis School of Hospitality and Tourism, Kenyatta University.

## 7.0 CONFERENCES /SEMINARS/WORKSHOPS

### 7.1 Participation in workshops/conferences

1997: The African Association for health, physical education, Recreation sport and dance (AFAHER – S.D.). Third Congress held on **11<sup>th</sup> – 15<sup>th</sup> Sept. 1997 in Nairobi, Kenya.**

1998: A mini – Basketball coaching seminar held in Kenyatta University from 6<sup>th</sup> – **7<sup>th</sup> Nov. 1998, Nairobi, Kenya.**

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1999: The 3<sup>rd</sup> & 4<sup>th</sup> Conference of the Kenya Association for Health, Physical Education Recreation, Sport and Dance at **Kenyatta University**, Nairobi, Kenya.

2001: The 1<sup>st</sup> East African Conference on Physical Education, Sport, Health, Recreation and Dance (11<sup>th</sup> to 13<sup>th</sup> December 2001) at **Makerere University, Kampala**, Uganda.

2002: Departmental clinic on how to prepare an athlete for competitions (25<sup>th</sup> – 26<sup>th</sup> July 2002), at **Kenyatta University**, Nairobi, Kenya.

2003: Attended soccer coaching clinic – 7<sup>th</sup> – 11<sup>th</sup> April 2003, at **Kenyatta University, Nairobi**, Kenya.

2003: Workshop for PE Teachers and Lecturers in Primary schools and Teacher Training Colleges 18<sup>th</sup> to 21<sup>st</sup> May 2003 at **Kenyatta University, Nairobi**, Kenya.

2003: A volleyball Coaching Clinic– 4<sup>th</sup> – 8<sup>th</sup> August 2003, at **Kenyatta University Nairobi**, Kenya.

2004: A sports Coaching, Officiating and Management course 3<sup>rd</sup> -16<sup>th</sup> October 2004 at **Moi International Sports Centre (Kasarani)**, Nairobi, Kenya.

2004: East African Universities Pre-Games Scientific Conference 18<sup>th</sup>-19<sup>th</sup> November 2004 at **Kenyatta University, Nairobi**, Kenya.

2005: FIVB Coaches Course (1<sup>st</sup> – 10<sup>th</sup> August 2005) – **Moi International Sports Centre, Kasarani**, Nairobi, Kenya.

2006: German Academic exchange service (DAAD) football symposium at Kenyatta University –26<sup>th</sup> and 27<sup>th</sup> May, 2006 at **Kenyatta University Nairobi**, Kenya.

2006: In –house performance contract Management Seminar 24th February 2006 at **Jomo Kenyatta University of Agriculture and Technology Nairobi**, Kenya.

2007: Kenyatta University International Athletics Symposium on 21<sup>st</sup> and 22<sup>nd</sup> March 2007 in **Mombasa**, Kenya.

2007: Sensitization seminar on Public Procurement and Disposal Act 2005 and Public Procurement and Disposal Regulations 2006 2<sup>nd</sup> April 2007) at **Utalii Hotel, Nairobi, Kenya**.

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2007:24<sup>th</sup> International Sports Federation (FISU) Conference held on 9<sup>th</sup> – 12<sup>th</sup> August, 2007, of **Thammasat University, Bangkok, Thailand.**

2008: Fifth All African University pre-Games Scientific Conference held on 3<sup>rd</sup> to 4<sup>th</sup> July 2008 **Makerere University, Kampala, Uganda.**

2008: Budgeting and procurement Course held at Merica Hotel Nakuru from 28<sup>th</sup> to 30<sup>th</sup> July 2008.

2010:17<sup>th</sup> Biennial conference of the International society for Comparative Physical Education and Sports (ISCPES) **Kenyatta University, Nairobi, Kenya** 6<sup>th</sup> – 8<sup>th</sup> June, 2010.

2010: 2010 East Africa Universities pre-Games symposium, **Kenyatta University, Nairobi, Kenya,** 16<sup>th</sup> - 18<sup>th</sup> November, 2010.

2011-Fisu conference-**Shenzhen university, China,** 13-16, August, 2011.

2011: African sports management association conference-sports view hotel, Kampala, Uganda 2-4 dec.2011.

2012:.e-Learning workshop. University of Nairobi-College of Education and External Studies.9-11 May 2012.

2011: 9<sup>th</sup> Africa Association for Physical Health Education Recreation Sports and Dance, Conference, 13-15 sept.2011, **Kyambogo university,Kampala ,Uganda.**

2012: Kenya Universities Sports Association (KUSA) workshop 7<sup>th</sup>-8<sup>th</sup> June, 2012, **Kabarak University,Nakuru,Kenya.**

2013: The second international conference of the African Sport Management Association 7<sup>th</sup> -9<sup>th</sup> November, University of Dar Es Salam,Tanzania.

2014: The 7<sup>th</sup> edition of the FASU games pre-scientific conference, University of Nairobi,Kenya.

### **7.2 Presentations of Papers at Academic and Professional Conferences**

1. The effects of participation in competitive sports on academic performance of Secondary School students in Nairobi Province. Paper presented during **the**



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**Annual Kenyatta University Post- Graduate seminar week 12<sup>th</sup> – 14<sup>th</sup> October 1998 at Kenyatta University, Nairobi, Kenya.**

2. Social Economic status of Secondary Schools interscholastic athletes in Nairobi Province. Paper presented during **Kenya Association for Health, Physical Education, Recreation and Dance, Conference on 3<sup>rd</sup> and 4<sup>th</sup> November 2000 at Moi International Sports Centre, Kasarani, and Nairobi, Kenya.**
3. Participatory motives of college athletes in Kenya. Paper presented during the **KAHPER-SD Conference held on 3<sup>rd</sup> to 4<sup>th</sup> November 2000 at Moi International Sports Centre, Kasarani, and Nairobi, Kenya.**
4. Attitudes of Teachers trainees towards Physical Education. Paper presented during the **KAHPER-SD Conference held on 3<sup>rd</sup> to 4<sup>th</sup> November 2000 at Moi International Sports Centre, Kasarani; Nairobi, Kenya.**
5. Academic performance of secondary school and college athletes and non – athletes in Kenya. Paper presented during the **1<sup>st</sup> East African Conference on P.E Sport, Health, Recreation and Dance 11<sup>th</sup> -13<sup>th</sup> 2001 at Makerere University, Kampala, Uganda.**
6. Gender issues in sports. Paper presented during the **Kenya Sports Officers Symposium at Moi International Sports Centre Kasarani on 3<sup>rd</sup> – 16<sup>th</sup> October 2004, Nairobi, Kenya.**
7. HIV/AIDS and Sports: Implication for the development. Paper presented during the **Association of Third World Studies (ATWS) Conference held on 14<sup>th</sup> to 16<sup>th</sup> September 2004 at Baraton University, Eldoret, Kenya.**
8. Postgraduate Researches conducted in the Department of Physical Education of Kenyatta University: Implications for Sports growth and development in Kenya. Paper presented during the **East African Universities Pre-Games Scientific Conference held on 18-19<sup>th</sup> November 2004 at Kenyatta University, Nairobi, Kenya.**
9. Participation Motivation of Kenyatta University athletes. Paper presented during the **6<sup>th</sup> African Association for Health, Physical Education, Recreation, Sports and Dance congress held 13<sup>th</sup> to 17<sup>th</sup> September 2005 at Kenyatta University, Nairobi, Kenya.**



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10. Socialisation of secondary school athletes into sports in Kenya. Paper presented during the **Kenyatta University Post graduate seminar week held from 3<sup>rd</sup> to 7<sup>th</sup> October 2005 at Kenyatta University, Nairobi, Kenya.**
11. Analysis of factors that affect the standards of soccer in Africa: The case study of East African countries. Paper presented during the **DAAD Soccer symposium held on 27<sup>th</sup> May 2006 at Kenyatta University, Nairobi, Kenya.**
12. The role of Family members in Socialization into Sport: The Case of Kenyan Secondary School Athletes. Paper presented during the **24<sup>th</sup> International Sports Federation (FISU) conference held on 9<sup>th</sup> – 12<sup>th</sup> August, 2007 in Bangkok, Thailand.**
13. Psycho-social attributes of women volleyball athletes in Africa. Paper presented during the **5<sup>th</sup> All African University games pre-scientific conference held in Makerere University, Kampala, Uganda 3<sup>rd</sup> – 4<sup>th</sup> July 2008.**
14. Coach-Leadership behaviour exhibited by volleyball coaches: The case of 16th Africa Cup of Nation (senior women). Paper presented during **the pre-games scientific conference of the 5<sup>th</sup> African University games held in Makerere University, Kampala, Uganda 3<sup>rd</sup> – 4<sup>th</sup> July 2008.**
15. Analysis of Doctoral research in the Department of Physical Education and Exercise Science, Kenyatta University, Kenya. Paper presented during the **17<sup>th</sup> Biennial Conference of the International Society for Comparative Physical Education and sport (ISCPES), Kenyatta University, and Nairobi Kenya 6<sup>th</sup> – 8<sup>th</sup> June, 2010.**
16. The status of health related physical fitness attributes of University staff in Jomo Kenyatta University of Agriculture and Technology, Kenya. **Paper presented during the 17<sup>th</sup> Biennial Conference of the International Society for Comparative Physical Education and sport (ISCPES), Kenyatta University, and Nairobi, Kenya 6<sup>th</sup> – 8<sup>th</sup> June, 2010.**
17. Status of selected physical fitness attributes and sexual well being of bicycle taxi ‘boda boda’ operators in Juja, Kenya. **Paper presented during the 17<sup>th</sup> Biennial Conference of the International Society for Comparative Physical Education and sport (ISCPES), Kenyatta University, and Nairobi Kenya 6<sup>th</sup> – 8<sup>th</sup> June, 2010.**
18. Fitness and recreation participation among Jomo Kenyatta University of Agriculture and Technology staff as a factor in wellness and productivity.

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**Paper presented during the 17<sup>th</sup> Biennial Conference of the International Society for Comparative Physical Education and sport (ISCPES), Kenyatta University, and Nairobi Kenya 6<sup>th</sup> – 8<sup>th</sup> June, 2010.**

19. A survey of the type, nature and pattern of injuries in selected team sports during the 2<sup>nd</sup> edition of Kenya Inter-university games in 2009, Nairobi Kenya. **Paper presented during the 17<sup>th</sup> Biennial Conference of the International Society for Comparative Physical Education and sport (ISCPES), Kenyatta University, and Nairobi, Kenya 6<sup>th</sup> – 8<sup>th</sup> June, 2010.**
20. Participation in Sports in Kenyan Universities. Can the situation improve? **2010 East Africa pre-games. Symposium Kenyatta, University, Nairobi, Kenya, 16<sup>th</sup> – 18<sup>th</sup> November, 2010.**
21. The Grand Coalition Government in Kenya: Their manifestos are sketchy on sports. **2010 East Africa Universities pre-games symposium, Kenyatta University, Nairobi, Kenya 16<sup>th</sup> – 18<sup>th</sup> November, 2010.**
22. Sports and Academic performance. **Paper presented during Egerton University Sports captains symposium held on 16<sup>th</sup> to 17<sup>th</sup> March 2011 at ACK Imani Conference Hall, Nakuru.**
23. Extent of male Rugby players' satisfaction with Technical and Administrative Services. **2010 East Africa Universities pre-games symposium 16<sup>th</sup> – 18<sup>th</sup> November, 2010.**
24. Sports and Academic performance: Are Kenyan university athletes intellectually bankrupt? **2011 Fisuc conference-Shenzhen china, 13-16 August, 2011.**
25. Compliance with the best practice principles of governance. A case of Kenyan sport organisations, **2011 Fisuc conference-Shenzhen, China, 13-16 August, 2011.**
26. Reconceptualising constraints towards female participation in sports: The case of University of Nairobi **9<sup>th</sup> Africa Association for Physical Health Education Recreation Sports and Dance, Conference, 13-15<sup>th</sup> sept.2011, Kyambogo University, Kampala, Uganda.**
27. The role of sports in social cohesion in Kenya; Can new models emerge? **9<sup>th</sup> Africa Association for Physical Health Education Recreation Sports and Dance, Conference 13-15 sept.2011, Kyambogo University, Kampala, Uganda.**

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28. Motivational orientations of Physical Education (P.E) pre-service teachers in Kenya: preliminary findings, **9th Africa Association for Physical Health Education Recreation Sports and Dance, Conference, 13th-15<sup>th</sup> sept.2011, Kyambogo University, Kampala, Uganda.**
29. Parental role and influence in the teaching-learning of Physical Education: Perceptions of Physical Education students in Kenyan universities. **Global forum 2012 for Physical Education Pedagogy, 9-11 may, 2012, universitat, Duisburg Essen, Germany.**
30. Psycho-social attributes of Kenyan university athletes. Paper presented during the **Kenya Universities Sports Association (KUSA) workshop, 7th-8<sup>th</sup> June 2012 at Kabarak University, Kenya.**
31. **Coach motivation of university athletes at Kenyatta University.** Paper presented during the second international conference of the African Sport Management Association 7<sup>th</sup> -9<sup>th</sup> November, University of Dar Es Salam, Tanzania.
32. **Doping awareness among teacher training college athletes: The case of Nairobi Zone.** The second international conference of the African Sport Management Association 7<sup>th</sup> -9<sup>th</sup> November, University of Dar Es Salam, Tanzania.
33. **Determinants of job stress and Satisfaction of sports personnel in Kenyan Universities. Paper presented during the** second international conference of the African Sport Management Association 7<sup>th</sup> -9<sup>th</sup> November, University of Dar Es Salam, Tanzania.
34. **Negotiating Constraints to sport participation: The case of Kenyan university soccer players. Paper presented during the** second international conference of the African Sport Management Association 7<sup>th</sup> -9<sup>th</sup> November, University of Dar Es Salam, Tanzania.
35. **Sources of stress and coping strategies of university athletes. Paper presented** during the 7<sup>th</sup> edition of the FASU Pre games' scientific conference held on 12<sup>th</sup> July 2014 at the University of Nairobi.
36. **Development of physical education and sports in Kenya. Paper presented** during the 7<sup>th</sup> edition of the FASU Pre games' scientific conference held on 12<sup>th</sup> July 2014 at the University of Nairobi.
37. **Effects of participation in competitive sports on school connectedness of secondary school students. Paper presented** during the 7<sup>th</sup> edition of the FASU Pre games' scientific conference held on 12<sup>th</sup> July 2014 at the University of Nairobi.

37. **Predictors of sport participation motives of Kenyan female university students. Paper presented during** the 7<sup>th</sup> edition of the FASU Pre games' scientific conference held on 12<sup>th</sup> July 2014 at the University of Nairobi.

38. **The 12<sup>th</sup> Africa resource bank forum 19-22 nov.2014,Nairobi,Kenya.**

### **7.3 Convening and Coordinating Conferences.**

1. The 3<sup>rd</sup> & 4<sup>th</sup> Conference of the Kenya Association for Health, Physical Education Recreation, Sport and Dance at Kenyatta University, Nairobi Kenya.
2. 18<sup>th</sup> to 21<sup>st</sup> May 2003: Organised a Workshop for PE Teachers and Lecturers in Primary schools and Teacher Training Colleges at Kenyatta University..
3. 18<sup>th</sup> to 19<sup>th</sup> November 2004: Coordinated the East African Universities Pre-Games Scientific Conference at Kenyatta University, Nairobi, Kenya.
4. 16<sup>th</sup> to 18<sup>th</sup> November, 2010: Coordinated the 2010 East Africa Universities Pre-Games symposium at Kenyatta University.
5. 7<sup>th</sup>-8<sup>th</sup> June, 2012: Convened and coordinated the inaugural Kenya Universities Sports Association (KUSA) workshop, at Kabarak University, Nakuru, Kenya.

## **8.0 RESEARCH AND PUBLICATIONS**

### **8.1. Articles in Peer-Reviewed Journals**

1. **Gitonga, E.R., &** Akpata, D.O. (1999). Academic performance of Kenyan Secondary School athletes. *African Journal for Physical, Health Education, Recreation and Dance*, 5, 1: 1-11.
2. **Gitonga, E.R.** (1999). The effects of participation in competitive sports on academic performance of college students in Kenya. *African Journal for Physical, Health Education, Recreation and Dance* 5, 2:183-194.

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3. Akpata, D.O., & **Gitonga, E.R.** (2002). Social Economic status of secondary schools interscholastic athletes in Nairobi province, Kenya. *Journal of International Council for Physical Education, Recreation, Sports and Dance*, 353, 2: 28 -30.
4. Gitonga, E.R. (2003). Knowledge about HIV/AIDS of college athletes in Kenya. *Journal of International Council for Health, Physical Education, Recreation, Sport and Dance*. Xxxix, 4:21-24.
5. Gitonga, E.R. (2003). Influence of parents SES on selected Kenyatta University Students type of sports participation. *East African Journal of Physical Education, Sports Science, Leisure and Recreation Management*, 1, 2:9-14.
6. Gitonga, E.R. (2003). Role of Family Members in socialization into Sport of secondary School athletes in Kenya: Preliminary Findings. *East African Journal of Physical Education, Sports Science, Leisure and Recreation Management*. 1,2:9-14.
7. **Gitonga, E.R.**, Njororai, W.W.S., & Wahome P.W. (2003). Participatory Motives of university athletes: The case of Kenyatta University. *East African Journal of Physical Education, Sports Science, Leisure and Recreation Management*, 1, 1, 31-36.
8. Mwisukha, A., Omotayo, O.O., & **Gitonga, E.R.** (2003). Streamlining the selection Process of Sports teams: A Presentation of Valuable tips. *East African Journal of Physical Education, Sports Science, Leisure and Recreation Management*, 1, 2:100-105.
9. **Gitonga, E.R.**, Njororai, W.W. S., & Wahome, P. (2004). Evaluation of athletes' Knowledge of HIV/AIDS: The case of Kenyatta University, Nairobi-Kenya. *African Journal for Physical, Health Education, Recreation and Dance*, 10, 3:193 -203.
10. Mwisukha, A., **Gitonga E.R.**, & Njororai, W.W.S. (2004). Analysis of Postgraduate Research in the department of Physical Education, Kenyatta University, Kenya. *Journal of Cross Cultural Psychology and Sports Facilitation*, 6, 81-86.
11. Njororai, W.W.S, **Gitonga, E.R.**, Bailasha N.K., & Mwisukha, A. (2004). Assessment of injuries in Physical Education lessons in Kenya Science Teachers College, Kenya. *West African Journal of Physical and Health Education*, 8,152-159.

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12. **Gitonga, E.R.**, & Njororai, W.W.S. (2007). Effects of selected School factors in socialization into Sport of Kenyan Secondary School Athletes. *Journal of Educational Research and Development*, 2, 1:240-246.
13. **Gitonga, E.R.** (2007). Participation in Sport of family members of Kenyan secondary school athletes. *Journal of Education Research and Development*, 2:2, 184-190.
14. Andanje, M. & **Gitonga, E.R.** (2009). Leisure sports participation patterns of post – graduate students. The case of Kenyatta University, Nairobi, Kenya. *Journal of Educational Research and Development* 4, 2:111-117.
15. **Gitonga, E.R.** (2009). Significant others influence on socialization into sport of Kenya Secondary School athletes. *Journal of Educational Research and Development* 4,1:111-117.
16. Mwisukha, A., **Gitonga, E.** & Wanderi, P.M. (2010). Towards gender equity in sports: Insights into the underrepresentation of women in sports leadership in Kenya. *Revista electronica Actividad Fisica y Ciencias* 2,1:1-31.
17. Mwangi, F.M., Wanderi, P.M., Wamukoya, E.K., Onywera, V.O & **Gitonga, E.R.** (2011). Effects of different arm kinematics on performance in long distance Running. *International Journal of Current Research*, 3, (6):185-190.
18. **Gitonga, E.**, Bailasha, N.K., & Toriola, A.L. (2011). Psycho-social attributes of elite African women volleyball players. *African Journal for Physical, Health Education, Recreation and Dance (AJPHERD)*. 17, 3:535-546.
19. **Rintaugu, E.G** & Nteere, J.S. (2011). Motivational orientations in sport: A study of college athletes in Kenya. *International Journal of Current Research*, 3, 8:168-171.
20. **Rintaugu, E.G** & Bailasha, N.K. (2011). Coach-Leadership behaviour exhibited by volleyball Coaches in Africa. *International Journal of Current Research*. 3, 9:135-139.
21. **Rintaugu, E.G.**, Munayi, S., Mwangi, I., & Ngetich, E.D.K. (2011). The Grand Coalition Government in Kenya: A recipe for sports Development. *International Journal of Humanities and Social Sciences*, 1, 18:305-311.



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21. **Rintaugu, E.G.**,Mwangi,P.W.,Mwisukha,A.(2011).The influence of mass media in socialization into sports of Kenyan secondary school athletes. *International Journal of Current Research*,3, 11:471-475.
22. **Rintaugu, E.G.**,Mwisukha,A.& Mundia,F.(2011).Alcohol consumption of Student athletes in A Kenyan public university. *International Journal of Humanities and Social Sciences*.1, 17,162-167.
23. Munoru, P.,& **Rintaugu, E.G.**(2011).Effects of yoga training on bilateral strength and Shoulder and hip range motion. *International Journal of Current Research*.3, 11:467- 470.
24. **Rintaugu,E.G.**,& Mwisukha, A .(2011).Retirement from competitive sport: The experiences of Kenyan soccer players. *Current Research Journal of Social Sciences*.3, 6:477-482.
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39. **Rintaugu,E.G.** (2013).The Sources of Satisfaction of Coaches In Kenyan Universities. *International Journal of Sport Science*, 3(6):211-216.
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46. **Rintaugu E.G.**, J. Kamau, L.O, Amusa. & Toriola, A.L (2014). The Forbidden Acts: Prevalence Of Sexual Harassment Among University Female Athletes . *African Journal of Physical Health Education Recreation and Dance (AJPHERD)*, 20(3):974-990.
49. Mwisukha, A., Chumba, J.M. & **Rintaugu, E.G.** (2014). Extent of public support for Physical Education in Kenya. *International Journal of Education and Research*, 2,11:11-20.
50. **Rintaugu, E.G.**, Litaba, S.A., Muema, E.M. & Monyeki, M.A. (2015). Sources of stress and coping strategies of University athletes. *African Journal of Physical Health Education Recreation and Dance (AJPHERD)* (Submitted)
51. Kamau, A.W., **Rintaugu, E.G.**, Muniu, R.K. & Toriola, A.L. (2015). The effects of participation in competitive sports on school connectedness. *African Journal of Physical Health Education Recreation and Dance (AJPHERD)* (Submitted)

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## 8.2. Articles in Conference Proceedings

1. **Gitonga, E.R.** & Akpata, D.O. (1997). Patterns of injuries during the 12<sup>th</sup> Africa Feminine volleyball club championships in Nairobi (20<sup>th</sup> April – 3<sup>rd</sup> May 1997). In L.O. Amusa & A.L. Toriola (Ed). **Sports Exercise and Health**. Proceedings of the 3<sup>rd</sup> scientific congress of the AFAPHERD. NAIROBI, 11<sup>th</sup> – 15<sup>th</sup> September 1997. P 400-405.
2. **Gitonga, E.R.** & Mwishukha A. (2003). HIV/AIDS and Sports. In E.K. Wamukoya (Ed) **Issues in Primary School Physical Education**. Proceedings of Physical and Health Education Teachers Workshop. Kenya Association for Health, Physical Education, Recreation and Dance, Kenyatta University. P.26.
3. Mwishukha, A, **Rintaugu E.G** & Nteere, J.S (2007) Leisure sports participation patterns of post-graduate students. The case of Kenyatta University, Nairobi Kenya. Proceedings of the **joint congress 2007 sea games and ASEAN Para games scientific congress and 5th Bangkok ASPASP International congress of sports psychology 1-4 December 2007 Bangkok, Thailand**, p.543.
4. Mwishukha, A. & **Gitonga, E.R** (2007). Towards gender equality in Sports; Insights into the under –representation of women in Sports Leadership in Kenya. Proceedings of the **Moi University 3<sup>rd</sup> Annual international conference held on 31<sup>st</sup> July – 4<sup>th</sup> August 2007, at Eldoret, Kenya**.
5. Bailasha, N.K & **Gitonga, E.R** (2007) .Aetiological factors, patterns and times of injury occurrence during a college soccer competition. Proceedings of the **joint congress 2007 sea games and ASEAN Para games scientific congress and 5th Bangkok ASPASP International congress of sports college psychology 1-4 December 2007 Bangkok, Thailand** p.727.
6. **Gitonga, E. R** (2008) Kenyan Athlete’s Retirement from Competitive Sport Experiences: Preliminary findings. Proceedings of the **1<sup>st</sup> continental international council for coach education conference held at Tshwane University of Technology, South Africa**, and 23<sup>rd</sup> – 29<sup>th</sup> October, 2008.
7. Nteere, J.S., **Rintaugu, E.G.**, Murithi, M & Kinyua, N. (2009). The Grand coalition Government in Kenya: A recipe for sport development in Kenyan Universities. **Book of abstracts FISU conference, Belgrade, Serbia** (pp116).

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8. **Rintaugu, E.G** (2009). Challenges facing sport development in Kenyan universities. **Book of abstracts FISU conference**, Belgrade, Serbia (pp 139).
9. **Gitonga, E.R. & Nteere J.S.**(2010). Analysis of Doctoral research in the Department of Physical Education and Health Education and Department of Recreation Management and Exercise Science, Kenyatta University, Kenya. **Book of abstracts of the 17th biennial Conference of the International Society for Comparative Physical Education and sport (ISCPES) Kenyatta University, Nairobi, Kenya, 6<sup>th</sup> – 8<sup>th</sup> June, 2010.**
10. **Mwangi F.M., Gitonga, E.R, Ondeng M.M., Adalo J.A., Ngethe, H.W & Omondi J. O.** (2010). The status of selected health related fitness attributes of University staff in Jomo Kenyatta University of Agriculture and Technology, Kenya. **Book of abstracts of the 17th biennial Conference of the International Society for Comparative Physical Education and sport (ISCPES) Kenyatta University, Nairobi, Kenya, 6<sup>th</sup> – 8<sup>th</sup> June, 2010.**
11. **Mwangi, F.M., Gitonga, E, Ondeng M.O., Adalo J.A., Omondi, J.O. & Mukhwana K.** (2010). Status of selected physical fitness attributes and sexual wellbeing of bicycle taxi (boda boda) operators in Juja, Kenya. **Book of abstracts of the 17th biennial Conference of the International Society for Comparative Physical Education and sport (ISCPES) Kenyatta University, Nairobi, Kenya, 6<sup>th</sup> – 8<sup>th</sup> June, 2010.**
12. **Odeng, M.O., Mwangi, F.M., Gitonga, E.R. & Ngethe, H.** (2010). Fitness and recreation participation among JKUAT staff as a factor in wellness and productivity. **Book of abstracts of the 17th biennial Conference of the International Society for Comparative Physical Education and sport (ISCPES) Kenyatta University, Nairobi, Kenya, 6<sup>th</sup> – 8<sup>th</sup> June, 2010.**
13. **Bailasha, N. K., Gitonga, E.R, Odongo J. O. & Odongo &** (2010) A Survey of the type, nature and pattern of injuries in selected team sports during the 2nd edition of the Kenya Inter-University games, 2009. **Book of abstracts of the 17th biennial Conference of the International Society for Comparative Physical Education and sport (ISCPES) Kenyatta University, Nairobi, Kenya, 6<sup>th</sup> – 8<sup>th</sup> June, 2010.**
14. **Gitonga, E. R, & Nteere J.S** (2010). Participation in sports in Kenyan Universities: Can the situation improve? **Book of Abstracts 2010 East Africa Universities pre-games symposium 16<sup>th</sup> – 18<sup>th</sup> November 2010, Kenyatta University.**

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15. **Rintaugu E.G & Nteere, J.S (2010).** Grand Coalition government in Kenya. The manifestos are sketchy on sports. **Book of abstracts 2010 East Africa Universities pre-games symposium 16<sup>th</sup> – 18<sup>th</sup> November 2010 Kenyatta University.**
16. Okech, S.O., Mwisukha, A., & **Gitonga E.R.** (2010) .Extent of male Rugby player satisfaction with Technical and Administration services in Kenyan Universities. **2010 East Africa Universities pre-games symposium 16<sup>th</sup> – 18<sup>th</sup> November 2010 Kenyatta University, Nairobi Kenya.**
17. **Rintaugu,E.G.,Nteere,J.S ., & Mwangi,I.**(2011).Sports and Academic performance: Are Kenyan athletes university intellectually bankrupt?**FISU conference 13-16 August 2011,Shenzhen university china.p.154.**
18. Kamande,I.M., & **Rintaugu,E.G.**(2011).Compliance with the best practise principles of governance: A case of sport organisations in Kenya. **FISU conference 13-16 August 2011, Shenzhen university, China.pp.205.**
19. **Rintaugu,E.G., & Nteere,J.S.** (2011).Motivational orientations of physical education (P.E) pre-service teachers in Kenya: Preliminary findings. **African Association of Physical, Health Education, Recreation, Sports and Dance, 13-15 sept.2011,pg.21.**
20. **Rintaugu,E.G.** (2011).The role of sports in social cohesion in Kenya. Can new models emerge? **African association of Physical, Health Education Recreation Sports and Dance, 13-15 sept.2011,pg.21.**
21. Ngetich, E.D.K., & **Rintaugu E.G.** (2011).Reconceptualising constraints towards female sports participation in sports: The case of university of Nairobi. **African Association of Physical, Health Education Recreation Sports and Dance, 13-15 sept.2011,pg.21.**
22. Mwisukha,A.,& **Gitonga,E.**(2012).Parental role and influence in the teaching of physical education: Perceptions of physical education students in Kenyan universities. **Global forum 2012 for Physical Education Pedagogy, 9-11may, 2012, Universitat,Duisburg Essen,Germany.**
23. Muniu,R.K.,Mwisukha,A.& **Gitonga,E.**(2013). Coach Motivation of University Athletes at Kenyatta University. **The second international conference of the African Sport Management Association 7<sup>th</sup> -9<sup>th</sup> November, University of Dar Es Salam, Tanzania.pg.45.**



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24. Kamenju,J.,Mwisukha,A & **Rintaugu,E.G.**(2013). Doping Awareness among Teacher Training College Athletes: The Case of Nairobi Zone. **The second international conference of the African Sport Management Association** 7<sup>th</sup> - 9<sup>th</sup> November, University of Dar Es Salam, Tanzania.pg.12.
25. **Rintaugu,E.G.**, Mwisukha,A.& Muniu,R.K. (2013). Negotiating Constraints to Sport Participation: The case of Kenyan University Soccer Players. **The second International Conference of the African Sport Management Association** 7<sup>th</sup> -9<sup>th</sup> November, University of Dar Es Salam, Tanzania.pg.28.
26. **Rintaugu,E.G.**, Mwisukha,A.& Muniu,R.K. (2013). Determinants of job stress and Satisfaction of sports personnel in Kenyan Universities. **The second international conference of the African Sport Management Association** 7<sup>th</sup> -9<sup>th</sup> November, University of Dar Es Salam, Tanzania.pg.14.
- 27.**Rintaugu,E.G.**,Litaba,S.A. & Muema,E.(2014).Sources of stress and coping strategies of university-athletes: Implications for coaches. The 7<sup>th</sup> Edition of FASU Games Pre-Games scientific conference,12<sup>th</sup> July 2014,University of Nairobi,Kenya.
28. Kamenju, J.W., **Rintaugu,E.G.** & Mwangi,F.M.(2014).Development of Physical Education and Sports in Kenya. The 7<sup>th</sup> Edition of FASU Games Pre-Games scientific conference,12<sup>th</sup> July 2014,University of Nairobi,Kenya.
29. Kamau, A.W., **Rintaugu, E.G.** & Muniu,R.K.(2014).Effects of participation in competitive sports on school connectedness of secondary school students. The 7<sup>th</sup> Edition of FASU Games Pre-Games scientific conference,12<sup>th</sup> July 2014,University of Nairobi,Kenya.
30. Ajowi, C.A., **Rintaugu, E.G.** & Muthomi,H.(2014).Predictors of sport participation motives of Kenyan female university athletes. The 7<sup>th</sup> Edition of FASU Games Pre-Games scientific conference,12<sup>th</sup> July 2014,University of Nairobi,Kenya.

### 8.3 Chapters in books

1. **Rintaugu, E, G.**, Mwisukha, A. & Munayi,S.(2011).Sports: On the right track. In S.K,Njonjo,A.Kitonga & P.Awour (eds).**Youth research compendium**, Institute of Economic Affairs, Nairobi.
2. Kaimenyi,J.T. & **Rintaugu E.G.**(2013).The Nexus of Sports in African Universities: Management Challenges .In A.Mwisukha.,P.W.Mwangi & E.G,

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Rintaugu (eds). **Issues on management of sports in Africa**. Nairobi, Association of Sports Management in Africa.

3. Mwisukha, A., **Rintaugu, E.G.**, Kamenju, J.W. & Mwangi, P.W. (2014). Shaping the future of Physical Education in Kenya: A reflection on Priorities. In C. Ming-Kai & C.R. Edginton (eds). **Physical Education and Health: Global Perspectives**, Sagamore Publishers, New York.

## ***10.0 EXTERNAL AND INTERNAL GRANTS***

1. Jan 2013: Won Jao havalenge research scholarship, worthy USD 10,000 from Federation of International Football Association (FIFA).
2. March-June 2011: Won USD 3000 from Institute of Economic Affairs (IEA) on Youth scenarios in Kenya.
3. 1996-1998 Won Kenyatta University Scholarship to pursue a Masters Degree in Physical Education and Sport.

## **11.0 LOCAL, REGIONAL AND INTERNATIONAL APPOINTMENTS.**

### **11.1. Local:**

**2014 to date:** Appointed Mentor for Muthangene Primary school by the District Education Officer.

**2012 to date:** Appointed to the Technical committee of Ministry of youth and Sports. Harnessing sport for national development.

**2012 to date:** Appointed to Ministry of youth and sports round table discussions on improvement of sports in Kenya.

**2012 to date:** Appointed to be a Member of Kenya Government think tank for RIO 2016 Olympic Games. .

**2012 to Date:** Appointed Member of Kenya premier league independent disciplinary and complaints committee (IDCC) appeals committee.



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**2011-2012:** Appointed Member of Kenya premier league independent disciplinary and appeals committee (IDAC)

**2006-2011:** Elected Chairman, Kenya Universities Sports Association (KUSA).

**2002-2004:** Secretary –General Kenya Association of Physical, Health Education Recreation Sports and Dance (KAHPERSD).

### **11.2. Regional**

2006-2011: Member, East Africa Universities Sports Federation (EAUSF) Continental

**1997 to date:** Member of African Association for Health, Physical Education Recreation, Sports and Dance (AAHPERSD)

**2011 to date:** Member of African Association of Sports Management. (ASMA)

**2014 to date:** External examiner for the department of sport science Kyambogo university, Kampala ,Uganda.

### **11.3. International**

**2003-2009:** Member, International Council for Health, Physical Education, Recreation, Sports and Dance.

**2003-2004:** Member, International Council for Health, Physical Education, Recreation Sports and Dance.-sports sociology commission.

## **13.0 COMMUNITY OUTREACH**

**2011 to date:** Treasurer Ruiru Volleyball Club.

**2003-2005:** Chairman, Kenyatta university Atuuri welfare association

## **14.0: REVIEWER OF PERIODICALS.**

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**2010 to Date:** Reviewer of African Journal of Health, Physical Education, Recreation, Sports and Dance (AJPHERSD)

**2012 to Date:** Reviewer Educational and Research Reviews Journal.

**2012 to Date:** Reviewer Journal of Physical Education and Sports Management