



**Name:** YASMIN GOODWIN (DR.)

**Department:** Physical Education, Exercise and Sports Science

**Position:** Lecturer

**Areas of Specialization:** Physical Health Fitness  
The Female Athlete Triad  
Sports Injuries

**Education:**

2014	Doctor of Philosophy in Human Movement Science; North-West University, Potchefstroom, South Africa.
1981 – 1983	Master of Science in Teaching and Administration in Physical Education, Springfield College Massachusetts, U.S.A
1967 - 1970	Certificate in Education (Specialist Physical Education): Lady Mabel College of Education, Rotherham, England
1964 –1966	Higher School Certificate (Equivalent to GCE ‘A’ level) Aga Khan High School, Nairobi, Kenya
1958 – 1963	Indian School Certificate (Equivalent to GCE ‘O’ level) Lawrence School, Lovedale, Nilgiris, India

**Work Experience:**

1993 – to date	Kenyatta University, Nairobi, Kenya
1991 – 1992	Clifton High School for Girls, Bristol, England
1990 – 1991	Merrywood Girls School, Bristol, England
1985 – 1989	Kenyatta University, Nairobi, Kenya
1979 – 1985	Kenya Science Teachers College, Nairobi, Kenya
1972 – 1978	Kenya High School, Nairobi, Kenya
1970 – 1971	Aga Khan Academy, Nairobi, Kenya

**Professional Membership**

American Alliance for Health, Physical Education, Recreation and Dance  
Africa Association for Health, Physical Education, Recreation, Sport and Dance  
Kenya Association for Health, Physical Education, Recreation, Sport and Dance

**Miscellaneous:**

1971 - 1984	Coach, Kenya Amateur Athletics Association Visiting Instructor – Outward Bound Mountain School, Loitokitok, Mt. Kilimanjaro
1972 - 1989	Kenya Institute of Education, Physical Education Curriculum Panel
1972 – 1983	Umpire Secretary, Kenya Netball Association
1975 – 1989	Secretary, Nairobi Secondary Schools Sports Association
1979 - 1981	Secretary, Kenya Colleges Sports Association Secretary, Kenya Colleges and Schools Sports Association
1979 - 1989	External Examiner, Kenya Teacher Training Colleges

**Consultancy:**

1993 – 1995	Volunteer Consultant: Ismaili Adult Fitness Program Volunteer Consultant: Aga Khan Sports Advisory Board
2007 – 2008	Volunteer Coordinator for Track and Field: H. H. The Aga Khan International Golden Jubilee Games

## **Awards:**

18<sup>th</sup> March 2016 Letter of appreciation: The Vice Chancellor, Kenyatta University Professor Olive M. Mugenda for great support as Departmental Chair and for meeting the Departmental targets in the Strategic Plan.

## **Conferences and Workshops**

15<sup>TH</sup> July 2019 Training Workshop on Collaboration

13 – 18 Nov 2017 Elite Endurance Coach Academy held at Kenyatta University (Certificate).

10 – 11 July 2017 The World Under 18 Athletics Championships Pre-Games International Symposium

21 – 22 May 2015 Axiology Labs - Physiology and Anatomy Workshop at Kenyatta University

February 2011 Kinanthropometry (ISAK Level 1) Course: Anthropometric Measurements

9 –11 Nov2005 Participant - 6<sup>th</sup> Biannual Africa Association for Health and Physical Education, Recreation, Sport and Dance (AFAHPER-SD) Scientific Conference, Kenyatta University, Nairobi, Theme: Attainment of the Millennium Development Goals through Sports.

## **Appointments**

25<sup>th</sup> June 2018 Committee Member: Kenya-Cuba Bilateral Cooperation

31<sup>st</sup> July 2017: Member The Sports Coaches Academy Management Committee

2<sup>nd</sup> February 2017 IAAF Under 18 Coordinator - Training and Competition Venues Sub-Committee

1<sup>st</sup> February 2017 Member - The Kenyatta University Sports Scholarships Policy Committee

7<sup>th</sup> September 2016 Renewed Appointment - Chairman, Department of Physical and Health Education.

10<sup>th</sup> August 2016 Appointment: Kenyatta University Local Organizing Committee Member: 2017 IAAF WORLD YOUTH ATHLETICS CHAMPIONSHIPS

1<sup>st</sup> December 2015 The Alumni Complex Gymnasium Operationalization Committee

8<sup>th</sup> April 2015 Hospitality Coordinator: Physical Activity and Sports for Health and Development in Africa (PASHDA) conference at Kenyatta University in September 2015

## **Post Graduate (Masters) Supervisor**

Judy Githinji Muthoni (2018). Effects of a physical activity intervention programme on motor performance of visually impaired children in Thika School for Visually Impaired. Proposal Development stage

Kuria Jane Gathoni (2018). Relevance of teacher trainee preparation for teaching physical education in Kenyan primary schools: a case of Nairobi region. Proposal Development stage.

Mwaura Rachael Njoki (2018). Effects of the President's Award Programme on participation in physical activities and sports among secondary school students in Machakos County, Kenya. Proposal Development stage.

Lydia Ngahu (2017) Levels and determinants of physical activity among students in public boarding secondary schools in Nairobi City County- Kenya. Proposal Development stage

Rotich Jepkorir Noelle (2017) Levels of physical activity among students aged 14 – 18 in private boarding secondary schools in Uasin Gishu County – Kenya. Data Collection

Jane Ella Makandi Kimathi (2017) Efficacy of ten weeks physical activity on health- related fitness of trainees at teachers' training colleges in Meru County – Kenya. Data Collection

John Ndiege Kweri (2010). Sports injury risk management practices among secondary schools in Suba sub-county Homa-Bay County, Kenya. Finalizing Thesis.

Mwishukha Andanje (1997) An Analysis of the effectiveness of Kenya's top male Field Hockey teams in offensive tactics in competition.

Mbaabu Salesio Murithi (1997) An investigation into psycho-social factors affecting Kenyan Women's performance in international track events

## **Post Graduate (PH.D) Internal Examiner, Evaluation and Vetting of Manuals:**

June 2019 Vetter: Short course training manual – Fitness Training and Aerobics. Capacity Development and Consultancy Services.

Ph.D. Department Proposal Reader: Reginal Akuffo Darko February 2019  
Adequacy of teacher preparation programme in the universities towards inclusive practical physical education lessons in Ghana.

Internal Examiner: January 2019 Ndambiri Richard Karani H87/31722/15

Prevalence of psychological traits of overtraining amongst elite male field hockey and soccer in top national leagues in Kenya.

Internal Examiner: December 2016 Githangi Julia Wambui H87/20016/2010 Effects of relaxation exercise and sleep environment modification on stress, blood pressure, and sleep among institutionalized elderly in Nairobi, Kenya

### **Research, Seminars and Publications:**

Kamau W.J., Njenga G. D., **Goodwin Y.**, Muthomi N., Rotich K. J. (2017). Leisure from International Voices: A Kenyan Perspective. In Henderson K., & Sivan A. (Eds). *Leisure from International Voices* (pp 99-110), Sagamore Venture, Urbana.

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

Goodwin, Y., Monyeki, M.A., Boit, M.K., De Ridder, J.H., Toriola, A.L., Mwangi, F.M., Wachira, J. L. & Mwhaki, 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), 610-625.

Goodwin Y (1995) The Role of Exercise in Health. Africa Ismaili, Vol.4, No: 3, Shia Imami Ismaili Council for Kenya, Nairobi, Kenya

Goodwin Y and Asembo J M (1995) Exercise in the Prevention and Treatment of Low Back Pain (LBP), Midicus Vol. 14. Dec. 1995, Kenya Medical Association. Nairobi, Kenya

Goodwin Y., et al (1995) The effects of different types of warm-up and duration on the performance of swimming, Paper presented at the 2<sup>nd</sup> Congress of the Africa Association for Health, Physical Education, Recreation, Dance and Sport, Harare 1995

Goodwin Y and Wasonga T A Evolution of African Traditional leisure from Ethnocentrism to World Order. 13 -14 November 1995, 1<sup>st</sup> Symposium of the Baha'i Study Association of East, Central and Southern Africa. Nairobi, Kenya.

Goodwin Y and Asembo J M. HIV infection and AIDS as they relate to sports and exercise. 5 – 9 February, 1996. 17<sup>th</sup> African Health Sciences Congress, Nairobi, Kenya

Goodwin Y and Wasonga T A. Physical Fitness – Concepts and Evaluation. 2<sup>nd</sup> -4<sup>th</sup> May 1996. 1<sup>st</sup> Conference of the Kenya Association for Health, Physical Education, Recreation, Sport and Dance. Nairobi, Kenya

Goodwin Y, Njororai W.W.S. and Asembo J. M. A fitness evaluation of a college soccer team during preparation for a national tournament. 2<sup>nd</sup>-4<sup>th</sup> May, 1996. 1<sup>st</sup> Conference of the Kenya Association for Health, Physical Education, Recreation, Sport and Dance. Nairobi, Kenya.

Goodwin Y and Wasonga T A. The impact of HIV/AIDS on leisure participation among patients and their families in Kenya. 2<sup>nd</sup> -4<sup>th</sup> May, 1996. 1<sup>st</sup> Conference of the Kenya Association of Health, Physical Education, Recreation, Sport and Dance. Nairobi, Kenya.

Goodwin Y and Wasonga T A. The role of physical fitness programs in the Kenyan secondary schools' physical education curriculum. 2<sup>nd</sup>-4<sup>th</sup> May 1996. 1<sup>st</sup> Conference of the Kenya Association of Health, Physical Education, Recreation, Sport and Dance. Nairobi, Kenya