



NAME: NDAMBIRI RICHARD KARANI  
DEPARTMENT: PHYSICAL AND HEALTH EDUCATION  
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#### CONFERENCE PRESENTATIONS

- Ndambiri K.,R, Mwisukha, A, and Muniu R (2014). Physical Factors that influence training and performance of female athletes in sports in central region of Kenya. Second International conference of African Sports Management Association. University of Dares salaam, Tanzania
- Ndambiri K.,R (2014). Psycho-Physical Dimensions of Coaching Female Athletes in Teacher Training Colleges in Central Region of Kenya. Thesis presented at the School of Applied Human Sciences, Kenyatta University.

#### PUBLICATIONS

- Ndambiri K.,R, Mwisukha A and Muniu R (2013). Demographic and Behavioural Traits of Coaches Preferred by Female Athletes in Central Region of Kenya. International Journal of Arts and Commerce ISSN: 1929-7106 VOL.2 NO 5 MAY 2013
- Ndambiri K.,R, Mwisukha A and Muniu R (2013). Psychological Factors that Influence training and Performance of Female Athletes in Sports in Teacher Training Colleges in central Region of Kenya. International Journal of Education and Research. ISSN: 2201-6333 (Print). ISSN: 2169-8791 (Online)
- Ndambiri K.,R, Mwisukha A and Muniu R (2014). Physical Factors that Influence Training and Performance of Female athletes in Sports in Teacher Training Colleges in Central Region of Kenya. International Journal of Sports Science. ISSN: 2169-8759 (print). ISSN: 2169-8791 (online)

#### PROFESSIONAL MEMBERSHIP

Member of African Sports Management Association (ASMA)

**NDAMBIRI RICHARD KARANI**

**CURRICULUM VITAE**

**ACADEMIC QUALIFICATIONS**

**PhD (PHYSICAL AND HEALTH EDUCATION)-ONGOING**

**M.S.C (PHYSICAL AND HEALTH EDUCATION).KENYATTA UNIVERSITY**

**BED ARTS (KISWAHILI AND PHYSICAL EDUCATION)**

**AREA OF SPECIALIZATION**

**PHYSICAL AND HEALTH EDUCATION**

**CAREER OBJECTIVE**

To obtain a teaching position in university in Physical and Health Education

**INTRESTS**

To become a researcher on matters relating to Physical and Health Education

**PERSONAL INFORMATION**

MARITAL STATUS: MARRIED  
DATE OF BIRTH: 1970  
ID NO: 13241764  
NATIONALITY; KENYAN  
SEX : MALE  
LANGUAGES: ENGLISH, KISWAHILI

**CONTACT INFORMATION**

ADRESS: 129-10301 KIANYAGA  
PHONE NO: 0721352935  
EMAIL: [richardkarani2010@gmail.com](mailto:richardkarani2010@gmail.com)

## **EDUCATION BACKGROUND**

2015 TO DATE	PhD Physical and Health Education (ongoing)
2010- 2014	MSC.PHYSICAL AND HEALTH EDUCATION KENYATTA UNIVERSITY DEPARTMENT OF PHYSICAL AND HEALTH EDUATION

## **AREAS OF SPECIALIZATION**

Physiology of Exercise Science, Statistics in Recreation and Movement Science, Research Methods in Recreation and Movement Science, legal and Ethical Issues in Recreation and Movement Science, Leisure and Sport for Special Population, Organization and Administration of Leisure services, Planning Design and management of facilities in Physical Education, Administrative policies and procedures in Physical education and Recreation, Human and Industrial relations in Physical Education and Recreation, Sports Performance and Ergogenic aids

## **RESEARCH AREA**

Psycho-physical dimensions of coaching female athletes in teacher training colleges in Central Region of Kenya.

1993-1997	KENYATTA UNIVERSITY Department of Education Bed (Arts) Physical Education and Kiswahili Second class Honours (Upper)
1988-1991	KERUGOYA SEC SCHOOL KCSE Certificate
1977-1991	KITHIRITI PRIMARY KCPE Certificate

## **PUBLICATIONS ON INTERNATIONAL JOURNALS**

### **1<sup>ST</sup> PUBLICATION-JULY 2013**

#### **PAPER TITLE**

#### **JOURNAL**

Demographic and Behavioural Traits of Coaches Preferred by  
Female Athletes in Teacher Training Colleges in Central Region  
Of Kenya

International Journal  
of Arts and Commerce  
ISSN: 1929-7106  
VOL.2 NO.5 MAY 2013

### **2<sup>ND</sup> PUBLICATION-JULY 2013**

#### **PAPER TITLE**

Psychological Factors that Influence Training and Performance  
Of Female Athletes in Sports in Teacher Training Colleges in  
Central Region of Kenya

International Journal  
of Education and  
Research  
ISSN: 2201-6333(print)  
ISSN: 2201-6740(online)

### **3<sup>RD</sup> PUBLICATION- APRIL 2014**

#### **PAPER TITLE**

Physical Factors that Influence Training and  
Performance of Female Athletes in Sports in  
Teacher Training Colleges in Central Region  
Of Kenya

International Journal of  
of Sports Science  
ISSN: 2169-8759(print)  
ISSN: 2169-8791(online)

## **PRESENTATIONS IN NATIONAL AND INTERNATIONAL CONFERENCES**

### **1<sup>ST</sup> PRESENTATION-University of Dares Salaam, Tanzania-November 7-9<sup>th</sup> 2013**

#### **PAPER TITLE**

#### **CONFERENCE**

Physical Factors that Influence Training and  
Performance of Female Athletes in Sports in  
Teacher Training Colleges in Central Region  
Of Kenya

Second International  
Conference of the  
African Sport Management  
Association – University of  
Dares Salaam, Tanzania

**2<sup>nd</sup> PRESENTATION- KENYATTA UNIVERSITY, JULY 19<sup>th</sup> 2014**

**POST GRADUATE SEMINAR-19<sup>th</sup> JULY 2014**

**PAPER TITLE**

Psycho-Physical Dimensions of Coaching Female Athletes in Teacher Training Colleges in Central Region of Kenya

**PROFESSIONAL MEMBERSHIP**

MEMBER OF THE AFRICAN SPORTS MANAGEMENT ASSOCIATION

**OTHER EDUCATIONAL EXPERIENCES**

<b>YEAR</b>	<b>INSTITUTION</b>	<b>CERTIFICATE</b>
25 <sup>th</sup> – 27 <sup>th</sup> MARCH 2009	NACADAA	PEER COUNSELLING ON ALCOHOL AND DRUG ABUSE
24 <sup>TH</sup> -30 <sup>TH</sup> OCT 2009	PSYCHOLOGICAL HEALTH SERVICES	DRUGS&SUBSTANCE ABUSE COUNSELING
17 <sup>TH</sup> -20 <sup>TH</sup> JUNE 2009	NACADAA	DRUG ABUSE MANAGEMENT.
28 <sup>th</sup> -1 <sup>st</sup> SEPT 2009	NYERI TTI	HOD CERTIFICATE OF- PARTICIPATION
19 <sup>th</sup> -20 <sup>th</sup> APRIL 2004	US PEARCE CORPS	HIV/AIDS VOLUNTEER- CERTIFICATE
15 <sup>th</sup> -20 <sup>th</sup> MAY 2004	US PEARCE CORPS	INFUSION AND INTEGRATION OF HIV/AIDS IN KENYAN SCHOOL CURRICULUM CERTIFICATE
19 <sup>th</sup> -12 <sup>th</sup> DEC 1994	KENYA AMATEUR HANDBALL ASSOCIATION	REFEREEING&COACHING CERTIFICATE

## **WORK EXPERIENCE**

<b>YEAR</b>	<b>INSTITUTION</b>
2015 TO DATE	KENYATTA UNIVERSITY
1998 TO DATE	LECTURER MICHUKI TECHNICAL TRAINING INSTITUTE

## **DUTIES/RESPONSIBILITIES**

2001 TO DATE:	HEAD OF DEPARTMENT (HOD) LIBERAL DEPARTMENT
1998 TO 2008:	GAMES MASTER
2007 TO 2012:	GUIDANCE AND COUNSELLING COORDINATOR
2009 TO DATE;	CHAIRMAN COMMITTEE ON DRUGS AND SUBSTANCE ABUSE
2009 TO DATE	CHAIRMAN, COMMITTEE ON HIV/AIDS
2009 TO 2012:	MEMBER TIVET BURSARY SCHEME

Facilitate coaching of various games in the institute. Participates in organizing both internal and external sports competitions. Overall organizer of lectures and workshops on Health matters and counseling sessions.

## **OTHER SKILLS AND ATTRIBUTES**

Self motivated with ability to work with minimal supervision. Team player with good facilitation skills

## **HOBBIES**

COACHING, REFEERING, AND OUTDOOR PURSUITS

## **REFEREES**

DR Adanje Mwisukha, Lecturer, Dept.of Recreation Management and Exercise Science.Kenyatta University

Kenyatta University,

P.O Box, 43844-00100,

Nairobi.

Mob No: 0722936588

DR Jane Kamau, Lecturer, Dept.of Recreation Management and Exercise Science. Kenyatta University.

Kenyatta University,

P.O Box, 43844-00100,

Nairobi.

Mob: 0722298947

Mr. Gathua. Lecturer, Dept of Physical Education. Kenyatta University

Kenyatta University,

P.O Box, 43844-00100,

Nairobi

15 September 2015