

**ACADEMIC PROFESSIONAL PROFILE
CURRICULUM VITAE**



1. Personal Data

Name: Dr. Francis Mundia Mwangi
Titles/Qualifications: Doctor of Philosophy (PhD) degree in Exercise Physiology, Kenyatta University. Master of Science (MSc) degree in Physical and Health Education, Kenyatta University. Bachelor of Education (BEd Arts) degree in Physical Education, Kenyatta University.
Current Work Station; Department of Physical Education, Exercise & Sports Science, Kenyatta University, Kenya.
Contact Address: Office; PEE&SS, P.O. Box 43844 Post Code 00100 Nairobi, Kenya. Home; P O Box 7356 Post Code 01000 Thika, Kenya. Tel; Office; +254-02-810901 Ext. 4147 Cell Phone; +254722761379 Email; mwangi.francis@ku.ac.ke or framwa@gmail.com
Position: Lecturer and Chairman of Department
Areas of Specialization: Exercise Physiology, Exercise and Sports Biomechanics. Tennis and Fitness Instruction
Research Interests: Respiratory physiology and athletic performance. Exercise and sports biomechanics. Psycho-physiological aspects of sports.

2. Conference Presentations

S/ No	Presenter/s	Title of Paper presented, City/Country, Date of Conference, Funding (US\$)
1.	Mwangi, MF. , Kidokoro, T., Fuku, N., Bogonko, LF., Boro, LW., Wachira, LJ., and Isika, J.	Assessment of Foot Structure and Function in Relation to Selected Health and Performance Related Fitness Attributes among Children and Young Adults: A Comparative Study Between Kenya and Japan. A Concept Paper Presented at <i>the International Colloquium in Physical Education, Exercise and Sports Science</i> held on Thursday 8th November 2018 at Kenyatta University, Nairobi, Kenya.
2.	Mwangi, MF , Rintaugu, EG., Ombiji, V., Wahome, PW., Hussein, IH., & Kimanzi, F.	Physical Fitness Appraisal of Kenyan Soccer Players during 2016 Pre-Season Tournament: Presented at the <i>Physical Activity and Sports for Health and Development in Africa</i> , Nairobi, Kenya, held on 21 st – 23 rd September, 2016.
3.	Francis M. Mwangi , Mary Mwhiki, Lucy-Joy Wachira, Edna Thangu and Elijah G. Rintaugu	Care and Management of Athletes Medical Issues among East African Universities: Presented at the <i>International Convention on Science, Education and Medicine in Sports (ICSEMIS 2016)</i> , Santos SP, Brazil, held on 31 st August - 4 th September, 2016.
4.	Francis M. Mwangi , Mary	Assessment of Fitness and Training among East African

	Mwihaki, Lucy-Joy Wachira, Isaaah Wabuyabo and Vincent Onywera	Universities Swimming Athletes: Presented at the 2016 Olympics Games scientific convention, the <i>International Convention on Science, Education and Medicine in Sports</i> (ICSEMIS 2016), Santos SP, Brazil, held on 31 st August - 4 th September, 2016.
5.	Mwangi, Francis Mundia	Pulmonary Function of Kenyan Elite Distance Runners at Rest and During Sub-Maximal and Maximal Endurance Exercise: Presented at the 27 th <i>Kenyatta University Post Graduate Seminar</i> , Nairobi, Kenya, on Dec. 6, 2013.
6.	Mwangi, FM. , Onywera, VO., Boit, M., Foster, GE., Koehle, MS., Tremblay, J., Boit, C. & Sheel, AW.	Pulmonary Function of Kenyan Elite Distance Runners at Rest and During Sub-Maximal and Maximal Endurance Exercise: Presented at the 2012 pre-Olympics Games scientific convention, the <i>International Convention on Science, Education and Medicine in Sport</i> (ICSEMIS 2012) held in Glasgow, United Kingdom, on July 19 – 24, 2012.
7.	Mwangi FM. , Gitonga ER., Ondeng MO., Adalo, J.A., Ng’ethe, HW. & Omondi, JO.	The Status of Selected Health Related Physical Fitness Attributes of University Staff In JKUAT, Kenya: Presented at the 17th Biennial Conference of the <i>International Society for Comparative Physical Education and Sport</i> , Kenyatta University, Nairobi, Kenya. June 6-8, 2010.
8.	Mwangi, MF. & Kamenju, JW.	Educational Role of Kenya Teachers’ College Sports: Presented at the 17th Biennial Conference of the <i>International Society for Comparative Physical Education and Sport</i> , Kenyatta University, Nairobi, Kenya. June 6-8, 2010.
9.	Mwangi, FM. , Wanderi, PM. & Wamukoya, EK.	Effects of Different Arm Actions on Performance in Long Distance Running: Presented at the 2008 pre-Olympics Games scientific convention, the <i>International Convention on Science, Education and Medicine in Sport</i> held in Guangzhou, China, on Aug. 1-4, 2008.
10.	Rintaugu, E. G., Mwangi, F.M. , Bailasha, N.K & Mwisukha, A.	Knowledge Attitudes and Perceptions of University Physical Education and Sport-Science Students towards Doping. Paper Presented at <i>International Conference on the Research and Innovation in Education 2018 (ICRIE2018)</i> on October 24th – 26th, 2018, at University of Nairobi, Kenya.
11.	Bailasha, N.K, Rintaugu, E. G, Mwangi, F. M , Mucheke, C. M & Sebastian, O	Determinants and Reasons for Non-Participation in Organized Physical Activity and Sport Among Kenyan University Students: Towards Modifying Students Lifestyle for Sustainable Development Through Sports. Paper Presented at <i>International Conference on the Research and Innovation in Education 2018 (ICRIE2018)</i> on October 24th – 26th, 2018, at University of Nairobi, Kenya.
12.	Rintaugu, E. G., & Mwangi, F.M. ,	Influence of achievement goals and motivational climate on attitudes towards doping among university student-

		athletes. Paper Presented at <i>Laikipia University Sports Conference</i> held on 22 nd – 25 th May 2018 at Laikipia University, Kenya.
13.	Stella N. Wayong'o, Francis M. Mwangi and Lucy-Joy Wachira	Safety Precautions During Physical Education Program In Private Primary Schools In Nairobi City County, Kenya: Presented at the <i>Physical Activity and Sports for Health and Development in Africa</i> , Nairobi, Kenya, held on 21 st – 23 rd September, 2016.
14.	Patrick K. Maingi, Francis M. Mwangi and Elijah G. Rintaugu	Attitude and practices of primary school pupils, teachers and head teachers in physical education in Kiambu County, Kenya: Presented at the <i>Physical Activity and Sports for Health and Development in Africa</i> , Nairobi, Kenya, held on 21 st – 23 rd September, 2016.
15.	Kamenju, JW., Rintaugu, EG. & Mwangi, FM.	Development of physical education and sports in Kenya in the 21st century: an early appraisal: Presented at the 7 th edition of the <i>FASU pre-games scientific conference</i> , University of Nairobi, Kenya. 2014.
16.	Bukhala, PW., Onywera, VO., Mwangi, FM. & Mwangi, JW.	Assessment of Physical Fitness Levels among Children with Intellectual Disabilities in Nairobi County, Kenya: Presented at the 2012 pre-Olympics Games scientific convention, the <i>International Convention on Science, Education and Medicine in Sport</i> held in Glasgow, United Kingdom, on July 19 – 24, 2012.
17.	Sheel AW, Foster GE, Koehle MS, Dominelli PB, Mwangi FM , Onywera VO, Boit MK, Tremblay JC and Boit C.	Pulmonary gas exchange and the mechanics of breathing during exercise in Kenyan runners. Presented at the <i>Canadian Society for Exercise Physiology Annual Meeting</i> , Regina, 2012.
18.	Omondi, JO., Mwangi FM. , Gitonga, ER., Ondeng, MO., Adalo, JA & Kizito, M.	Status of Selected Physical Fitness Attributes and Sexual Wellbeing of Bicycle Taxi (Bodaboda) Operators in Juja, Kenya: Presented at the 17th Biennial Conference of the <i>International Society for Comparative Physical Education and Sport</i> , Kenyatta University, Nairobi, Kenya. June 6-8, 2010.
19.	Adalo, JA., Mwangi, FM. , Ondeng, MO., Kariuki, SG. & Nganga, N.	Analysis of selected fitness variables of 2008 Kenyan Junior Athletics Team to Poland: Presented at the 17th Biennial Conference of the <i>International Society for Comparative Physical Education and Sport</i> , Kenyatta University, Nairobi, Kenya. June 6-8, 2010.
Workshop Presentations		
20.	Mwangi, FM.	Presented a topic on ' <i>Data Analysis in Research: Identifying the most appropriate statistics to test your objectives and hypotheses</i> ' at the a Research Workshop organized by the department of Physical and Health Education, Kenyatta University on 12th Sep. 2018
21.	Mwangi, FM.	Facilitated sessions on Walking Race during IAAF Elite Coach Endurance Academy training workshop,

		Kasarani, Nairobi, Kenya, on 17 th Nov. 2017
22.	Mwangi, FM.	Presented a topic on ' <i>Data Analysis in Research</i> ' at the a Research Workshop organized by the department of Health Promotion and Sports Science, Masinde Muliro University of Science and Technology on 13 th Nov. 2014.
23.		

3. Research

S/ No	Researcher/s and Year	Title, Donor, Funding (US\$)
1.	Mwangi, MF. , Kidokoro, T., Fuku, N., Bogonko, LF., Boro, LW., Wachira, LJ., Isika, J., and Samson W. Gachathi (Ongoing)	Title: Assessment of Foot Structure and Function in Relation to Selected Health and Performance Related Fitness Attributes among Children and Young Adults: A Comparative Study Between Kenya and Japan.
2.	Mwangi, MF , Rintaugu, EG., Ombiji, V., Wahome, PW., Hussein, IH., & Kimanzi, F. (2015-2016).	Title: Physical Fitness Appraisal of Kenyan Soccer Players during 2016 Pre-Season Tournament
3.	Francis M. Mwangi , Mary Mwhaki, Lucy-Joy Wachira, Edna Thangu and Elijah G. Rintaugu (2014-2015)	Care and Management of Athletes Medical Issues among East African Universities
4.	Francis M. Mwangi , Mary Mwhaki, Lucy-Joy Wachira, Isaah Wabuyabo and Vincent Onywera (2013-2014)	Assessment of Fitness and Training among East African Universities Swimming Athletes
5.	Mwangi, FM. , Onywera, VO., Boit, M. & Sheel, AW. (2011-2013)	Pulmonary Function of Kenyan Elite Distance Runners at Rest and During Sub-Maximal and Maximal Endurance Exercise, NCST, 4200.
6.	Bukhala, PW., Onywera, VO., Mwangi, FM. & Mwangi, JW.	Assessment of Physical Fitness Levels among Children with Intellectual Disabilities in Nairobi County, Kenya.
7.	Mwangi, FM. , Wanderi, PM. & Wamukoya, EK. (2007-2008)	Effects of Different Arm Actions on Performance in Long Distance Running
8.	Mwangi FM. , Gitonga ER., Ondeng MO., Adalo, J.A., Ng'ethe, HW. & Omondi, JO. (2009-2010)	Selected Health Related Physical Fitness Attributes of University Staff In JKUAT, Kenya.
9.	Mwangi FM. , Omondi, JO., Gitonga, ER., Ondeng, MO., Adalo, JA & Kizito, M. (2009-2010)	Physical Fitness Attributes And Sexual Wellbeing of Bicycle Taxi (Bodaboda) Operators in Juja, Kenya.
10.	Mwangi, FM. , Adalo, JA., Ondeng, MO., Kariuki, SG. & Nganga, N. (2008-2010)	Selected Fitness Variables of 2008 Kenyan Junior Athletics Team to Poland.

4. Funded projects & Scholarships

S/No	Researcher	Year	Title	Granting Body	Funding (US\$)
1	Mwangi, Francis Mundia	2012	Research grant; Pulmonary Function of Kenyan Elite Distance Runners at Rest and During Sub-Maximal and Maximal Endurance Exercise	NCST, Kenya	4200
2	Mwangi, Francis Mundia	2008	Conference Scholarship; Effects of Different Arm Actions on Performance in Long Distance Running	LOC ICSEMIS 2008, China.	2000
3					

5. Publications

S/No	Author/s and Year	Title, Journal, ISBN/ISSN Reference No.
1.	Stella N. Wayong'o, Francis M. Mwangi , Lucy-Joy M. Wachira, & Elijah G. Rintaugu, (2019).	Emergency Plans and Safety Regulations During Physical Education Lessons in Private Primary Schools in Kenya. <i>The Russian Journal of Physical Education and Sport (Pedagogico-Psychological and Medico-Biological Problems of Physical Culture and Sports.) Volume 14 (1):</i> ISSN 2070 -4798
2.	Elijah G. Rintaugu, Francis M. Mwangi , and Abel L. Toriola (2018).	Sources of sports confidence and contextual factors among university athletes. <i>Journal of Physical Education and Sport (JPES)</i> , 18(2): 889 – 895. DOI:10.7752/jpes.2018.02132 https://efsupit.ro/images/stories/iunie2018/Art%20132.pdf
3.	Francis Mundia Mwangi (2017).	Assessment of Spirometric and Cardio-Respiratory Values of Kenyan Distance Runners. <i>The Russian Journal of Physical Education and Sport (Pedagogico-Psychological and Medico-Biological Problems of Physical Culture and Sports.) Volume 12 (4):</i> 106 – 116. DOI 10/14526/04_2017_272 http://www.journal-science.org/en/article/921.html
4.	Francis M. Mwangi , Helen N. Muthomi, and Lucy-Joy Wachira (2017).	<i>Ability in Disability</i> . Nairobi. Queenex Publishers Ltd. ISBN: 978-9966-075-66-6
5.	Francis M. Mwangi and Elijah G. Rintaugu (2017).	Physical Activity and Health Related Physical Fitness Attributes of Staff Members in a Kenyan Public University, <i>International Journal of Sports Science</i> , 7 (2): 81-86. doi: 10.5923/j.sports.20170702.09. http://article.sapub.org/10.5923.j.sports.20170702.09.html
6.	Francis Mundia Mwangi (2017).	<i>Pulmonary Physiology of Kenyan Endurance Runners</i> . Saarbrucken, Scholar's Press. ISBN: 978-3-659-84556-7
7.	Kamenju, JW., Rintaugu, EG. & Mwangi, FM. (2016).	Development of physical education and sports in Kenya in the 21st century: an early appraisal. <i>The Russian Journal of Physical Education and Sport (Pedagogical-Psychological and Medico-</i>

		<i>Biological Problems of Physical Culture and Sports</i>), Volume 11(4): 129-137. ISSN: 2070-4798. DOI: 10.14526/01_1111_165
8.	Lucy-Joy Wachira, Francis M. Mwangi , and Helen N. Muthomi (2016).	<i>The Trash Ball</i> . Nairobi. Queenex Publishers Ltd. ISBN: 978-9966-075-16-1
9.	Helen N. Muthomi, Lucy-Joy Wachira, and Francis M. Mwangi , (2015).	<i>David Gets Fit</i> . Nairobi. Queenex Publishers Ltd. ISBN: 978-9966-075-13-0
10.	Goodwin, Y., Monyeki, MA., Boit, MK., De Ridder, JH., Toriola, AL., Mwangi, FM. , Wachira, JL., and Mwihaki, MG.(2014).	Profile of the female athlete triad in elite Kenyan endurance athletes and in non-athletes. <i>African Journal for Physical, Health Education, Recreation and Dance (AJPHERD) Volume 20(2:2)</i> , June 2014, pp. 610-625.
11.	Goodwin, Y. Monyeki, MA., Boit, MK., De Ridder, JH., Toriola, AL., Mwangi, FM. , and Wachira, JL. (2014).	Association between energy availability and menstrual function in elite Kenyan runners. <i>African Journal for Physical, Health Education, Recreation and Dance (AJPHERD) Volume 20(2:1)</i> , June 2014, pp. 291-307.
12.	Foster GE, Koehle MS, Dominelli PB, Mwangi FM , Onywera VO, Boit MK, Tremblay JC, Boit C. and Sheel AW. (2014)	Pulmonary mechanics and gas exchange during exercise in Kenyan distance runners. <i>Medicine & Science in Sports & Exercise</i> . Vol. 46, No. 4, pp. 702–710. DOI: 10.1249/MSS.0000000000000161
13.	Rintaugu, EG, Mwangi, FM. & Bailasha, NK. (2013)	Negotiating constraints to sports participation of university soccer players. <i>Journal of Education and Practice</i> . Vol. 4(23): 146-153, October, 2013.
14.	Mwangi, FM. , Kamenju, JW. & Rintaugu, EG. (2013)	Educational Role of Kenya Teachers Colleges Sports Association. <i>International Journal of Education and Research</i> Vol. 1(7): 1-10, July, 2013.
15.	Sheel AW, Foster GE, Koehle MS, Dominelli PB, Mwangi FM , Onywera VO, Boit MK, Tremblay JC and Boit C. (2012)	Pulmonary gas exchange and the mechanics of breathing during exercise in Kenyan runners. Canadian Society for Exercise Physiology Annual Meeting, Regina, 2012. <i>Applied Physiology, Nutrition and Metabolism</i> 37: S34, 2012.
16.	Rintaugu, EG., Mwisukha, JA. & Mundia, MF. (2011)	Alcohol Consumption patterns of Student-Athletes in a Kenyan Public University: <i>International Journal of Humanities and Social Sciences</i> . Vol. 1, No. 17, pg. 162-167, Nov. 2012.
17.	Mwangi, FM. , Wanderi, PM., Wamukoya, EK., Onywera, VO. & Gitonga, ER. (2011)	Effects of Different Arm Kinematics on Performance in Long Distance Running: <i>International Journal of Current Research</i> . Vol. 3, Issue 6, pg.185-190, June, 2011.
18.	Mwangi, Francis (2011)	<i>The Role of Arms Movement in Long Distance Running Performance.</i>

		Effects of Different Arm Actions on Performance in Long Distance Running. Saarbrucken: VDM Verlag. ISBN: 978-3-639-32457-0
19.	Mwangi, FM. , Wanderi, PM. & Wamukoya, EK. (2008)	Effects of Different Arm Actions on Performance in Long Distance Running: <i>2008 International Convention on Science, Education and Medicine in Sport Proceedings</i> . Vol. 1, pp. 32-33.
20.		

6. Consultancy and Community service

S/No.	Consultant (s)	Consulting Person/ Body/ Organization	Year	Title Consultancy Service	Payment (US\$)
1.	Mwangi, FM.	Aga Khan Academy	2018	Career Day; Presenter on Recreation & Sports Science profession	
2.	Mwangi, FM.	Gikoe Sec. Sch.	2014 to-date	BOM Member, and Chair, Academic Standards Committee	
3.	Mwangi, FM.	St. Austin Academy	2014, 2015	Career Day; Presenter on Sports Science profession	
4.	Mwangi, FM. , Wanderi, PM., Kamenju, JW.	Kenya Institute of Education (K.I.E)	2007	Review of Diploma in Education PE Curriculum	

7. Affiliation to Professional Bodies

S/No	Name of professional body
1	International Society for Comparative Physical Education and Sport (ISCPES)
2	Tennis Kenya Coaches Commission
3	Member, Editorial board, The Russian Journal of Physical Education and Sport.
4	

8. External Examination

S/No	Institution	Year
1.	University of KwaZulu-Natal, School of Health Sciences, Department of Biokinetics, Exercise and Leisure Sciences (Sport Science)	2018
2.	Masinde Muliro University of Science and Technology, School of Public Health Sciences, Department of Health Promotion and Sport Science	2018
3.	Kenya Science Teachers College	2005
4.	Kenya Science Teachers College	2001
5.		

9. Supervision of postgraduate students

S/No	Name of student	Thesis title	Status of project (e.g. First year etc)
Supervision of PhD Degrees			
1.	Martin Sisa Yauma H87/39360/2016	Prevalence and Assessment of Risk Factors of Doping Among Athletes in Dominant Olympic Sports in Kenya.	Second Year: Proposal development
Supervision of Masters Degrees			
1.	Patrick Kariuki Maingi (B.Ed.Arts) PE H108/CE/20851/2012	Attitudes of primary schools pupils and teachers towards physical education: A case of Kiambu county, Kenya	Graduated with MSc. (Exercise & Sports Science) in Dec. 2017
2.	Stella Nasimiyu Wayong'o (B.Ed.Arts) H108/CE/22619/2010	Safety precautions during physical education program in private primary schools in Nairobi county, Kenya	Graduated with MSc. (Exercise & Sports Science) in Aug. 2018
3.	Matilda Mukaro (BSc Sports Administration) H108F/29180/2014	Determinants of participation in physical activity in on-site corporate fitness centers: a comparative analysis of Kenyatta and Strathmore universities, Kenya.	Graduated with MSc. (Exercise & Sports Science) in Dec. 2018
4.	Stanley Kagunda Kinuthia (BSc. Sports Science) H60/ 24509/2013	Assessment of constraints and the negotiation strategies to exercise adherence among clients at selected fitness centres in Nairobi county, Kenya.	Graduated with MSc. (Recreation & Sports Management) in Dec. 2018
5.	John Kweri Ndiege (B.Ed Special Education) H60/CE/21888/2010	Injury risk management practices in sports among secondary schools in Suba sub-county, Homa-bay county-Kenya	Compiling Thesis
6.	Moses Gicharu Kung'u (B.Sc. Sports Science) H108/27673/2014	Efficacy of lucozade sports drink as an ergogenic aid in male cyclist aged 17-30 years	Compiling Thesis
7.	Anne Nyawira (BSc Public Health) Q139/CTY/PT/31621/2015	Predictors of spousal participation during child labour and delivery at Nyeri county referral hospital	Compiling Thesis
8.	Mary Ngina (BSc. Sports Science) H108/CE/25883/2011	Etiology of injuries in soccer and rugby among public secondary schools in Kenya: A case of Nakuru sub-county	Second Year: Collecting data.
9.	Nicholas Mwangi (BSc Exercise & Sports) H108/37418/2016	Exercise self-efficacy and physical activity status of gyms and outdoor based group fitness	Second Year: Collecting data.

		programs participants in Nairobi county Kenya	
Supervision of Postgraduate Diploma			
10.	Stanley Chege G H67/CE/ 20850/2012	Awareness and use of carbohydrate loading among football players in Kiambu county championship cup.	Graduated with PGD. (Recreation & Sports Management) in Dec. 2018

10. Administrative positions held to date

OCT. 2018–TO DATE	Chairman, Department of Physical Education, Exercise & Sports Science
JUL. 2018–SEP. 2018	Chairman, Department of Recreation Management & Exercise Science
MAY. 2018–AUG. 2018	Chairman, School of Applied Human Sciences committee on undergraduate curriculum
MAY. 2017–TO DATE	Warden, Eastern Zone Male Hostels
OCT. 2018–TO DATE	Secretary, University Committee on Sports Engineering and Technology
JUL. 2018–SEP. 2018	Secretary, University Committee on Expression of Interest in Implementation of Kenya-Cuba Bilateral Co-operations in Sports
JAN. 2011–AUG. 2018	Chairman, Departmental committee on undergraduate curriculum. Serving in School undergraduate curriculum committee, Human Performance Lab subcommittee, school and departmental welfare committees.
SEP 2015 - DEC 2016	Member, LOC Committee for The 2 nd <i>Physical Activity and Sports for Health and Development in Africa</i> , held in Kenyatta University, Nairobi, Kenya, on 21 st – 23 rd September, 2016.
APRIL-JULY 2010	Member, LOC Committee for The 17th Biennial Conference of the <i>International Society for Comparative Physical Education and Sport</i> , held in Kenyatta University, Nairobi, Kenya. June 6-8, 2010.
17 th - 21 st DEC 2009	Team Manager –JKUAT team to KUSA Interuniversity Games
SEP - OCT 2009	Participated as an exhibitor in Central ASK Show and Nairobi International Trade Fair
FEB 2009 – MAR 2010	Acted in the position of the Director, Sports & Games from time to time (for over five months).
JAN. 2001 – JAN. 2005	Worked with Kagumo College Teaching Practice Secretariat as a Zone Coordinator -Coordinating all Teaching Practice activities in Muranga Zone.
APRIL and JUNE 2003, 2004, 2006 & 2007	Worked with Kenya Teachers' Colleges Sports Association as a Referee and Technical Manager during K.T.C.S.A. National Ball Games and National Intercollegiate Athletics Championship.
May 1997 – Jun. 1999	Worked with South Kisii District Secondary School Sports Association (S.K.D.S.S.S.A.) as a Zonal Organiser -In charge of organizing all extramural sports (ball games, athletics etc.) in a zone consisting of ten secondary schools.