

DR. EDWIN KIPTOLO BOIT

SPORT & EXERCISE MEDICINE/ SCIENCE
CONSULTANT

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MY GOAL IS TO

1. Enhance the health of the nation/region through the use of and Sport and Exercise Medicine Principles.
2. Develop sports in Kenya through a multi-sport, scientific, and data-driven approach.

WORK EXPERIENCE

2021–Current	SPORTS & EXERCISE MEDICINE CONSULTANT Avenue Hospital
2019–current	CHIEF EXECUTIVE OFFICER (CEO) Nextgen Multi-Sport Academy Nextgen Health & Wellness
2016–current	LECTURER Kenyatta University
2016–2019	SPORT & EXERCISE MEDICINE CONSULTANT Healthrite limited
2017–2018	TEAM SPORTS SCIENTIST & DATA ANALYST Kenya Rugby Union

EDUCATION HISTORY

2016–2019	Ph.D. SPORT & EXERCISE MEDICINE / SCIENCE SPECIALIZATION. Kenyatta University, Kenya
2014–2015	MSc SPORTS MEDICINE & HEALTH SCIENCE The Chinese University of Hong Kong, Prince of Wales hospital
2009–2013	BSc SPORT & EXERCISE SCIENCE, MEDICAL BIOSCIENCE MAJOR University of Western Cape, South Africa

RESEARCH PUBLICATIONS

Boit, E., Theuri, G. and Ogweno, G., 2020. Effect of a combined exercise and magnesium supplementation regimen on blood pressure in grade I hypertensive adults. *Journal of Health, Medicine and Nursing*, 5(1), pp.49–58.

Boit, E., Theuri, G. and Ogweno, G., 2020. Effect of magnesium supplementation on blood pressure on grade 1 hypertensive adults. *Global Journal of Health Science*, 5(1), pp.13–25

Boit, E., Theuri, G. and Ogweno, G., 2020. Effect of an exercise regimen on blood pressure in grade 1 hypertensive adults. *Global Journal of Health Science*, 5(1), pp.1–13

AREAS OF EXPERTISE

- Chronic disease management
- Cardiac rehabilitation
- Pulmonary rehabilitation
- Injury rehabilitation & pain management
- Clinical & Sports nutrition
- Pre/post natal health
- Geriatric health
- Genetics in health, exercise & sport
- Elite sports development
- Youth sports talent identification development
- Data analysis in sports, exercise and health.

PROFESSIONAL MEMBERSHIPS

- American College of Sports Medicine
- Sports Medicine Society of Kenya

OTHER SKILLS

- Computer programming: Python
- Data science
- Research & innovation

OTHER KEY ACHIEVMENTS

- Member of the Kenya National Swimming Team 2007 to 2012:
- 1 gold & 1 Bronze medal. CANA zone 3 & 4.
- 2 Bronze medals. All African Games 2011 (Maputo)
- Participated in the FINA world championships 2010 (Dubai)