

# **DR. LUCY JOY MUTHONI WACHIRA (Ph.D)**

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## **EDUCATION**

### **PhD (Physical and Health Education)**

August 2010 to July 2014

KENYATTA UNIVERSITY

Department of Physical and Health Education

Title of proposal: **Physical Activity, Screen-Based Sedentary Behaviour, Dietary Habits and Adiposity of 9 to 11 Year Old School Children in Nairobi County, Kenya**

### **Master of Science Degree (Physical and Health Education)**

September 2005 to December 2008

KENYATTA UNIVERSITY

Department of Exercise, Recreation and Sports Science

Title of thesis: **Use of Exercise Therapy in the Management of Diabetes Mellitus by Adult Diabetics at Kenyatta National Hospital, Nairobi, Kenya**

### **Bachelor of Education (Arts) Degree (Physical Education Double)**

September 2001 – October 2005

Second Class Honors (Upper Division)

KENYATTA UNIVERSITY

## **PROFESSIONAL QUALIFICATIONS**

### **Kinanthropometry (ISAK level 1)**

February 2011

Course on anthropometry

### **Wilderness First Aid**

September 2016

Stonehearth Open Learning Opportunities (SOLO)

### **Teaching Methodology**

November 2013

Centre for Teaching Excellence and Evaluation, Kenyatta University

### **Module Writing and E-Learning Pedagogy**

February 2014

Institute of Open, Distance & E-Learning, Kenyatta University

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**Area of Specialization:** Physical Activity Surveillance, Exercise Physiology, Anthropometry, First Aid

**Research Interests:** Physical Activity in population health, Physical Activity Surveillance, Fitness Testing and Exercise prescription for various population groups, Pediatric Physical Activity and Obesity, Exercise Physiology, Accelerometry, Anthropometry, Outdoor Adventure Pursuits Risk management and safety.

## **SCIENTIFIC PUBLICATION**

### **Book/Monograph**

Lucy Joy Wachira (2010). **Use of Exercise Therapy in the Management of Diabetes Mellitus: A Baseline Clinical Survey on Exercise and Diabetes Mellitus among Adult Diabetic Patients at Kenyatta National Hospital, Nairobi, Kenya.** VDM Verlag Dr. Muller Berlin, Germany. ISBN: 978-3-639-30764-1

### **Magazine/Report**

Onywera, V. O., Muthuri, S. K., Hayker, S., **Wachira, L. J. M.**, Kyallo, F., Mang'eni, R. O., Bukhala, P., Mireri C. (2016) Kenya's 2016 Report Card on Physical Activity for Children and Youth. Healthy Active Kids Kenya (HAKK), 2016

Muthuri, S. K., **Wachira, L. J. M.**, Onywera, V. O., & Tremblay, M. S. (2014). Kenya's 2014 Report Card on the Physical Activity and Body Weight of Children and Youth. Healthy Active Kids Kenya (HAKK), 2014

### **Journal Papers**

1. Muthuri, S. K., **Wachira, L. J. M.**, Onywera, V. O., & Tremblay, M. S. (2016). Associations between Parental Perceptions of the Neighbourhood Environment and Childhood Physical Activity: Results from ISCOLE-Kenya. *Journal of Physical Activity and Health*, 2016, 13, 333 - 343 <http://dx.doi.org/10.1123/jpah.2014-0595> Human Kinetics, Inc.

2. Onywera, V. O., Muthuri, S. K., Hayker, S., **Wachira, L. J. M.**, Kyallo, F., Mang'eni, R. O., Bukhala, P., Mireri C. (2016) Results From Kenya's 2016 Report Card on Physical Activity for Children and Youth. *Journal of Physical Activity and Health*, 2016, 13 (Suppl 2), S195 -S200 <http://dx.doi.org/10.1123/jpah.2016-0359> Human Kinetics, Inc.

3. Lang, J. J., Longmuir, P., LeBlanc A., Chaput, J. P., Lambert, E. V., Muthuri, S., Onywera, V., **Wachira, L. J.**, and Tremblay, M. S. (2015). Correlates of objectively measured moderate-to-vigorous physical activity and cardiorespiratory fitness in Canadian, Kenyan, and South African children. *Applied Physiology, Nutrition, and Metabolism* 40(S1):S37.

4. Muthuri, S. K., **Wachira, L. J.**, Onywera, V. O., & Tremblay, M. S. (2015). [Direct and self-reported measures of physical activity and sedentary behaviours by weight status in school-aged children](#): results from ISCOLE-Kenya. *Annals of human biology*, 42(3): 237–245.

5. **Wachira, L. J. M.**, Muthuri, S. K., Tremblay, M. S., & Onywera, V. O. (2014). [Results from Kenya's 2014 Report Card on the Physical Activity and Body Weights of Children and Youth.](#) *Journal of Physical Activity and Health*, 11(suppl 1), S69-S73.
6. Muthuri, S. K., **Wachira, L. J. M.**, Onywera, V. O., & Tremblay, M. S. (2014). [Correlates of objectively measured overweight/obesity and physical activity in Kenyan school children:](#) results from ISCOLE-Kenya. *BMC Public Health*, 14(1), 436.
7. Muthuri, S. K., Francis, C. E., **Wachira, L. J. M.**, LeBlanc, A. G., Sampson, M., Onywera, V. O., & Tremblay, M. S. (2014). [Evidence of an overweight/obesity transition among school-aged children and youth in Sub-Saharan Africa:](#) A systematic review. *PloS one*, 9(3), e92846.
8. Muthuri, S. K., **Wachira, L. J. M.**, Leblanc, A. G., Francis, C. E., Sampson, M., Onywera, V. O., & Tremblay, M. S. (2014). [Temporal trends and correlates of physical activity, sedentary behaviour, and physical fitness among school-aged children in Sub-Saharan Africa: a systematic review.](#) *International journal of environmental research and public health*, 11(3), 3327-3359.
9. Muthuri, S.K., **Wachira, L-J.M.**, Onywera, V.O. & Tremblay, M.S. (2014). [Comparative study of physical activity patterns among school children in Kenya and Canada: Results from the ISCOLE Project.](#) *African Journal for Physical, Health Education, Recreation and Dance*, 20(2:2), 765-779.
10. 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.
11. Goodwin, Y., Monyeki, M.A., Boit, M.K., De Ridder, J.H., Toriola, A.L., Mwangi, F.M., **Wachira, J. L.** & Mwihaki, 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.
12. **Wachira, L. J. M.** (2011). [Use of exercise therapy in the management of diabetes mellius by adult diabetic at Kenyatta National Hospital, Nairobi, Kenya.](#) *VDM Verlag Dr. Muller Berlin, Germany*. ISBN: 978-3-639-30764-1
13. **Wachira, L.**, Simiyu N, and Onywera, V (2009). Physical Activity Practices among Adults with Diabetes: A Clinical Survey on Management of Diabetes Mellitus at Kenyatta National Hospital, Kenya. *African Journal of Applied Human Sciences*. Vol.1 No.1 pp 22-30

## **CONFERENCE PRESENTATIONS**

1. **Wachira, L. J. M.**, Muthuri, S. K., Tremblay, M. S., & Onywera, V. O. (2016). School related opportunities for physical activity. Symposium on The physical activity transition and the global childhood obesity epidemic – Results from the ISCOLE presented at the 2<sup>nd</sup> Physical

Activity and Sports for Health and Development in Africa (PASHDA) International Conference held on the 21st to 23rd September, 2016 at Kenyatta University, Nairobi, Kenya.

2. Invited International Faculty - Exercise is Medicine (2015) at the 16<sup>th</sup> Biennial Conference of the South African Sports Medicine Association (SASMA) held on the 20<sup>th</sup> to 22<sup>nd</sup> October 2015 at the Sandton Convention Center, Johannesburg, South Africa

3. **Wachira, L. J. M.,** Muthuri, S. K., Tremblay, M. S., & Onywera, V. O. (2014) Association between BMI and Percent Body Fat Status and Screen-Based Sedentary Activity of Kenyan Urban School Children: Results from ISCOLE-Kenya: Presented at the 2014 Global Summit on the Physical Activity of Children Held from May 19-22, 2014 at the Westin Harbour Castle in Toronto, Canada

4. **Wachira, L. J. M.,** Muthuri, S. K., Tremblay, M. S., & Onywera, V. O. (2014) School Related Opportunities for Physical Activity in Kenyan Urban Schools: Presented at International Conference on Physical Activity and Sports for Health and Development in Africa Held from March 25th to 29th, 2014 at the Pedagogic University of Maputo in Maputo, Mozambique

5. **Wachira, L. J. M.,** Muthuri, S. K., Tremblay, M. S., & Onywera, V. O. (2013) The International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE) Kenya: Protocols, Experiences and Advice for African Countries: Presented at the Ghana Physical Education & Sport Think-tank & Exercise Medicine Ghana (GPEStt-EMG) International Conference held on 4th to 7th June 2013 at the Ghana College of Physicians & Surgeons, Ridge, Accra, Ghana

6. **Wachira, L. J. M.,** Njororai, S. W., & Onywera, V. O. (2011) Factors Affecting Participation in Physical Activity and Adherence to Exercise Programmes by Persons Living With Diabetes. Presented at the 9th Biennial Africa Association for Health, Physical Education, Recreation, Sport and Dance (AFAHPER-SD) International Conference held on 13th – 15th September 2011 at Colline Hotel Mukono: Kyambogo University, Uganda

### **MEMBERSHIP**

- *The International Society for Comparative Physical Education and Sport (ISCPES)*
- *Africa Association for Health, Physical Education, Recreation, Sport and Dance (AFAHPER-SD)*
- *Africa Physical Activity network (AFPAN)*

### **ONGOING & RECENT RESEARCH PROJECTS**

Outdoor Adventure Practice in the Afro-Alpine Mountain Areas in East Africa: Training, Certification, Competence and Standards in Injury Occurrence and Pre-Hospital Emergency Risk Management 2016 – 2019. **Principle Investigator**

GOK (Ministry of Health) and Micro-nutrient Initiative (2014): Large Country LOT Quality Assurance (LC-LQAS) Analysis Survey for Zinc, Vitamin A and Iron/Folic Acid Supplementation programs in Kenya: January 2014 – July 2014: **Regional Supervisor**

International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE) – KENYA  
SITE: **Project Coordinator**

### **SUPERVISION OF POSTGRADUATE STUDENTS**

<b>s/n</b>	<b>Name</b>	<b>Level</b>	<b>Topic</b>	<b>status</b>
1	Sylvester Hayker	PhD	Assessment of Active Transport among 9 – 12 Year Old School Children in Urban, Peri-Urban and Rural Nairobi and Kisumu Counties in Kenya.	<i>Thesis writing</i>
2	Bernadette Nakabazzi	PhD	Built Environment and Physical Activity among Children in Kampala City, Uganda	<i>Data collection</i>
3	Simon Ochieng Ogana	Masters	Musculoskeletal Pain and School Bag Use Among Upper Primary School- Going Children In Starehe Sub- County, Nairobi County, Kenya	<i>Graduated 2016</i>
4	Stella Nasimiyu Wayong'o	Masters	Assessment of Safety Precautions During Physical Education Program In Private Primary Schools In Nairobi County, Kenya	<i>Thesis writing</i>
5	Rotich Jepkorir Noelle	Masters	Prevalence of Physical Activity Among Students Aged 14-18 In Private Boarding Secondary Schools In Uasin Gishu County, Kenya	<i>Data collection</i>
6	Jane Ellah Makandi Kimathi	Masters	Effects of Exercise Program on Health Related Fitness Levels of Teacher Trainees: A Case Study of Meru Teachers' Training College in Meru County, Kenya	<i>Data collection</i>
7	Etiene Turikamana	Masters	Physical activity levels of the university staff and students at the university of Rwanda, Rwanda	<i>Proposal development</i>
8	Grace Mitambo	Masters	An Assessment of Awareness on The Role of Physical Activity In Health Promotion Among Teachers In Marsabit County, Kenya	<i>Proposal development</i>
9	Lydia Ngahu	Masters	An Evaluation of Physical Activity Participation among Students in Public Boarding Secondary Schools in Nairobi County, Kenya	<i>Proposal development</i>

## WORKING EXPERIENCE

*April 2010 to date*

Lecturer

**Kenyatta University, Nairobi**

Departments: Physical and Health Education, Recreation Management and Exercise Science

**Duties:**

- Teaching
- Supervising Ph.D., Masters and Undergraduate Student Projects
- Examination setting, moderation and marking
- Formulation of modules and courses for students
- School of Applied Human Sciences: board member: coordinator postgraduate studies, research committee, quality management systems.

*January 2010 to July 2010*

Lecturer

**Daystar University, Nairobi (Athi River and Valley Road campuses)**

Department of Science: Health and Physical Fitness

**Duties:**

- Lecturer Health and physical fitness (university common unit)
- Examination setting, moderation and marking

*September 2009 to April 2010*

Lecturer

**Mt Kenya University, (main campus)**

Department of Education: Teacher Training Diploma course

**Duties:**

- Lecturer Diploma in Education (various subjects)
- Examination setting, moderation and marking

*September 2009 to April 2010*

Lecturer

**DALC Education, Nairobi**

**Duties:**

- Lecturer Higher Diploma courses in Sports Management
- Examination setting, moderation and marking

*March 2008 to December 2008*

College Tutor and Outdoor Education/Experiential Training Instructor

**Adventure Educator Kenya –**

**Africa Institute of Experiential Education**

*Immediate supervisors:*

Executive Director

*Job details and responsibilities:*

Developing the curriculum and course syllabuses, running the College, recruitment of staff and procurement, teaching and organizing practical aspects of the courses, courses include Sport instruction and skill development, fitness, health and wellness, outdoor education/experiential training, First Aid and Lifesaving, Recreation and Leisure management, Youth community Mobilization e.t.c.

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**REFEREES**

Dr. Helen Muthomi  
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Department of Exercise, Recreation and Sports Science  
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Prof. Vincent Ochieng Onywera  
Senior Lecturer, Kenyatta University  
Department of Exercise, Recreation and Sports Science  
P.O Box 43844, Nairobi  
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