

Academic Staff Profile

1.1 Personal Profile

1.1.1 Personal Details

<p>Name: Dr. Jane Wanjiku Kamau Title/Qualification: PhD Department: Physical Education, Exercise and Sports Science Designation/Position: Senior Lecturer Email: jaynekamau012@gmail.com/kamau.j@ku.ac.ke Contact Address: P.O. Box 43844-00100, Nairobi. Area of Specialization: Exercise Physiology Research Interests: Exercise in Prevention and Management of Non Communicable Diseases ORCID ID:</p>	
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1.1.2 Academic & Professional Qualifications

Academic

- 2008: PhD in Exercise Physiology, Kenyatta University, Kenya
- 2003: MEd (Physical and Health education), Kenyatta University, Kenya.
- 2001: Bachelor of Education (Arts), Kenyatta University, Kenya.
- 1996: KCSE, Mumbi Girls Secondary School.
- 1992: KCPE, Murarandia Primary School.

Professional

- 2016: Training on Public procurement and asset disposal act 2015- Kenya Institute of Supplies Management
- 2016: Training on Quality Palliative Care for Non- Health Care Providers- Nairobi Hospice
- 2016: Training on Integrity Assurance- Ethics and Anti-Corruption Commission of Kenya
- 2016: Certificate in manuscript writing-Kenyatta University PRIME-K project
- 2014: Certificate in Critical Appraisal of Research Proposal – University of Nairobi
- 2014: Certificate in Module Writing and E-Learning Pedagogy- Kenyatta University – Institute of Open, Distance & e-learning
- 2013: Certificate in Teaching Methodology – Kenyatta University Through Directorate of Centre for Teaching Excellence and Evaluation
- 2012: Certificate on Setting, Moderating and Marking Examination in Institutions of Higher Learning – Kenyatta University through Directorate of Regional Centre for Capacity Development
- 2011: Certificate in Research Proposal Writing DAAD and National Council for Science and Technology.

1.1.3 Employment History

- 2016 to date: Senior Lecturer, Department of Physical Education, Exercise and Sports Science
- 2009 to 2016: Lecturer, Department of Recreation Management and Exercise Science
- 2003-2009: Tutorial Fellow, Exercise and Sports Science
- 2002-2003: Graduate Assistant, Department of Exercise and Sports Science
- May 2001 – Jan 2003: Mary Hill High School, Thika
- May 1998 – August 1998: Kiangage Secondary School
- March 1997 – Sept 1997: Electoral Commission of Kenya

1.1.4 Achievements

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1.2 Publications

1.2.1 Referred Journals

- Ismail N. Pangani, Festus K. Kiplamai, **Jane Wanjiku Kamau**, and Vincent O. Onywera 2016 Prevalence of Overweight and Obesity among Primary School Children Aged 8–13 Years in Dar es Salaam City, Tanzania. *Advances in Preventive Medicine*, vol. 2016, Article ID 1345017, 5 pages, 2016. doi:10.1155/2016/1345017
- Elijah Rintaugu, **Jane Kamau**, L.O Amusa and A.L Toriola. (2014). The forbidden Acts: Prevalence of sexual harassment among university Female athletes. *African Journal for physical, Health Education, Recreation and Dance. (AJPHERD) Vol. 20 (3:1 pp 974 – 990)*
- **Jane Wanjiku Kamau** and Peter Wanderi Mwangi. (2013) Effects of a 10 weeks Aerobic Dance Exercise Programme in Managing Overweight and Obesity among Primary School Children Aged 10-15 Years in Nairobi County, Kenya. *International Journal of Sports Technology, Management and Allied Sciences ISSN 2319-5274 vol-2 No.3 pp. 6-12.*
- Jared Nambaka, **Jane Wanjiku Kamau**, Andanje Mwisukha Sep 2011: Factors influencing participation in physical exercise by the elderly in Eldoret West district, Kenya *African Journal for Physical Health Education, Recreation and Dance (AJPHERD) ISSN 11174315 Vol, 17 pp 462-472 (3)*
- **Jane Wanjiku Kamau**, Mwangi Peter wanderi, Edwin Wamukoya and Wycliffe Njororai (2011):Prevalence of overweight and obesity among primary school children in Nairobi province, Kenya *African Journal for Physical, Health Education, Recreation and Dance (AJPHERD) ISSN 11174315 Vol 17(2)*
- Mwangi P. Wanderi, Bukhala P., Gitonga E., **Kamau J.**, Andanje M., Muniu R. Kamenju, J. Gikaria N., Mwose N. and Masinjila T September, 2008 *Physical Education and Sports (PES) in Kenya with special reference to teacher education: current status, challenges and recommendations for improvements*****
- **Jane Wanjiku Kamau**, Njororai W.W. Simiyu and Wanderi P. Mwangi (2003) Aerobic capacity and need for its assessment among athletes: The case of Kenyatta university soccer players. *East African Journal of Physical Education, Sports Science, Leisure and Recreation Management: Vol 1 issue 1 2003, ISSN 1810-259*

1.2.2 Books and Books Chapters

- Leisure from International voices: A Kenyan Perspective, **J,W.Kamau**, D.G.Njenga, Y. Goodwin, N. Muthomi and J. K. Rotich ©2018 Sagamore–Venture Publishing LLC, Library of Congress Control Number: 2017958304, ISBN print edition: 978-1-57167-887-4, ISBN ebook: 978-1-57167-888-1

1.2.3 Conference/Workshops/Seminar Papers

1.2.3.1 Conference Papers

- Presented on The impact of Health Risk Appraisal on Physical Activity and Nutrition Behaviour in an Occupational setting, on 21st September, 2016 at the 2nd International Conference on Physical Activity and Sports for health and Development in Africa (PASHDA).
- Presented on Assessment of the Nutritional and Anthropometric Profile of Adolescent Basketball Players in Zimbabwe on 21st September, 2016 at the 2nd International Conference on Physical Activity and Sports for health and Development in Africa (PASHDA)
- Presented on The explosive strength training effectiveness on the lower Limbs of under 20 volleyball players in Zimbabwe on 22nd September, 2016 at the 2nd International Conference on Physical Activity and Sports for health and Development in Africa (PASHDA).
- Towards addressing Physical Activity and Nutrition Challenges to promote overall Health in Africa” presented at a conference held in South Coast Hotel, Durban, South Africa on 16th September 2013.
- Effects of 10 weeks aerobic dance exercise program on overweight and obesity status of children aged 10 to 15 years in Nairobi province, Kenya. At Kenyatta University, November 2010.
- Prevalence of Overweight and Obesity among School Children Aged 10- 15 Years in Nairobi Province, Kenya. Presented at the 17th Biennial conference of the International society for Comparative Physical Education and Sports (ISCPES) Kenyatta University, Nairobi, Kenya. June 2010
- Obesity prevalence among children in Nairobi province: The case of Horizon Academy and Moi Avenue primary schools. A workshop held at Kenyatta University, Kenya on November 2005:
- Physiological Issues in Female Athletes and Their Implications to Participation in Physical Activities and Sport. A workshop held at Kenyatta University, Kenya on 19th November 2004:

1.2.3.2 Workshops Papers

- Presented on the functions of a school Board of Management to BOM members of Kahatia Secondary at Lakeside Tourist Lodge, Naivasha on 17th August, 2018
- Running Economy and Efficiency”, a workshop held on 25th August 2007 at Kenyatta University, Kenya.

1.2.3.3 Seminar Papers

- Presented on Good Nutrition for Health and wellbeing to Members of ACK Canon Hesbon on 5th August, 2018.
- Overweight and Obesity: Risk Factors to Non Communicable Diseases” at St. Lucia Membley, Ruiru on 8th March 2015

- “Making an informed Career Choice” presented on 26th September 2014: at Kahatia Secondary school, Murang’a county.
- Made a presentation on “Making an informed career Choice” on 5th June 2014 at Search Comprehensive School.

Income generating activities by young women in Kiambu County” presented in conference held at BTL, Ruiru. October 2011.

“The gains of youth and women in the Kenyan 2010 constitution” presented in a conference held at Jumuia Resort, Kiambu on 20th July 2011

1.3 Funded Projects

- Kenya National Commission for UNESCO: Motor Bike Taxis (Bodaboda) On Kenya’s Superhighway as a Social-Economic Empowerment Undertaking and Its Challenge Project.(2013)
- African Youth Trust (AYT) & UN women: Young Women in Governance project.(2011)

1.4 Conferenced/Workshops/Seminars Attended

1.4.1 Conferences Attended

- Participated in the World under 18 Athletics Championship Pre-Games International Symposium held at Kenyatta University, Nairobi, Kenya on 10th to 11th July 2017.
- September, 2016 at the 2nd International Conference on Physical Activity and Sports for health and Development in Africa (PASHDA).
- Attended the Second International Conference of African Sport Management Association (ASMA) held at University of Dar Es-salaam, Tanzania between 7th – 9th November 2013
- Attended 2013 Leisure and Recreation Association of South Africa (LARASA) National Congress, Durban South Africa on 16th-19th September, 2013.
- June 2010, 17th Biennial conference of the International society for Comparative Physical Education and Sports (ISCPES) Kenyatta University, Nairobi, Kenya
- 2010: East African Universities pre-Games symposium, Kenyatta University, Nairobi, Kenya.

1.4.2 Workshops Attended

Attended and facilitated Research Framework development workshop for the Kenya Academy of Sports at the Kenyatta University Conference Centre, Kenya 17th to 19th December, 2018

- Attended and facilitated Research Framework development workshop for the Kenya Academy of Sports at the Kenya Dairy Training Institute, Naivasha, Kenya 13th to 17th July 2018.
- Participated in the Stakeholders Strategic Plan validation workshop for the Kenya Academy of Sports held at Laico Regency Hotel, Nairobi on 25th May 2017.
- Attended and facilitated Personnel Curriculum development workshop for the Kenya Academy of Sports at Panorama resort, Naivasha, Kenya on 31st March to 4th April 2017.
- Attended and participated in the Basic Education curriculum brainstorming workshop for the Arts and Sports Pathways at the Kenya Institute of Curriculum Development on 11th to 12th October 2016.
- Attended and facilitated the athlete curriculum development workshop for the Kenya Academy of Sports at the Enashpai resort, Naivasha, Kenya on 5th to 9th September, 2016.
- Attended and participated in the Institute of Development Studies (IDS) Planning and Learning workshop held at Strathmore University, Nairobi, Kenya on 25-28 July 2016

- Attended a Training workshop on Critical Appraisal of Research Proposals Silver Springs Hotel, Nairobi, Kenya, 16th -20th June 2014
- Attended a training Workshop on Module Writing and E-Learning Pedagogy at Kenyatta University Conference Centre, Nairobi 19th to 20th February 2014.
- Attended a Senior Manager E-Learning and Team Building Workshop at North Coast Beach Hotel Mombasa, February- 4 March 2014
- Facilitated Capacity Building of Youth Boda Boda Business Operators on Thika Super Highway on 6th – 8th August 2013.
- Attended Publishing Scientific Research, Workshop, Organized by Springer at Kenyatta University on 30 May 2013.
- Attended Young Women in Governance Training of Trainers Workshop, at Harlequins Suites, Nairobi on 15th – 20th May 2011.
- Attended Agitos Foundation - Kenyatta University – Kenya National Paralympics Committee (KNPC) proposal writing workshop on 10th -11th May 2012:
- Attended the Agitos Foundation-Kenyatta university-KNPC partnership workshop 13th April 2012:
- Attended Research proposal writing workshop organized by DAAD scholars association in collaboration with DAAD and National council for science and technology on 16th -17th September 2011.
- Research Methodology, e-course Delivery Workshop Kenyatta University Conference Center (KUCC) on 14th - 15th July 2011.
- Attended Kenyatta University/ IPC- Sports Science Committee Workshop on 13th - 15th May 2011.
- Attended University Research Methodology Course School teams Orientation Workshop, Kenyatta University AVU main hall on 13th April 2010.
- Attended a proposal writing workshop on Sports without Borders organized by Kenyatta University, University of Manitoba and Kenya Medical Research Institute, in collaboration with the Terik Education Promotion Development Group (TEPAD), Utalii Hotel, Kenya, and 20th -24th April 2009.

1.4.3 Seminars Attended

1.5 Supervision of Postgraduate Students

1.5.1 Masters

Completed

- Kinuthia Teresa Wangui: H60/10479/2008: Hotel industry perspectives on the implementation of the United Nations World Tourism Organization Code on Conduct in Kilifi District, Kenya
- Karobia Ann Wanjugu: H60/OL/10026/07: An assessment of the contribution of leisure and recreation facilities to the revenue of three star hotels in Nairobi County, Kenya

- Francis Njeru Karugu: H108/CE/15681/08: Assessment of energy intake and energy expenditure of university students in Nairobi county, Kenya
- Abisai Jacob:H108/15531/08: Continuity of sport talent development in selected sport disciplines in Kenyan universities
- Lillian Mugisha H108EA/25700/2011: Influence of Demographic Factors and Perceived Environmental Factors on participation in physical activity among high school students in Kampala city Uganda.
- Matilda Mukaro, H108F/29180/2014: Determinants of Participation in Physical Activity in On-Site Fitness Centers: The Case of Employees at Kenyatta University and Africa Nazarene University, Kenya.

On Going

- Moreen Nandwa: H6010316/08: Knowledge, attitudes and practices on weight Management among type II diabetic adults visiting Mbagathi hospital in Nairobi County, Kenya.
- Michael N Macharia: H108/CE/22621/2010: Awareness and Use of Mental Training Strategies of the Kenyan Amateur Boxers.
- Beatrice Atieno Opiyo: H60/CE/14006/09: Dietary and Physical Activity Practices Among Type II Diabetic Adults Attending Provincial General Hospital, Nakuru County, Kenya.
- Jacinta Wanjeri Gichangi: H108/OL/14648/2009: An investigation into the Use of Physical Exercises in Managing Cerebral Palsy in Children aged 7-10 Years in Kirinyaga County, Kenya

1.5.2 Ph. D

Completed

- Ismael Nathaniel Pangani H87/21876/2010: Assessment of overweight and obesity and their risk factors among primary school children in Tanzania: The case of Dar Es Salaam

Ongoing

- Siphon Heleni M'nyamama-Rutsate H87F/22588/2012: Effects Of Health Risk Appraisal On Modifiable Risk Factors Associated With Obesity And Hypertension In The Banking Sector Workforce In Zimbabwe
- Bernard Njekeya H87F/26455/2013: Assessment of Biomechanical Gait Parameters and Gross Motor Performance of Overweight and Obese Children in Zimbabwe.

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

Review of Professional Periodicals

- Reviewer of 2016 Leisure and Recreation Association of South Africa (LARASA) Congress papers.
- Reviewer for BMC Pediatrics Journal Authors: Juan C Aristizabal, Jacqueline Barona, Marcela Hoyos, Marcela Ruiz and Catalina Marin Title: Association between anthropometric indices and cardiometabolic risk factors in pre-school children

External examiner

- August 2018: - Appointed External Examiner: Discipline of Biokinetics, Exercise and Leisure Sciences, College of Health Sciences, Kwazulu Natal University For Eyasu Merhatsidk

Gebreegziabher Student No: 214564752 PhD Thesis Titled “Anthropometric Profile and Physical Performance of Youth Players and Challenges in the Ethiopian Football Talent Identification Program”

- July 2016: Appointed External Examiner: Discipline of Biokinetics, Exercise and Leisure Sciences, Health College of Health Sciences, Kwazulu Natal University For Malema’s Thesis Titled “Leisure And Recreation: Empowering Rural Women”
- September, 2015- appointed External Examiner: Department of Sport Science and Coaching, National University of Science and Technology, Bulawayo Zimbabwe.
- July, 2015-Appointed External Examiner: Department of Sport Science and Coaching, National University of Science and Technology, Bulawayo Zimbabwe. (MPhil Examination).
- October 2014 – date. Appointed as External examiner; The Department of Sport Science and Coaching: National University of Science and Technology, Bulawayo, Zimbabwe.
- June 2014 – Mphil Thesis, Department of sports science and coaching - National University of Science and Technology, Zimbabwe

1.7 Community Service and Other Engagements

- Organized and participated in the Solai (Nakuru County) community medical camp on 12th October, 2018.
- Organized and coordinated the fund drive towards the Solai (Nakuru County) dam tragedy response by Kenyatta University between May and October 2018.
- Organized and participated in the ACK canon Hesbon (Kiambu County) screening Medical camp on 26th August, 2018.
- Presented on the functions of a school Board of Management to BOM members of Kahatia Secondary at Lakeside Tourist Lodge, Naivasha on 17th August, 2018
- Presented on Good Nutrition for Health and wellbeing to Members of ACK Canon Hesbon on 5th August, 2018.
- Organized and participated in the Isinya (Kajiando County) Medical camp on 23rd June 2018.
- Organized and participated in the Ruiru (Kiambu County) Medical camp on 17th March, 2018.
- Organized and participated in the Garissa Drought Response initiative on 14th February to 4th May 2017.
- Organized and participated in the Visit to the Arks Childrens home inThika on 20th September, 2016.
- Organized and participated in palliative care training for Kenyatta University staff members by Nairobi Hospice on 8th to 12th August 2016.
- Organized and participated in the Nairobi Hospice annual Charity walk on 24th September 2016.
- Organized and participated in Maragua, Murang’a county medical camp on 17th October 2015.
- Made a presentation on “Overweight and Obesity: Risk Factors to Non Communicable Diseases” at St. Lucia Membley, Ruiru on 8th March 2015
- Made a presentation on “Making an informed Career Choice” presented on 26th September 2014: at Kahatia Secondary school, Murang’a county.
- Made a presentation on “Making an informed career Choice” on 5th June 2014 at Search Comprehensive School.
- From 2013 to date: Associate member of Mothers Union in Nairobi Diocese
- September 2014 to date: Appointed as Youth Patron for St. Mathews Parish Membley
- 2013 to date: Treasurer mothers Union A.C.K. St. Mathews church Membley
- 2012- to Date: Chairperson, Board of Management, Kahatia Secondary school
- June 2011: Elected Chairperson, young Women in Governance pilot project

2.0 Administrative Positions Held

2.1.1 Recognized University administrative positions

- June, 2018 to date- appointed to the reconstituted University Ethics Review Committee.
- May, 2018 appointed chairman to the Committee to Develop a Coordinated Response to the Solai Dam Disaster by the Kenyatta University Community.
- August, 2017 Appointment as chairperson to the committee to develop a proposal on Upgrading Trade Skills Training Centre
- July 2017 to –date, appointed to the Sports Coaches Academy Management Committee
- July 2017 to-date, Re- Appointed Director, Kenyatta University Community Outreach and Extension Programmes
- February, 2017 Appointed Chairman to the committee to develop a coordinated Response by KU Community to the Drought Situation in Kenya.
- October, 2015 to date-Re-appointed into the reconstituted Research Ethics Review Committee.
- August 2015, - Appointed director Kenyatta University community Outreach and Extension programmes.
- July, 2015- Appointed to the Kenyatta University TV (KUTV) news subcommittee.
- Feb 2015 –Re- appointed as a staff mentor
- Feb 2015 – Appointed Committee member to spearhead the KU –Phoenix Assurance Group collaboration on facilities at the REC Center.
- Jan 2015: Appointed committee member to explore leasing of equipment for university Recreation Centre.
- November 2014 to date: Appointed member of the sports Coaches Academy Management Committee.
- June 2014 to Date: Appointed to the Kenyatta University Wellness Board.
- June 2014 to Date: Appointed University Representative in Research Group on Athletics and Social Sciences in East Africa.
- May 2014: Appointed Member to the Coaches Academy Launch Committee
- June 2013: Appointed Committee Member to Develop Proposal for Sports Coaching Academy
- October 2013: Appointed Member of the Kenyatta University Ethics Review committee
- July 2013: Appointed Chairperson, Department of Recreation Management and Exercise Science.
- January 2012- July 2013: Appointed Chairperson, Department of Recreation Management and Exercise Science.
- December 2011- to Date: Appointed Staff Mentor
- October 2011- January 2012: Appointed Acting Chairperson, Department of Recreation Management and Exercise Science
- August 2011-October 2011: Appointed Chairperson, Department of Recreation Management and Exercise Science.
- August 2009- March 2012: Appointed Chairman School Board of Postgraduate Studies School of Applied Human Science
- September 2011: Appointed Secretary to the committee to organize a Kenyatta University wellness and Health Walk
- May, 2011: Appointed Committee member of the 2nd wave of RRI in the thematic area of Thesis processing
- June 2010: Appointed Secretary organizing committee for East African University Pre-Games Symposium
- September 2010: Appointed Member of Protocol, Awards and Entertainment Committee for East African University Games.
- September 2009: Appointed as a member of the Gender of Equality Advocacy Team (GEAT)

2.1.2 Other administrative positions Held

- December 2015, -Re-appointed chairman of the Board of Management of Kahatia Secondary School
- September, 2015- Re-appointed External Examiner: Department of Sport Science and Coaching, National University of Science and Technology, Bulawayo Zimbabwe.
- July, 2015-Appointed External Examiner: Department of Sport Science and Coaching, National University of Science and Technology, Bulawayo Zimbabwe. (MPhil Examination).
- July 2015:Appointed peer reviewer for BMC pediatric
- October 2014- to Date: Appointed External Examiner: Department of Sport Science and Coaching, National University of Science and Technology, Bulawayo Zimbabwe
- June 2014: Appointed External Examiner: Department of Sport Science and Coaching, National University of Science and Technology, Bulawayo Zimbabwe. (MPhil Examination).
- 2012: Appointed Chairperson, Board of Management, Kahatia Secondary school