

JULIAH WAMBUI GITHANG'A

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Marital Status: Married

Citizenship: Kenyan

Language Proficiency: English, Swahili and Kikuyu

VISION

To assist learners to grow and develop physically, cognitively, spiritually and affectively.

MISSION

To guide learners in acquisition of skill and values that would help develop into more responsible and self-reliant persons.

SPECIALIZATION

Sport Psychology
Gerontology and Physical Activity
Sport Pedagogy
Exercise Physiology

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

- 2019:** CBC Curriculum Writing
- 2017:** Doctor of Philosophy
- 2015:** Certificate: Human Physiology Labs
- 2014:** Certificate: Module Writing
- 2013:** Certificate: Mainstreaming HIV/AIDs into University Curriculum
- 2012:** Certificate: Exam Setting and Moderation in University
- 2005-2008:** Master of Science
- 2001-2004:** Bachelor of Education
- 2000:** Certificate: Computer Applications Course

WORK EXPERIENCE

- 2019:** CBC Curriculum 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

CONFERENCE ATTENDED AND PARTICIPATED

2019: Physical Activity Promotion Prototype creation
Kenya University in conjunction with Finland Universities

2018: International Colloquium on Physical Activity, Exercise and Sports
Science
Kenya University

2016: 2nd International Conference on physical Activity & Sports for
Health & Development in Africa
Kenya University

2015: Departmental Curriculum Workshop
Kenya University Conference Center

2007: Kenyan Draft Policy on Ageing and Physical Activity
Panafrican Hotel

2006: Association for Health, Physical Education, Recreation, Sport
and Dance (AFAHPER-SD)
Kenya University Grounds

DAAD
Football Symposium
Kenya University Grounds

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

COURSES FACILITATED:

Smart Board Training
eInstruction for lecturers
Kenya University, 2014

Basic Fitness Instructor's Aerobics Course held at Kenya
University August and December, 2013

Advanced Fitness Instructor's Aerobics Course held at Kenya
University April, 2014

LEADERSHIP AND RESPONSIBILITIES

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

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

HOBBIES:

I enjoy playing lawn tennis, swimming and doing community service. I am also a part-time caregiver at Mji Wa Huruma, Runda Estate.

REFEREES:

- 1. Prof. Peter Wanderi**
Ag. Vice-Chancellor
Mount Kenya University
P. O Box 01000
Nairobi
- 2. Dr. Jane Kamau**
Senior Lecturer
Physical Education, Exercise and Sports Science Department
Kenyatta University
P. O Box 43844-00100
Nairobi
- 3. Dr. George Kinuthia**
Lecturer
Science and Engineering Department
Daystar University
P.O.Box 17-90145
Nairobi