



VINCENT O. ONYWERA PhD, ISAK 2

Biography

Dr. Vincent Onywera has a Bachelor of Education (Honors) in Physical and Health Education from Kenyatta University. His graduate training was from the same University where he obtained his M.Ed (Physical and Health Education). He later completed his PhD (Exercise and Sports Science) where his research focus was on the role of genetics, nutrition and sociocultural factors in explaining the phenomenon performance of Kenyan middle and distance runners. Vincent, the Director, Center for International Programmes and Collaboration at Kenyatta University is also a Senior Lecturer at Kenyatta University, Department of Recreation Management and Exercise Science. He also volunteers his time working at the International Association of Athletics Federations (IAAF) Academy at Kenyatta University. He is currently instrumental in the establishment of a Kenyatta University Sports Complex complete with a stadium and recreation centre. Vincent has published widely and has been involved in a number of national, regional and international academic meetings aimed at capacity building and research for improved health and well-being in the greater Eastern Africa Region (Kenya, Uganda, Tanzania, Rwanda, Burundi and Southern Sudan) and beyond. He is and has been involved in various academic endeavors such as the Kenyan International Development Study- Canadian Activity Needs (KIDS-CAN) Research Alliance. This is an alliance that brings together two countries to fight childhood obesity and promote physical activity; the International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE) Research Group whose aim is to determine the relationship between lifestyle characteristics and obesity in a large multi-national study of children, and to investigate the influence of behavioural settings, and physical, social and policy environments on the observed relationships from over 14 countries from six major regions of the world (Africa, Asia, Europe, Latin America, North America and the Pacific); the Canada and Mexico Battling Childhood Obesity (CAMBIO) Research Group which is a multidisciplinary, international network of investigators participating in a project to enhance research capacity in the field of Childhood Obesity; the World Anti Doping Agency(WADA). Vincent has also offered and continues to offer his professional services with the World Health Organization (WHO) as well as a number of Kenyan Ministries and Non-Governmental Organizations (NGO's). He is a member of several professional bodies such as Kenya International Development Study-Canadian Activity Needs (KIDS-CAN)Research Alliance; International Union for Health Promotion and Education(IUHPE);International Physical Activity and the Environment Network (IPAN); International Council for Health, Physical Education, Recreation, Sport and Dance (ICHPER·SD) Research; Canadian Obesity Network; Africa Association of Health, PE, Recreation, Sport and Dance-(AAHPERSD); East Africa Association of Health, PE, Recreation, Sport and Dance-(EAAHPERSD); Kenya Association of Health, PE, Recreation, Sport and Dance- (KASHPERSD) just to mention a few. He currently is a peer reviewer for many international journals and serves on a number of Kenyatta University Committees and sub-committees. Vincent is a mentor, academic advisor and supervisor to several undergraduate and graduate students within the Eastern African Region and beyond. He is happily married to Mary and they are blessed with two children: Fidel (11 years) and Meeghan (4 years).

1. PERSONAL DATA

Name: Dr. Vincent O. Onywera
Title/Qualifications: Ph.D, ISAK 2
Department/Unit/Section: Department of Recreation Management and Exercise Science
Contact Address: P.O. Box 43844-00100 Nairobi – Kenya Telephone: +254-02-810901 Ext. 57284 E-Mail: vonywera@gmail.com
Position: Senior Lecturer
Area of Specialization: Exercise Physiology
Research Interests: <ol style="list-style-type: none">1. Pediatric Physical Activity and Obesity2. Kinanthropometry3. The remarkable performance of Kenyan runners4. Fitness Testing and Exercise prescription for various populations5. Physical Activity Surveillance

1.0 QUALIFICATIONS

a) Academic

- i. 2004 -2007 Kenyatta University (Ph.D)

Title of Thesis: “The African Running Phenomenon. The Role of Genetics, Nutrition and Demographic Factors in Explaining the Success of Kenyan Runners in International Distance Running”

- ii. 2000-2002: Kenyatta University (Master of Education: Physical Education and Health)

Title of Thesis: “Analysis of Acute Injuries incurred by Players during the 2001 Moi Golden Cup Soccer Tournament”

- iii. 1995-1999: Kenyatta University {B. Ed}(Physical and Health Education) - **First Class Honors**

b) Professional work and courses related to my area

- 2011: Kenyatta University
Kinanthropometry (ISAK 2)
- 2009: Visiting Scholar, Healthy Active Living and Obesity (HALO) Research Group
Children's Hospital of Eastern Ontario Research Institute
- 2007: Stellenbosch University, South Africa
Course: Kinanthropometry (ISAK 1)
- 2004: University of Glasgow
Course: Laboratory Techniques in Exercise Physiology, Literature review etc.

2.0 EMPLOYMENT HISTORY/ WORK EXPERIENCE

- 2010 to date: Senior Lecturer, Department of Recreation Management and Exercise Science, Kenyatta University
- 2010 - Appointed Associate Professor, Centre for Biokinetics, Recreation and Sport Science, University of Venda, South Africa (Declined)
- 2008 to date: Coordinator, Kenyatta University Website
- 2006 to date: Lecturer, Department of Recreation Management and Exercise Science, Kenyatta University
- 2006 to date: Deputy Director, IAAF Athletics Academy, Kenyatta University
- 2002 - 2005: Tutorial Fellow, Department of Exercise, Recreation and Sport Science, Kenyatta University
- 2000 – 2002: Graduate Assistant, Department of Exercise, Recreation and Sport Science
- 1999-2000: Head of PE and Sports: Augustana Academy, Nairobi

3.0 ADMINISTRATIVE RESPONSIBILITIES

- 2011 to date: Director, Kenyatta University Centre for International Programmes and Collaboration
- 2008 to date: Coordinator, University Website
- 2008 to date: Member, Kenyatta University Website Advisory Board
- Acting head of department at different times
- Acting Director IAAF Athletics Academy at KU at different times

4.0 MEMBERSHIP OF UNIVERSITY COMMITTEES

- 2013: Member, University Marketing Committee
- 2012: Member, KU-KARI MOU Steering Committee
- 2012: Member, Committee on the Launch of the Alumni Discount Card
- 2012: Member, Prison Programmes Committee
- 2012: Member, African Region Congress of the International Council for Health, Physical Education, Recreation, Sports and Dance (ICHPER-SD)
- 2012: Member, Youth Economic Participation Initiative Committee
- 2012: Appointment to Language and Culture Feasibility Committee
- 2012: Member, Kenyatta University Self-Assessment Committee
- 2011: Member, Kenyatta University Growing Leaders Program Committee
- 2011: Member, Committee on Establishment of a Kenyatta University Campus at Egoji
- 2011: Member, Kenyatta University Business Incubation and Innovation Centre (BIIC)
- 2011: Member, Website Team
- 2011: Member, Intra-African, the Caribbean and the Pacific (Intra-ACP) Proposal Writing Committee
- 2011: Master of Public Policy Development Committee
- 2011: Member, International Association of Universities (IAU) Annual Conference Preparation Committee
- 2011: Member, KUSA Election Appeals Committee 2011
- 2011: Member, Graduate Students' Tracer Studies Committee
- 2011: Member, University-Industry Link Case Study Project
- 2011: Member, Committee to Review Gender Policy
- 2011: Member, Rapid Result Initiative (RRI) 2nd Wave
- 2011: Member, Committee to Organize Kenyatta University Wellness and Health Walk
- 2011: School of Economics Committee
- 2011: Construction of Recreation Centre (REC-Centre) Committee
- 2011: Member, Ranking Committee
- 2011: Member, International Conference on Gender Based Violence and Sexual Harassment Committee
- 2011: Member, Regional Conference on French Organizing Committee
- 2011: Member, Committee for Lead Global Programme
- 2011: Member, Committee to Organize for a Raffle Competition
- 2011: Member, Committee on Development of Strategic Plan for Directorate of Grants Writing and Management
- 2011: Member, Team to Participate in the Launch of Kenyatta University Foundation
- 2011: Member, Committee on Employee and Customer Satisfaction Survey
- 2011: Member, Committee to Plan for Climbing Mount Kenya
- 2011: Member, Committee to Prepare a Documentary on Orphans and Vulnerable Students
- 2010: Member, Committee on Promotional Materials

- 2010: Member, AAU-AUCC University-Industry Partnership
- 2010: Member, Kenyatta University Silver Jubilee Celebrations Committee
- 2010: Member, Kenyatta University Promotional Material Committee
- 2010: LOC Member: 7th Edition of the East Africa University Games held at Kenyatta University.
- 2009: Member, Committee to prepare Environmental Proposal
- 2009: Member, Kenyatta University Sports Complex Proposal writing committee KU Sports and games
- 2009: Member, KU Sports Complex proposal writing committee
- 2009: Member, KU disability sports proposal writing committee
- 2009 to date: Member, School of Applied Human Sciences Executive Board
- 2009: Member, KU RRI on proposal processing committee
- 2009 to date: Member, KU graduation committee

5.0 POSTGRADUATE SUPERVISION

- i. **Constance A. N Nsibambi - I84/10304/06:** Assessment of health-related fitness of 6 to 9 year old primary school pupils in Mukono and Wakiso districts, central Uganda. **Graduated with a PhD in 2010**
- ii. **Sandra Kasoma-I84/10306/06:** Effect Of Regular Physical Activity on Functional Independence In The Elderly In Uganda: The Case Of The Bakateyamba Home. **Graduated with a PhD in 2011.**
- iii. **Peter Bukhala.** Enhancing the Physical Activity Level of Learners With Intellectual Disability Through Peer Tutoring: The Case of Special Olympics Clubs in Nairobi County –Kenya. **Graduated with a PhD in 2012.**
- iv. **Francis Mundia Mwangi (H87/13314/2009).** Assessment of Lung Capacity and Pulmonary Function Parameters of Kenyan Elite Distance Runners During Maximal and Sub-Maximal Endurance Exercise Performance. **PhD. Second Year**
- v. **Lucy Joy Muthoni Wachira (H87/20079/10).**Assessment of Physical Activity, Dietary Patterns and Screen time habits among children in Nairobi County, Kenya. **PhD: Second year.**
- vi. **Ismail Nathaniel Pangani (H87/21876/2010).**Assessment of Overweight, Obesity and Their Risk Factors Among Primary School Children In Tanzania: The Case of Dar Es Salaam City Council. **PhD: Second year.**
- vii. **Selina Chebet (H87/21947/2010).** Assessment of Knowledge, Attitude and Practice on Doping Among Elite Kenyan Middle and Long Distance Runners. **PhD: Second year.**

- viii. **Joan Auma Adalo** (H108/12991/2009). Assessment of Knowledge, Attitude and Practices of Hydration: The Case of Kenya Premier League Soccer Players. **MSc. Second Year**

- ix. **Maureen Awuor Okoth** (H60/12702/2009). Assessment of Overweight, Obesity, Physical Activity and Dietary Practices among Adolescents Attending Day Secondary Schools in Kisumu East District. **MSc. Final Year**

- x. **Janet Achieng Otin** (REG.NO.H60/12707/09). Overweight and Obesity among Pre-School Children in Kibera Slums in Relation to Feeding Practices and Physical Activity. **MSc. Second Year**

- xi. **Kiplagat J. Eunice** (H60/12697/2009). Assessment of Nutrition Knowledge, Attitudes and Dietary Practices among Female Distance Runners in Keiyo District. **MSc First year**

- xii. **Angela Wamucii Nduru** (H108/10484/08). Assessment Of Physical Activity Participation And Snacking During Recess By Children In Selected Private Primary Schools in Westlands Division, Nairobi County. **MSc First year**

- xiii. **Lucy Joy Wachira** –I56/13740/05: Use of Exercise Therapy in the Management of Diabetes Mellitus by adult Diabetics at Kenyatta National Hospital. **MSc. Graduated in 2008**

- xiv. **Julia Githanga**-I56/13056/05: Metabolic Equivalents for old persons living in the homes for the aged in Kenya. **MSc. Graduated in 2008**

- xv. **Luka Waiganjo**-I56/10309/06: Assessment of Employee's Awareness of Exercise Ergonomics in Banking Institutions in Nairobi. **MSc, Graduated in 2008**

- xvi. **Lewis Ramsey**- I56/10308/06: Management of Middle and Long Distance Athletes in Kenya. **MSc, Graduated in 2008**

- xvii. **Charles Ahenda**- D53/OL/13370/04: Management of Soccer: The case study of Siaya District. **MBA: Graduated, 2008**

- xviii. **Julius Kirwa**. Managing athletes in transition. IAAF Diploma. **Finished, 2008**

- xix. **Rehema Apio**. Hydration patterns of Ugandan Athletes. IAAF Diploma. **Finished, 2008.**

- xx. **Elijah Muchiri Gichumbi** (H108/10876/2008). Assessment of Body Mass Index and Physical Activity Patterns of University Students in the County of Nairobi, Kenya. **MSc. Second Year**

- xxi. **Francis Njeru Karugu** (H108/CE/15681/2008). Self- Regulation of Energy Intake and Expenditure in Prevention and Management of Overweight and Obesity among University Students in Nairobi Province. **MSc. Second Year**
- xxii. **Gitonga Betty Makena** (H60/10644/07). Dietary Patterns and Physical Activity Levels as Risk Factors for Cardiovascular Disease among Residents ff Kariobangi, Nairobi **MSc. Second Year**
- xxiii. **Grace Njiru Irima-** H60/10628/07. Macro Nutrient Intake of Elite Kenyan Female Athletes. **MSc. Second Year**
- xxiv. **Lydia Cherono Talai-N50/OL/15945/06:** Occupational Accidents, Awareness and Prevention in Hotels within Eldoret Town. **Graduated in 2011**
- xxv. **Wandera Besweri** (2006/HD06/MSS).Assessment of Selected Physical Fitness Components of the Uganda National Soccer Team –The Cranes. **MSc.Graduated 2011.**
- xxvi. **Michael Philip Spino-184/5007/04:** Mental training for college age Kenyan students.**PhD.Final year.**

6.0 CONFERENCES/ SEMINARS/ WORKSHOPS

6.1 Participation / Attendance of conference/ Workshops

2013	The 5 th East Africa Universities Pre-Games International Conference,6 th -8 th February 2013,University of Dar Es Salaam Tanzania
2012	Global Health Research Initiative: Teasdale-Corti Program Symposium hosted by the IDRC at the Ottawa Marriott Hotel, October 1-3, 2012.
2012	Non-Communicable Diseases Stakeholders Sensitization Forum: Build-Up Towards Developing a National Non-Communicable Diseases Policy Action Plan. January 9 th 2012,Hill Park Hotel, Nairobi, Kenya
2011	The Pan African University Stakeholders Curriculum Validation meeting,14 th - 18 th November, 2011, Addis Ababa, Ethiopia
2011	14 th Biennial South African Sports Medicine Congress. 18 – 20 October,2011,Sandton Convention Centre, Johannesburg, South Africa
2011	9 th Biennial Conference of the Africa Association for Health, Physical Education, Recreation, Sport and Dance (AFAHPER-SD). 13 th – 15 th September 2011,Kyambogo University,Kampala,Uganda
2011	Nestle Nutrition Institute Africa (NNIA) ISAK Level 1 And 2 Training Workshop held at Kenyatta University from January 31 st to February 4 th , 2011.
2010	The East Africa University International Pre-Games Symposium, November 16 th – 18 th ,2010.Kenyatta University, Kenya
2010	Non-Communicable Diseases Prevention and Control in Kenya: Partnership

	for an active-healthy nation. Non-Communicable Diseases Stakeholders Meeting To Be Held At Lenana Mount Hotel 6 th July 2010.
2010	CAMBIO 3rd Annual Obesity Short Course for Researchers. Held on February 20 to 23, 2010 in Puerto Vallarta, Jalisco, Mexico.
2009	CAMBIO 3rd Annual Obesity Short Course for Researchers. Held on November 3 to 12, 2009 in Guadalajara, Jalisco, Mexico.
2009	Workshop on Capacity Strengthening of Policy Makers and Programme Managers for Prevention & Control of Non-communicable Diseases held on 29 th April to 2nd May, 2009. Zanzibar Beach Resort, Zanzibar.
2009	Canadian National Obesity Summit held on 7-10 May 2009 in Kananaskis, Canada.
2008	IUHPE/CDC 5th Annual Seminar On Cardiovascular Health Promotion And Chronic Disease Epidemiology Paradise Holiday Resort, Bagamoyo, Tanzania, 20-30 July 2008
2007	International conference on childhood obesity and physical activity held June, 24 th -27 th , 2007 in Toronto, Canada
2007	Sports Management and Nutrition Clinic held on 16 th April 2007. at Kenyatta University
2006	The American College of Sports Medicine Scientific meeting, June, 2-5 2006, in Denver,USA
2005	The American College of Sports Medicine Scientific meeting, June 1-4, 2005 in Nashville, Tennessee,USA

6.2 Presentation of papers at academic and professional conferences

Presenter	Title of Paper presented
Vincent Onywera	Can we address the emerging physical activity transition challenge in order to promote sporting excellence in East Africa. A presentation made at the 5 th East Africa Universities Pre-Games International Conference, 6 th -8 th February 2013, University of Dar Es Salaam Tanzania
Sheel AW, Foster GE, Koehle MS, Dominelli PB, Mwangi F, Onywera VO , Boit MK, Tremblay JC and Boit C.	Pulmonary gas exchange and the mechanics of breathing during exercise in Kenyan runners. A presentation made at the Canadian Society for Exercise Physiology Annual Meeting, Regina, 2012. Applied Physiology, Nutrition and Metabolism 37:S34, 2012.
Vincent O. Onywera , Juan L. Taylor, Ian Janssen, Mark S. Tremblay	Localizing global strategies to promote physical activity and health: the 2011 Kenyan healthy active kids report card. A presentation made during the Global Health Research Initiative: Teasdale-Corti Program Symposium hosted by the IDRC at the Ottawa Marriott Hotel, October 1-3, 2012.
Vincent O. Onywera	Saving current and future generations through strategic partnerships: The childhood physical inactivity and obesity challenge in Kenya. A presentation made at the CHEO Research Rounds Series, Ottawa, Canada on

	Friday 5 th 2012
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 International Convention on Science, Education and Medicine in Sport (ICSEMIS 2012) held in Glasgow, United Kingdom, on July 19 – 24, 2012.
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 International Convention on Science, Education and Medicine in Sport (ICSEMIS 2012) held in Glasgow, United Kingdom, on July 19 – 24, 2012.
M.S. Tremblay, R.C. Colley, V.O. Onywera , M.P. Rodríguez Martínez, J. López Taylor.	Process and success of releasing “Report Cards” for health promotion and advocacy: experiences from Canada, Mexico and Kenya. Presentation at the World Congress on Public Health (Addis Ababa, Ethiopia), 2012.
Vincent O. Onywera and Caleb Mireri.	Non-communicable disease prevention in Africa: challenges and opportunities for increasing physical activity levels and active transport in Kenya. Presented at an IDRC Sponsored session entitled, <i>Mobilizing intersectoral action for non-communicable disease prevention: Examples from Sub-Saharan Africa</i> during the World Congress on Public Health (Addis Ababa, Ethiopia), 2012.
V.O. Onywera , M. Héroux, E. Jáuregui Ulloa, K.B. Adamo, J. López Taylor, I. Janssen, M.S. Tremblay.	Adiposity and physical activity among children in countries at different stages of the physical activity transition: Canada, Mexico and Kenya. Presentation at the World Congress on Public Health (Addis Ababa, Ethiopia), 2012.
Onywera Vincent	Physical Activity is Medicine. Commonwealth Medical Association (CMA) International Conference on Non-Communicable Diseases: Diabetes, Obesity and Healthy Living. 15 th -17 th September 2011, Sarova Panafric Hotel, Nairobi, Kenya
Onywera Vincent	Regional initiatives for physical activity and health in children through sport: The Kenyan Healthy Active Kids Report Card. 14 th Biennial South African Sports Medicine Congress. 18 – 20 October, 2011, Sandton Convention Centre, Johannesburg, South Africa
Onywera Vincent	Kenya’s 2011 Report Card on the physical activity and body weight of children and youth. 9 th Biennial Conference of the Africa Association for Health,

	Physical Education, Recreation, Sport and Dance (AFAHPER-SD). 13 th – 15 th September 2011, Kyambogo University, Kampala, Uganda
Muthoni Lucy Joy and Onywera Vincent Ochieng	Factors affecting participation in physical activity and adherence to exercise programmes by persons living with diabetes. 9 th Biennial Conference of the Africa Association for Health, Physical Education, Recreation, Sport and Dance (AFAHPER-SD). 13 th – 15 th September 2011, Kyambogo University, Kampala, Uganda
Wandera. B, R. Ddumba, V. Onywera , C. N Nsibambi and A. Thompson	Trunk flexibility levels of Uganda National Football team-The Cranes. 9 th Biennial Conference of the Africa Association for Health, Physical Education, Recreation, Sport and Dance (AFAHPER-SD). 13 th – 15 th September 2011, Kyambogo University, Kampala, Uganda
Constance A. N Nsibambi, E. Wamukoya, P. Wanderi and V. Onywera	Cardiovascular fitness and involvement of pupils in physical activities in central Uganda. 9 th Biennial Conference of the Africa Association for Health, Physical Education, Recreation, Sport and Dance (AFAHPER-SD). 13 th – 15 th September 2011, Kyambogo University, Kampala, Uganda
Vincent Onywera	Emerging obesity and inactivity forecasting ‘double-edged sword’ of infectious and chronic diseases in Kenya. The World Confederation of Physical Therapists Congress 20 th - 23 rd June, 2011, Amsterdam, Netherlands
Vicki Lambert, Cathy Drapper and Vincent Onywera	The African Physical Activity Network (AFPAN): A call to action and way forward. The East Africa University International Pre-Games Symposium, November 16 th – 18 th , 2010. Kenyatta University, Kenya
Onywera, V.	Childhood obesity and Physical Inactivity threat in Africa: Appearances and disappearances. African Society for Pediatric and Adolescent Endocrinology (ASPAE) 1 st Annual Scientific Conference: Demystifying Pediatric Endocrine Problems in Africa. May 31 st – June 2 nd , 2010. Sarova Panafric Hotel, Nairobi, Kenya
Peter Bukhala, Elizabeth Bressan, Vincent Onywera	Effects of a two week peer tutor guided sports camp on the social and motor skill activity level of learners with and without intellectual disabilities. <i>European Congress of Adapted Physical Activity (EUCAPA 2010)</i> . Jyväskylä, Finland. May 6-8, 2010.
Vincent Onywera	Nutrition transition, physical activity and their impact in school children in Kenya. XII Congreso Internacional Avances en Medicina Hospitales Civiles

	2010.Guadalajara, Jalisco. Mexico. February, 25-27, 2010.
Vincent O. Onywera ,Kristi B. Adamo, Andrew W. Sheel, Michael K. Boit, Judith N. Waudu, W-M Wong, Mark S. Tremblay	Emerging evidence of the physical activity transition in Kenya. The 17th Biennial Conference of the International Society for Comparative Physical Education and Sport, Kenyatta University, Nairobi, Kenya. June 6-8, 2010.
T.J. Saunders, M. Lloyd, E. Knight, V. Onywera , M.S. Tremblay	Urban Kenyan children are no more active than their Canadian peers. Presentation at the <i>North American Society for Pediatric Exercise Medicine Conference</i> (Niagara-on-the-Lake), 2010.
V. Onywera , M. Boit, J. Waudu, M.S. Tremblay, K. Adamo, W. Wong A.	Childhood obesity and physical inactivity threat in Kenyan: The time for action is now! 8th International Conference on Urban Health, Nairobi, Kenya.2009
M.S. Tremblay, K. Adamo, V. Onywera , A.W. Sheel, M. Boit, J. Waudu, W. Wong (Abstract accepted)	Fitness Levels of Urban versus Rural Kenyan Children: Emerging Evidence of the ‘Physical Activity Transition’? Presentation at the <i>European Pediatric Work Physiology Meeting</i> (Le Touquet, France), 2009.
K.B. Adamo, A.W. Sheel, V. Onywera , J. Waudu, M. Boit, W-M Wong, M.S. Tremblay	Is there evidence for the Nutrition/Physical Activity Transition in Kenya? A KIDS-CAN Research Alliance-pilot study
Onywera Vincent	Learning from the best to curb the worst: Towards addressing the child obesity threat in Kenya. Children's Hospital of Eastern Ontario Research Institute. Pediatric Grand Rounds: August 19, 2009.
K.B. Adamo, A.W. Sheel, V. Onywera , J. Waudu, M. Boit, W-M. Wong, and M. Tremblay	Is there evidence for the Nutrition/Physical Activity Transition in Kenya? A KIDS-CAN Research Alliance-pilot study. Canadian Obesity Network’s- National Obesity Summit held in May in Kananaskis, Alberta.2009.
Onywera Vincent	THE ROLE OF PHYSICAL ACTIVITY IN THE MANAGEMENT OF NCD’s: <i>What is being done and what else can be done</i> . Paper presented at a Workshop on Capacity Strengthening of Policy Makers and Programme Managers for Prevention & Control of Non-communicable Diseases held on 29 th April to 2nd May, 2009. Zanzibar Beach Resort, Zanzibar.
K.B. Adamo, A.W. Sheel, V. Onywera , J. Waudu, M. Boit, W.-M. Wong, M.S. Tremblay	Is there evidence for the nutrition and physical activity transition in Kenya? A KIDS-CAN Research Alliance pilot study. A paper presented on the Canadian National Obesity Summit held on 7-10 May 2009 in Kananaskis, Canada.

Mark S. Tremblay, Kristi Adamo, Vincent Onywera , Bill Sheel, Mike Boit and Judith Waudu	Kenyan International Study –Canadian Activity Needs Research Alliance. A paper presented at the conference on childhood obesity and physical activity held June, 24 th -27 th , 2007 in Toronto, Canada
Onywera V	The female athlete triad. A paper presented at a Sports Management and Nutrition Clinic held on 16 th April 2007. at Kenyatta University
Fudge B, C Easton, D Kingsmore, F Kiplamai, V Onywera , K Westerterp, B Kayser, T Noakes, YP Pitsiladis.	Hydration Status and Drinking Behaviours of Elite Kenyan Endurance Runners During Intense Training Prior to Competition. A paper presented during the ACSM Scientific meeting, June, 2-5 2006, in Denver,USA
Scott RA, RH Wilson, W Goodwin, V Onywera , M Boit, YP Pitsiladis	Mitochondrial DNA Lineages and Haplotype Diversity of Elite Kenyan Athletes. A paper presented during the ACSM Scientific meeting, June, 2-5 2006, in Denver,USA
Onywera, V.O. , Scott, R.A., Boit, M.K., Pitsiladis, Y.P	Demographic Characteristics Of Elite Kenyan Endurance Runners. A paper presented during the ACSM Scientific meeting, June 1-4, 2005, in Nashville Tennessee,USA
Fudge, B., Westerterp, K, Kiplamai, F., Onywera, V.O. , Boit, M.K., Pitsiladis, Y.P.	Evidence Of Negative Energy Balance In Elite Kenyan Endurance Runners During Intense High-altitude Training. A paper presented during the ACSM Scientific meeting, June 1-4, 2005, in Nashville Tennessee,USA
Scott, R.A., Moran, C., Wilson, R.H., Onywera, V.O. , Boit, M.K., Goodwin, W.H., Montgomery, H., Pitsiladis, Y.P.	ACE Genotype Is Not Associated With Elite Endurance Athlete Status in Kenyans. A paper presented during the ACSM Scientific meeting, June 1-4, 2005, in Nashville Tennessee,USA
Yang, N., Macarthur, Wolde B., Onywera, V.O. , Boit, M.K., Wilson, R.H., Scott, R.A., Boit, M.K., Pitsiladis, Y.P., North, K.	ACTN3 Genotype Is Not Associated With Elite Endurance Athlete Status In Ethiopians And Kenyans. A paper presented during the ACSM Scientific meeting, June 1-4, 2005, in Nashville Tennessee,USA

7.0 SYMPOSIA / WORKSHOP/CONFERENCE ORGANIZATION

- i. Mark Tremblay, **Vincent Onywera**, Shuichi Obuchi and Esko Malkia. Global physical activity transitions: Emerging measurement and therapeutic opportunity? The World Confederation of Physical Therapists Congress 20th - 23rd June, 2011, Amsterdam, Netherlands.
- ii. Coordinator, Nestle Nutrition Institute Africa (NNIA) ISAK Level 1 and 2 Training Workshop held at Kenyatta University from January 31st to February 4th, 2011.

- iii. Chairman LOC, 2010 *East Africa University Pre-Games International Symposium* held at Kenyatta University, Nairobi, Kenya on the 16th -18th November, 2010.
- iv. Chair of Scientific Program Committee and Local Organizing Committee member: 17th Biennial Conference of the *International Society for Comparative Physical Education and Sport (ISCPES)*, Nairobi/Kenya 6-8 June 2010
- v. Deputy symposium Director: The IAAF/KU Symposium to coincide with the 35th edition of the IAAF World Cross Country Championships, Mombasa, Kenya, 19th-24th March 2007. Title: Nutrition for athletic performance.
- vi. Deputy Symposium Organizer: “East African Running: A Cross Discipline Perspective”, Glasgow, 15th May 2004. 1st International Centre for East African Running Science (ICEARS).

8.0 Research and Publications

- i. Peter T. Katzmarzyk, Stephanie T. Broyles, Catherine M. Champagne, Jean-Philippe Chaput, Mikael Fogelholm, Gang Hu, William D. Johnson, Anura Kurpad, Estelle V. Lambert, Carol Maher, José Maia, Victor Matsudo, Tim Olds, **Vincent Onywera**, Olga L. Sarmiento, Martyn Standage, Mark S. Tremblay, Catrine Tudor-Locke, Pei Zhao and Timothy S. Church. The International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE): Design and Methods (In preparation).
- ii. **Vincent O. Onywera**, Mariane Héroux, Edtna Jáuregui Ulloa, Kristi Adamo, Juan López, Ian Janssen, Mark Tremblay (*Press*). Adiposity and physical activity among children in countries at different stages of the physical activity transition: Canada, Mexico and Kenya. *The African Journal for Physical, Health Education, Recreation and Dance (AJPHERD)*
- iii. Héroux M., **Onywera, V.**, Lopez Taylor J., Jauregui Ulloa, E., Tremblay M., Janssen, I (*Press*). The Relationship between Aerobic Fitness, Muscular Fitness, and Obesity in Children from Three Countries at Different Stages of the Physical Activity Transition. *Childhood Obesity*
- iv. **Vincent Onywera** (*Submitted*). Road accidents: A third burden of ‘disease’ in developing countries. *Global Health Promotion*.
- v. Cejka Nadine, Knechtle Beat, Rüst Christoph Alexander, Rosemann Thomas, Lepers Romuald and **Onywera Vincent** (*Submitted*). Participation and performance trends in 100-km ultra-marathons worldwide. *Journal of Sports Sciences*.

- vi. Aschmann André, Knechtle Beat, Rüst Christoph Alexander, Knechtle Patrizia, Rosemann Thomas, Lepers Romuald and **Onywera Vincent** (*Submitted*). Performance and age of the best African and non-African runners in half and full marathon. *Scandinavian Journal of Medicine and Science in Sports*
- vii. **Vincent O. Onywera**(2012). The role of talent identification model in winning medals at the Olympic Games. *ThinkSport Journal on Sport and Recreation,1(1)*.
- viii. Eichenberger E, Knechtle B, Rüst CA, Lepers R, Rosemann T, **Onywera Vincent** (2012) The aspect of nationality and performance in a mountain ultra-marathon – the ‘Swiss Alpine Marathon. *Journal of Human Sport and Exercise, 7(4)*, 748-762.
- ix. **Vincent Ochieng Onywera**, Kristi Bree Adamo, Andrew William Sheel, Judith Waudu, Michael Boit, Mark Stephen Tremblay (2012). Emerging evidence of the physical activity transition in Kenya. *Journal of Physical Activity and Health*.
- x. Boro,W.L., Andanje, M. & **Onywera, V.**(2012).Work-related musculoskeletal injuries and health-related problems among computer-user employees in the banking institutions in Nairobi, Kenya. *The African Journal for Physical, Health Education, Recreation and Dance, 18(2)*,341-349.
- xi. Kristi Bree Adamo, Andrew William. Sheel, **Vincent Ochieng Onywera**, Judith Waudu, Michael Boit, Wai-May Wong, Mark Stephen Tremblay (2011). Comparative analysis of adiposity and Fitness Levels among Kenyan and Canadian Children: Is there evidence of a Nutrition and Physical Activity transition in Kenya? *International Journal of Pediatric Obesity*.
- xii. Francis M. Mwangi, Peter M. Wanderi, Edwin K. Wamukoya, **Vincent O. Onywera** and Elijah R (2011). Effects of different arm kinematics on performance in long distance running. *International Journal of Current Research Vol. 33, Issue, 6, pp.185-190, June, 2011*.
- xiii. **Vincent O. Onywera** (2010).Childhood obesity and physical inactivity threat in Africa: strategies for a healthy future. *Global Health Promotion 1757-9759; Supp (2): 01–02*.
- xiv. 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
- xv. Fudge BW, Westerterp KR, Kiplamai FK, **Onywera VO**, Boit MK, Kayser B, YP Pitsiladis (2008). Evidence of negative energy balance using doubly labelled water in elite Kenyan endurance runners prior to competition. *British Journal of Nutrition , 95, 59–66*

- xvi. Fudge BW, C Easton, D Kingsmore, FK Kiplamai, **VO Onywera**, KR Westerterp, B Kayser, TD Noakes, YP Pitsiladis (2008). Elite Kenyan endurance runners remain well hydrated day-to-day despite low ad libitum fluid intake. *Medicine and Science in Sports Exercise*. 40(6):1171-9.
- xvii. Yang N, DG MacArthur, B Wolde, **VO Onywera**, MK Boit, SY Mary-Ann Lau, RH Wilson, RA Scott, YP Pitsiladis, Kathryn North (2008) The ACTN3 R577X polymorphism in east and west African athletes. *Medicine and Science in Sports Exercise*. 39(11):1985-8.
- xviii. Scott R, Moran CN, Wilson RH, **Onywera VO**, Boit M, Goodwin WH, Gohlke P, Montgomery H, YP Pitsiladis (2007). No association between Angiotensin Converting Enzyme (ACE) gene variation and endurance athlete status in Kenyans. *Comp Biochem Physiol A Mol Integr Physiol*. Vol.141, Issue 2, pp 169-175.
- xix. **Onywera VO**, Scott RA, MK Boit, YP Pitsiladis (2006) Demographic characteristics of elite Kenyan runners. *Journal of Sport Science*. Vol. 24, Issue 4 pp 415 – 422.
- xx. **Onywera VO**, Kiplamai FK, PJ Tuitoek, MK Boit, YP Pitsiladis (2004) Food and macronutrient intake of elite Kenyan distance runners. *International Journal of Sports Nutrition* 14: 709-719.
- xxi. Pitsiladis YP, **Onywera VO**, Geogiades E, O'Connell W, MK Boit (2004) The dominance of Kenyans in distance running. *Equine and Comparative Exercise Physiology*. *Equine and Comparative Exercise Physiology* 1(4): 285-291.
- xxii. **Onywera V.O**, W.W.S Njororai and M. Andanje (2004). Injury Surveillance in a Soccer Tournament in Kenya. *African Journal for Physical, Health Education, Recreation and Dance (AJPHERD)*.
- xxiii. **Onywera V.O**, (2003). Management of injuries in Primary schools. In Wamukoya E.K (Ed): *Issues in Primary School Physical Education*. An edited publication of the institute of Kinesiology, Leisure and Recreation Management. PP 153-157.
- xxiv. **Onywera V.O**. (2003). *Sports Injuries among Children: Implications for prevention*, EAJPHEHR-SD. Vol. 2 PP. 81-86.
- xxv. Andanje, M; Njororai, W.W.S and **Onywera V.O**. (2003). The role of Sports in National Development in Kenya; EAJPH EHR-SD. Vol. 2 PP. 34-38.
- xxvi. Wamukoya E.K; **Onywera V.O** and Mwisukha A. (2002). *Controlling the Spread of HIV/AIDS through Sports*. EAJPEHR-SD. Vol. 1 pp. 6-14.

8.1 PAPERS IN CONFERENCE PROCEEDINGS

- i. Wandera, B., Ddumba, R., Nsibambi, C. A. N., **Onywera, V** and Thompson. Trunk flexibility levels of Uganda national football team –The Cranes. *Proceedings of the 9th Biennial Conference for African Association for Health, Physical Education, Recreation, Sport and Dance (AFAHPER-SD), 13th -15th September, 2011.*
- ii. Muthoni, W. J. and **Onywera, O.V.** Factors affecting participation in physical activity and adherence to exercise programmes by persons living with diabetes mellitus. *Proceedings of the 9th Biennial Conference for African Association for Health, Physical Education, Recreation, Sport and Dance (AFAHPER-SD), 13th - 15th September, 2011.*
- iii. M.S. Tremblay, **V. Onywera**, K.B. Adamo. A child’s right to healthy active living – Building capacity in Sub-Saharan Africa to curb the impending physical activity transition: *The KIDSCAN Research Alliance*. In S. Bennett and M. Pare (Eds.) *20th Anniversary of the Convention on the Rights of the Child*, STM Learning, Inc. Publishers, p. 97-110, 2010.
- iv. **Onywera V.O**, Mwisukha A and Njororai. W.W.S (2001): Sports as a means of resolving conflicts in Institutions of Higher Learning in East Africa. Higher Education in Africa: Issues in Management and Leadership: *Selected Proceedings of the 1st International Congress on Transformation of Higher Education Management and Leadership for Efficacy in Africa, August 17th – 21st, 2001, Nairobi, Kenya.*

9.0 CHAPTERS IN BOOKS

- i. Kolbe-Alexander TL, Draper CE, **Onywera V**, April M and Lambert EV(In development) Sport and Physical Activity in the promotion of public health in Africa.
- ii. **Vincent O. Onywera** and Michael K.Boit (2010).Kenyan Runners: Their way of Living. Title of the book: Traditional and Indigenous Games and Sports in Africa. Editors: L.O.Amusa & A.L. Toriola.Publishers: WWW Publishing (PTY) LTD, MOKOPANE, South Africa. ISBN 978-32467-8-1
- iii. **Onywera VO and Boit MK.** East African runners: Their genetics, lifestyle and athletic prowess. *Medicine and Sport Science* 54:102-109, 2009.
- iv. Robert A. Scott, William H. Goodwin, Bezabhe Wolde, **Vincent O. Onywera**, Mike K. Boit, William O’Connell and Yannis P. Pitsiladis(2007). Evidence For The ‘Natural’ East African Athlete. In Pitsiladis Y.P., J Bale, C Sharp, T Noakes

10. PUBLICATIONS (ABSTRACTS)

- i. Sheel AW, Foster GE, Koehle MS, Dominelli PB, Mwangi F, **Onywera VO**, Boit MK, Tremblay JC and Boit C. Pulmonary gas exchange and the mechanics of breathing during exercise in Kenyan runners. Canadian Society for Exercise Physiology Annual Meeting, Regina, 2012. Applied Physiology, Nutrition and Metabolism 37:S34, 2012.
- ii. **Onywera Vincent**. Regional initiatives for physical activity and health in children through sport: The Kenyan Healthy Active Kids Report Card.14th Biennial South African Sports Medicine Congress. 18 – 20 October, 2011,Sandton Convention Centre, Johannesburg, South Africa.
- iii. **Onywera Vincent**. Kenya's 2011 Report Card on the physical activity and body weight of children and youth. 9th Biennial Conference of the Africa Association for Health, Physical Education, Recreation, Sport and Dance (AFAHPER-SD). 13th – 15th September 2011,Kyambogo University,Kampala,Uganda
- iv. Muthoni Lucy Joy and **Onywera Vincent Ochieng**. Factors affecting participation in physical activity and adherence to exercise programmes by persons living with diabetes. 9th Biennial Conference of the Africa Association for Health, Physical Education, Recreation, Sport and Dance (AFAHPER-SD). 13th – 15th September 2011,Kyambogo University,Kampala,Uganda.
- v. Wandera.B, R.Ddumba, **V.Onywera**, C.N Nsibambi and A.Thompson. Trunk flexibility levels of Uganda National Football team-The Cranes. 9th Biennial Conference of the Africa Association for Health, Physical Education, Recreation, Sport and Dance (AFAHPER-SD). 13th – 15th September 2011,Kyambogo University,Kampala,Uganda .
- vi. Constance A.N Nsibambi,E.Wamukoya,P.Wanderi and **V.Onywera**. Cardiovascular fitness and involvement of pupils in physical activities in central Uganda. 9th Biennial Conference of the Africa Association for Health, Physical Education, Recreation, Sport and Dance (AFAHPER-SD). 13th – 15th September 2011,Kyambogo University,Kampala,Uganda.
- vii. Saunders TJ, Lloyd M, Knight E, **OnyweraVO** and Tremblay MS (Submitted).Urban Kenyan Children Are No More Active Than Their Canadian Peers. North American Society for Pediatric Exercise Medicine and the European Group for Pediatric Work Physiology at Niagara-on-the-Lake
- viii. **Onywera,V**. Childhood obesity and Physical Inactivity threat in Africa: Appearances and disappearances. African Society for Paediatric and Adolescent

Endocrinology (ASPAAE) 1st Annual Scientific Conference: **Demystifying Pediatric Endocrine Problems in Africa**.Pg.10 May 31st –June 2nd,2010.Sarova Panafric Hotel,Nairobi,Kenya

- ix. **Onywera O. Vincent**, Adamo B. Kristi, Sheel W. Andrew, Boit K. Michael,Waudo N. Judith, Wong M.Wai, Tremblay S. Mark. Emerging evidence of the physical activity transition in Kenya. *17th Biennial Conference of the International Society for Comparative Physical Education and Sport (ISCPEs)*.June, 2010, Nairobi, Kenya.
- x. K.B. Adamo, A.W. Sheel, **V. Onywera**, J. Waudo, M. Boit, W.-M. Wong, M.S. Tremblay. Is there evidence for the nutrition and physical activity transition in Kenya? A KIDS-CAN Research Alliance pilot study. **Applied Physiology, Nutrition and Metabolism** 34:267-268, 2009.
- xi. Mark S. Tremblay, Kristi Adamo, **Vincent Onywera**, Bill Sheel, Mike Boit and Judith Waudo Kenyan International Study –Canadian Activity Needs Research Alliance. A paper presented at the conference on childhood obesity and physical activity held June, 24th-27th, 2007 in Toronto, Canada
- xii. Fudge B, C Easton, D Kingsmore, F Kiplamai, **V Onywera**, K Westerterp, B Kayser, T Noakes, YP Pitsiladis. Hydration Status and Drinking Behaviours of Elite Kenyan Endurance Runners During Intense Training Prior to Competition. American College of Sports Medicine, Annual Meeting, Denver, USA, June, 2006.
- xiii. Scott RA, RH Wilson, W Goodwin, **V Onywera**, M Boit, YP Pitsiladis. Mitochondrial DNA Lineages and Haplotype Diversity of Elite Kenyan Athletes. American College of Sports Medicine, Annual Meeting, Denver, USA, June, 2006.
- xiv. **Onywera, V.O.**, Scott, R.A., Boit, M.K., Pitsiladis, Y.P. Demographic Characteristics of Elite Kenyan Endurance Runners. American College of Sports Medicine, Annual Meeting, Nashville, Tennessee, USA, June 1-4, 2005.
- xv. Fudge, B., Westerterp, K, Kiplamai, F., **Onywera, V.O.**, Boit, M.K., Pitsiladis, Y.P. Evidence of Negative Energy Balance in Elite Kenyan Endurance Runners During Intense High-altitude Training. American College of Sports Medicine, Annual Meeting, Nashville, Tennessee, USA, June 1-4, 2005.
- xvi. Scott, R.A., Moran, C., Wilson, R.H., **Onywera, V.O.**, Boit, M.K., Goodwin, W.H., Montgomery, H., Pitsiladis, Y.P. ACE Genotype Is Not Associated With Elite Endurance Athlete Status in Kenyans. American College of Sports Medicine, Annual Meeting, Nashville, Tennessee, USA, June 1-4, 2005.
- xvii. Yang, N., Macarthur, Wolde B., **Onywera, V.O.**, Boit, M.K., Wilson, R.H., Scott, R.A., Boit, M.K., Pitsiladis, Y.P., North, K. ACTN3 Genotype Is Not Associated With Elite Endurance Athlete Status In Ethiopians And Kenyans. American

College of Sports Medicine, Annual Meeting, Nashville, Tennessee, USA, June 1-4, 2005.

10.0 EXTERNAL EXAMINATION

- 2012 to-date- External Examiner, Department of Physical Education and Sports Science, School of Education, University of Dar es Salaam, Tanzania.
- 2012 to date- External Examiner: Department of Physical Education and Sports, University of Nairobi

11.0 THESIS EXAMINATION

I have examined thesis for the following candidates:

- i. Festus Kaino Kiplamai: Ph.D Thesis entitled, *“Prevalence of type II diabetes and its risk factors in relation to physical activity and dietary practices among the Luo and the Kipsigis of the Lake Victoria basin.”*
- ii. Lilian Adhiambo Aballa: M.SC Thesis entitled, *“Prevalence of obesity and factors influencing its occurrence among school aged children in Nairobi Province”*
- iii. Mbochi Regina Wambui’s: M.Sc Thesis entitled, *“Overweight and obesity prevalence and associated socio-economic factors, physical activity and dietary intake among women in Nairobi Province, Kenya.”*
- iv. Daga Makaza: M.Phil Thesis Entitled, *“ Body composition, somatotype, physical-physiological performance and playing ability of male Zimbabwean league basketball players.”*
- v. Daniel T Goon: D.Tech. Thesis entitled, *“A Principal components analysis of anatomical fat patterning in South African children.”*
- vi. Johan Pretorius: M.Sc Thesis entitle: *“A Comparative Study Of Maximal Oxygen Uptake In Wheelchair Male Athletes”*
- vii. Kalyan Kumar: Ph.D Thesis entitled, *“Analysis of the effect of aerobic training and detraining on the blood lipid profile among youngmen”*

12.0 NETWORKING AND COLLABORATION WITH EXTERNAL ORGANIZATIONS

I have research and academic collaborations with the following academic institutions and organizations:

- i. Healthy Active Living and Obesity (HALO) Research Group, Children’s Hospital of Eastern Ontario Research Institute (CHEORI) where we are collaborating on a

- project called Kenyan International Development Study – Canadian Activity Needs Research Alliance (KIDS-CAN)
- ii. ISCOLE
 - iii. Copenhagen Muscle Research Centre
 - iv. International Union for Health Promotion and Education (IUHPE)
Canada-Mexico Battling Childhood Obesity (CAMBIO)

13.0 PROJECT / RESEARCH GRANTS

S/No.	Researcher	Year	Title	Granting Body	Funding (US\$)/CAN \$
1.	Vincent Onywera and Mark Tremblay	2012	Assessment of physical activity and active transport among school children in Sub-Saharan Africa: Development of a research framework	IDRC	16,000
2.	Vincent Onywera	2012	Travel grant to enable me attend the 13th World Congress on Public Health in Addis Ababa, Ethiopia from 23-27 April 2012.	IDRC	1,970
3.	Vincent Onywera and Mark Tremblay	2011-2014	International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE).	Pennington Biomedical Research Centre.	140,000
4.	Onywera Vincent		Support to attend the 14 th Biennial South African Sports Medicine Congress. 18 – 20 October, 2011, Sandton Convention Centre, Johannesburg, South Africa.	UCT/IUHPE	2,000
5.	Vincent Onywera, Mark Tremblay, Stella Muthuri and Lucy Joy Wachira	2011	Assessment of selected Non-Communicable Disease risk factors among school-aged children in Kenya	African Initiative	10,000 (Declined)

6	Vincent Onywera , Mark Tremblay, Ian Jansen and Juan Lopez	2010-2011	Strengthening CAMBIO - KIDS-CAN Collaboration to fight childhood obesity in Canada, Mexico and Kenya through joint research, publication and related academic activities.	CAMBIO – Teasdale-Corti Research Team on Childhood Obesity (Canada – Mexico)	7,000.
7	Andrew William Sheel, Brian Wilson, James Rupert and Vincent Onywera	2010-2011	Kenyan Running: Lungs, Genes, Sport and Peace	The University of British Columbia Martha Piper Research Fund	25,000
8	Onywera Vincent	2009	Visiting scholar grant	HALO Research Group, Children’s Hospital of Eastern Ontario Research Institute; University of Ottawa, Kenyatta University	13,000
9	Onywera Vincent	2008	Kinanthropometry Centurion Kit	Ross Craft President’s Mini Grant	5,000
10	Mark S. Tremblay, Kristi Adamo, Vincent Onywera , Bill Sheel, Mike Boit and Judith Waudo	2007-2008	Kenyan International Development Study-Canadian Activity Needs Research Alliance(KIDS-CAN)	Canadian Institutes of Health Research	25,000
11	Mike Boit, V.Onywera , F.Kiplamai and G.Theuri	2007	Mombasa International Athletics Conference (Co-Investigator)	Mombasa International Athletics Conference	11,300
12	Mike Boit and V.Onywera , F.Kiplamai and	2007	IAAF	IAAF Elite Coach Course for	11,300

	G.Theuri			Anglophone Africa	
13	Mike Boit, V.Onywera , F.Kiplamai and G.Theuri (Co-investigator)	2007	IAAF	IAAF Elite Coach Course for Anglophone Africa	15,000
14	Barry W. Fudge, Klaas R. Westerterp, Festus K. Kiplamai, Vincent O. Onywera , Michael K. Boit, Bengt Kayser and Yannis P. Pitsiladis	2005	An application of state-of-the-art technologies to the study of elite east African runners: The effects of an ACSM recommended fluid replacement strategy on thermoregulation and running performance in elite Kenyan distance runners.	SUUNTO Oy, Vantaa, Finland	3,000
15	Vincent O. Onywera , Barry W. Fudge, Klaas R. Westerterp, Festus K. Kiplamai, Michael K. Boit, Bengt Kayser and Yannis P. Pitsiladis	2005	Demographic characteristics of elite Kenyan endurance runners	The Royal Society Small Project Grant	1,050
16	Barry W. Fudge, Klaas R. Westerterp, Festus K. Kiplamai, Vincent O. Onywera , Michael K. Boit and Yannis P. Pitsiladis	2004	Could a hypocaloric diet be responsible for the success of Kenyan endurance runners in world athletics?	The Carnegie Trust of Scotland	750
17	Njororai, S, Andanje, M and Onywera, V	2004-2005	Factors Affecting the Growth and Development of Soccer in East Africa	<i>FIFA</i>	17,000

14.0 PROFESSIONAL, NATIONAL AND INTERNATIONAL RECOGNITION

- i. Kenyatta University, Vice Chancellor's Exemplary performance award 2012
- ii. Appointed to the Board of Director of the Alpha Upsilon Chi: The international honor society for Health, Physical Education, Recreation, Sport and Dance:2012-To-date.
- iii. Distinguished Researcher - Listed among the top 50 distinguished researchers at Kenyatta University in September 2007.
- iv. Secretary, Kenya Anti-Doping Agency (KADA): 2009-2010
- v. **Invited Speaker:** Workshop on Capacity Strengthening of Policy Makers and Programme Managers for Prevention & Control of Non-communicable Diseases held on 29th April to 2nd May, 2009. Zanzibar Beach Resort, Zanzibar. Invited Speaker: Sports Management and Nutrition Clinic, Kenyatta University, Department of Sports and Games. 16th April 2007.
- vi. **Invited Speaker:** Kenyatta University Postgraduate Seminar, 30th March, 2007.
- vii. **Invited speaker:** Possible Explanations of the Success of Kenyan Endurance Runners; Nature or Nurture – 8th March, 2003, University of Glasgow.
- viii. **Invited speaker:** Lifestyle habits of members of the Health and Fitness Centre of Kenyatta University. The 1st International Scientific Congress of EAFAPER-SD, December 13th-19th, 2001, Kampala, Uganda
- ix. **Invited speaker:** Controlling the Spread of HIV/AIDS through Sports. The 1st International Scientific Congress of EAFAPER-SD, December 13th – 19th, 2001, Kampala, Uganda.

13.0 REVIEWER:

- i. 2013 to date: Global Health Promotion
- ii. 2012 to date: Applied Physiology, Nutrition, and Metabolism
- iii. 2012 to date: Annals of Human Biology
- iv. 2011 to date: Journal of the International Society of Sports Nutrition
- v. 2010 to date: International Journal of Obesity
- vi. 2010 to date: WHO 2010 Global Recommendations on Physical Activity for Health.
- vii. 2010 to date: Journal of Physical Activity and Health(JPAH)
- viii. 2008 to date: Editorial Board, African Journal of Applied Human Sciences
- ix. 2007 to date: African Journal of Education Studies

- x. 2007 to date Journal of Health, Physical Education, Recreation, Sport, and Dance (EAJHPER-SD).
- xi. 2005 to date: International Council for Health, Physical Education, Recreation, Sport, and Dance (ICHPER·SD) Journal of Research.
- xii. 2003 to date: East African Journal of Health, Physical Education, Recreation, Sport, and Dance (EAJHPER-SD)

14.0 MEMBERSHIP TO PROFESSIONAL BODIES

S/No	Name of professional body
1.	Member, International Physical Activity and the Environment Network (IPAN)
2.	Member, International Union for Health Promotion and Education(IUHPE)
3.	Member, Consortium for Non-communicable Diseases (NCD) Prevention and Control in sub-Saharan Africa (CNCD-Africa)
4.	Member, International Council for Health, Physical Education, Recreation, Sport and Dance (ICHPER·SD) Research.
5.	Member, African Physical Activity Network(AFPAN)
6.	Member, Canadian Obesity Network
7.	Founder member, Kenya International Development Study-Canadian Activity Needs (KIDS-CAN)Research Alliance
8.	Member, Africa Association of Health, PE, Recreation, Sport and Dance-(AAHPERSD)
9.	Member, East Africa Association of Health, PE, Recreation, Sport and Dance-(EAAHPERSD)
10.	Member, Kenya Association of Health, PE, Recreation, Sport and Dance-(KASHPESD)

15. Referees

Available on request