


Academic Staff Profile

Personal Profile

Personal Details

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| <p>Name: Jane W. Kamau Title/Qualification: Dr Department: Physical Education, Exercise and Sports Science Designation/Position: Senior Lecturer Email: Kamau.j@ku.ac.ke Contact Address: PO Box, 43844-00100, Nairobi, Kenya Area of Specialization: Exercise Physiology Human Research Ethics</p> <p>Research Interests: Exercise in prevention and management of NCDs Community physical health promotion Google Scholar: https://scholar.google.com/citations?pli=1&authuser=3&user=a9eRy_oAAAAJ ORCID ID: https://orcid.org/0000-0001-9590-830X?lang=en</p> |  |
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Academic & Professional Qualifications

Academic Qualifications

2008: PhD in Exercise Physiology, Kenyatta University, Kenya

2003: Med (Physical and Health education), Kenyatta University, Kenya.

2001: Bachelor of Education (Double Physical and Health Education), Kenyatta University, Kenya

Professional qualifications

November, 2019: Certificate in Research and Public Health Ethics Practicum- CBEC-KEMRI-Bioethics Training Initiative

October 2019: Certificate in Research and Public Health Ethics Certificate Course- CBEC-KEMRI-Bioethics Training Initiative

July 2019: Certificate in Research methodology certificate course- CBEC-KEMRI-Bioethics Training Initiative

May 2019: Certificate in sustainability and Health Promotion- from Global View to Local solutions-University of Helsinki, Finland and Kenyatta University

Feb 2019: Certificate in Research Bioethics- CBEC-KEMRI Bioethics Training initiative

2016: Certificate in Public procurement and asset disposal act 2015- Kenya Institute of supplies Management

2016: Certificate in Quality Palliative Care for Non- Health Care Providers- Nairobi Hospice

2016: Certificate in Integrity Assurance- Ethics and Anti-Corruption Commission of Kenya

2016: certificate in manuscript writing-Kenyatta University PRIME-K project

2014: Certificate in Critical Appraisal of Research Proposal – University
of Nairobi

2014: Certificate in Module Writing and E-Learning Pedagogy-
Kenyatta University – Institute of Open, Distance & e-learning

2013: Certificate in Teaching Methodology – Kenyatta University
Through Directorate of Centre for Teaching Excellence and Evaluation

2012: Certificate on Setting, Moderating and Marking Examination in
Institutions of Higher Learning – Kenyatta University through
Directorate of Regional Centre for Capacity Development

2011: Certificate in Research Proposal Writing DAAD and National
Council for Science and Technology.

Employment History

2016 to date: Senior Lecturer, Department of Physical Education, Exercise and Sports
Science

2009 to 2016: Lecturer, Department of Recreation Management and Exercise Science

2003-2009: Tutorial Fellow, Exercise and Sports Science

2002-2003: Graduate Assistant, Department of Exercise and Sports Science

Achievements

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Publications

Referred Journals

- **Kamau, J.**; Mwangi, P. and Wachira, L. (2020). **Uptake of Pedometer-based Physical Activity: Success and Challenges of a Church based Physical Activity Promotion Programme among Overweight and Obese Adults in Kenya.** In *Proceedings of the 8th International Conference on Sport Sciences Research and Technology Support - Volume 1: icSPORTS*, ISBN 978-989-758-481-7, pages 126-132. DOI: 10.5220/0010026001260132
- Matilda, M., **Kamau, J.**, Mwangi, F., Wanderi, M., & Onyango, E. (2020, July 15). Status of Participation in Physical Activity by Employees in Kenyan Universities at Onsite Fitness Centers in Kenya. *African Journal of Education, Science and Technology*, 6(1), Pg 122-133. Retrieved from <https://ajest.info/index.php/ajest/article/view/470>
- Lillian, M., **Kamau, J.**, & Kasoma, S. (**December, 2019**). Status of participation in physical activity among day high school students in Kampala, Uganda. *Journal of Physical Education Research*, Volume 6, Issue IV, 22-28.
- Bailasha N. K, Rintaugu E. G, **Kamau J'** Mwangi F. M, Muccheke C. M, Otieno M.D (**December, 2019**) Institutional Based Reasons for Students Non-participation in Physical Activity and Sport Programs in the Kenyan Public Universities. *International Journal of Human Movement and Sports Sciences*
- Ismail N. Pangani, Festus K. Kiplamai, **Jane Wanjiku Kamau**, and Vincent O. Onywera 2016 Prevalence of Overweight and Obesity among Primary School Children Aged 8–13 Years in Dar es Salaam City, Tanzania. *Advances in Preventive Medicine*, vol. 2016, Article ID 1345017, 5 pages, 2016. doi:10.1155/2016/1345017
- Elijah Rintaugu, **Jane Kamau**, L.O Amusa and A.L Toriola. (2014). The forbidden Acts: Prevalence of sexual harassment among university Female athletes. *African Journal for physical, Health Education, Recreation and Dance. (AJPHERD)* Vol. 20 (3:1 pp 974 – 990)
- **Jane Wanjiku Kamau** and Peter Wanderi Mwangi. (2013) Effects of a 10 weeks Aerobic Dance Exercise Programme in Managing Overweight and Obesity among Primary School Children Aged 10-15 Years in Nairobi County, Kenya. *International*

Journal of Sports Technology, Management and Allied Sciences ISSN 2319-5274
vol-2 No.3 pp. 6-12.

- Jared Nambaka, **Jane Wanjiku Kamau**, Andanje Mwisukha Sep 2011: Factors influencing participation in physical exercise by the elderly in Eldoret West district, Kenya African Journal for Physical Health Education, Recreation and Dance (AJPHERD) ISSN 11174315 Vol, 17 pp 462-472 (3)
- **Jane Wanjiku Kamau**, Mwangi Peter wanderi, Edwin Wamukoya and Wycliffe Njororai (2011):Prevalence of overweight and obesity among primary school children in Nairobi province, Kenya African Journal for Physical, Health Education, Recreation and Dance (AJPHERD) ISSN 11174315 Vol 17(2)
- Mwangi P. Wanderi, Bukhala P., Gitonga E., **Kamau J.**,Andanje M., Muniu R. Kamenju, J. Gikaria N., Mwose N. and Masinjila T September, 2008 Physical Education and Sports (PES) in Kenya with special reference to teacher education: current status, challenges and recommendations for improvements
- **Jane Wanjiku Kamau**, Njororai W.W. Simiyu and Wanderi P. Mwangi (2003) Aerobic capacity and need for its assessment among athletes: The case of Kenyatta university soccer players. East African Journal of Physical Education, Sports Science, Leisure and Recreation Management: Vol 1 issue 1 2003, ISSN 1810-259

Books and Books Chapters

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

Conference/Workshops/Seminar Papers

Conference Papers

- Presented a paper titled “Uptake of Pedometer-Based Physical Activity: Success and Challenges of a Church Based Physical Activity Promotion Programme Among Overweight and Obese Adults in Kenya”, in the 8th International Conference on Sport

Sciences Research and Technology Support (icSPORTS 2020) held online from November 5 to 6, 2020

- Presented a Paper titled “Developing and Maintaining Physical Wellness” at the Women’s Wellness Conference Organised by Thika Road Baptist Ladies Fellowship on 12th October, 2019/
- Presented a paper titled “ Obesity Prevention and Reduction through Exercise and Diet” at the inaugural Obesity Symposium for Mount Kenya University held at Laico Regency, Nairobi Kenya on 5th July, 2019.
- Presented a paper titled “Empowering communities through Sports: The Case of Kenyatta University weekend Sports Programme during the international staff week conference on 9th and 11th April 2019 at National University of Public Service, Budapest, Hungary.
- Presented on The impact of Health Risk Appraisal on Physical Activity and Nutrition Behaviour in an Occupational setting, on 21st September, 2016 at the 2nd International Conference on Physical Activity and Sports for health and Development in Africa (PASHDA).
- Presented on Assessment of the Nutritional and Anthropometric Profile of Adolescent Basketball Players in Zimbabwe on 21st September, 2016 at the 2nd International Conference on Physical Activity and Sports for health and Development in Africa (PASHDA
- Presented on The explosive strength training effectiveness on the lower Limbs of under 20 volleyball players in Zimbabwe on 22nd September, 2016 at the 2nd International Conference on Physical Activity and Sports for health and Development in Africa (PASHDA
- “Towards addressing Physical Activity and Nutrition Challenges to promote overall Health in Africa” presented at a conference held in South Coast Hotel, Durban, South Africa on 16th September 2013.

- “Effects of 10 weeks aerobic dance exercise program on overweight and obesity status of children aged 10 to 15 years in Nairobi province, Kenya. At Kenyatta University, November 2010.
- Prevalence of Overweight and Obesity among School Children Aged 10- 15 Years in Nairobi Province, Kenya. Presented at the 17th Biennial conference of the International society for Comparative Physical Education and Sports (ISCPES) **Kenyatta University**, Nairobi, Kenya. June 2010.

Workshops Papers

- Presented on the functions of a school Board of Management to BOM members of Kahatia Secondary at Lakeside Tourist Lodge, Naivasha on 17th August, 2018
- Presented on Good Nutrition for Health and wellbeing to Members of ACK Canon Hesbon on 5th August, 2018.
- “Running Economy and Efficiency”, a workshop held on 25th August 2007 at Kenyatta University, Kenya.
- Obesity prevalence among children in Nairobi province: The case of Horizon Academy and Moi Avenue primary schools. A workshop held at Kenyatta University, Kenya on November 2005:
- Physiological Issues in Female Athletes and Their Implications to Participation in Physical Activities and Sport. A workshop held at Kenyatta University, Kenya on 19th November 2004:

Seminar Papers

Good Nutrition for Health and wellbeing to Members of ACK Canon Hesbon on 5th August, 2018.

- “Overweight and Obesity: Risk Factors to Non Communicable Diseases” at St. Lucia Membley, Ruiru on 8th March 2015
- “Making an informed Career Choice” presented on 26th September 2014: at Kahatia Secondary school, Murang’a county.

- Made a presentation on “Making an informed career Choice” on 5th June 2014 at Search Comprehensive School.
- Income generating activities by young women in Kiambu County” presented in conference held at BTL, Ruiru. October 2011.
- “The gains of youth and women in the Kenyan 2010 constitution” presented in a conference held at Jumuia Resort, Kiambu on 20th July 2011

Student Co-authored Publications

- Matilda, M., **Kamau, J.**, Mwangi, F., Wanderi, M., & Onyango, E. (2020, July 15). Status of Participation in Physical Activity by Employees in Kenyan Universities at Onsite Fitness Centers in Kenya. *African Journal of Education, Science and Technology*, 6(1), Pg 122-133. Retrieved from <https://ajest.info/index.php/ajest/article/view/470>
- Lillian, M., **Kamau, J.**, & Kasoma, S. (December, 2019). Status of participation in physical activity among day high school students in Kampala, Uganda. *Journal of Physical Education Research*, Volume 6, Issue IV, 22-28.
- Ismail N. Pangani, Festus K. Kiplamai, **Jane Wanjiku Kamau**, and Vincent O. Onywera 2016 Prevalence of Overweight and Obesity among Primary School Children Aged 8–13 Years in Dar es Salaam City, Tanzania. *Advances in Preventive Medicine*, vol. 2016, Article ID 1345017, 5 pages, 2016. doi:10.1155/2016/1345017
- Jared Nambaka, **Jane Wanjiku Kamau**, Andanje Mwisukha Sep 2011: Factors influencing participation in physical exercise by the elderly in Eldoret West district, Kenya *African Journal for Physical Health Education, Recreation and Dance (AJPHERD)* ISSN 11174315 Vol, 17 pp 462-472 (3)

Other Publications

Research

Funded Projects

- January, 2021 Submitted a research grant proposal titled “Towards Addressing Physical Inactivity During Pandemic Induced Restrictions in Urban Settings: Lessons From Covid-19 Pandemic Experience” to the International Olympic committee 2021/2022 Advanced research Grant
- February, 2020 submitted a grant proposal titled From Knowledge to Action: A Community-Based Lifestyle Intervention for Prevention and Management of Obesity and its Associated Non-Communicable Diseases in Urban Settings to the Kenyatta University Vice-Chancellors research grant
- January 2017: Submitted a proposal on Parents cardiovascular disease risk factors as predictors of childrens’ subsequent CVDs to Africa NCD open Lab
- November 2016: Submitted a proposal on adopting a community participatory approach in prevention and management of non-communicable diseases (NCDs) in Kenya using evidence based research and innovative technologies- to the Kenya National Research Fund- NRF May 2016: Submitted a research grant proposal titled Partnership to Develop a Model Anti-doping Programme for Athletes in Kenya. A socio-Educational Approach (PADMAP-K) to the International Olympic Committee Anti-doping Research Grant
- January 2016: submitted a grant proposal to European and Developing Countries Clinical Trials Partnerships (EDCTP) on Ethics and Regulatory Capacities for NACOSTI and PPB.
- September 2015: submitted a grant proposal to Toyota Foundation on Non-communicable Diseases
- May 2015: submitted a grant proposal to Fogarty Foundation on International Research Ethics Education and Curriculum.
- July 2013: Won \$ 26,000 Research Grant from Kenya National Commission for UNESCO
- 2009: Sports without Borders Social Sciences and Humanities Research Council of Canada (SSHRC) 25,000 Canadian dollars

- 2005-2008: Won\$10,000 Scholarship from DAAD

Conferenced/Workshops/Seminars Attended

Conferences Attended

- Attended and presented a paper in the 8th International Conference on Sport Sciences Research and Technology Support (icSPORTS 2020) held online from November 5 to 6, 2020
- Chaired Session 41 entitled Health and Fitness during the 8th International Conference on Sport Sciences Research and Technology Support (icSPORTS 2020) held online from November 5 to 6, 2020.
- Attended and presented a paper during the Mount Kenya University Inaugural Obesity Symposium held on 5th July, 2019
- Attended an Erasmus + International Staff Mobility programme conference in the National University of Public Service in Hungary from 7th – 22nd April, 2019.
- Participated in the World under 18 Athletics Championship Pre-Games International Symposium held at Kenyatta University, Nairobi, Kenya on 10th to 11th July 2017.
- Participated in the 2nd International Conference on Physical Activity and Sports for Health and Development in Africa (PASHDA) held at Kenyatta University, Nairobi, Kenya on 21st to 23rd September, 2016.
- Attended the Second International Conference of African Sport Management Association (ASMA) held at University of Dar Es-salaam, Tanzania between 7th – 9th November 2013.
- Attended 2013 Leisure and Recreation Association of South Africa (LARASA) National Congress, Durban South Africa on 16th-19th September, 2013.

Workshops Attended

- Attended the UNODC Global Integrity Education Project Training of Trainers Workshop held on 14th- 17th December, 2020 at Sankara Hotel, Nairobi, Kenya.

- Attended and facilitated the Kenya Academy of Sports Model Development workshop on 8th and 9th October 2020 at Crown Plaza, Nairobi Kenya.
- Attended and facilitated Research Framework development workshop for the Kenya Academy of Sports at the Kenyatta University Conference Centre, Kenya 17th to 19th December, 2018
- Attended and facilitated Research Framework development workshop for the Kenya Academy of Sports at the Kenya Dairy Training Institute, Naivasha, Kenya 13th to 17th July 2018.
- Participated in the Stakeholders Strategic Plan validation workshop for the Kenya Academy of Sports held at Laico Regency Hotel, Nairobi on 25th May 2017.
- Attended and facilitated Personnel Curriculum development workshop for the Kenya Academy of Sports at Panorama resort, Naivasha, Kenya on 31st March to 4th April 2017.
- Attended and participated in the Basic Education curriculum brainstorming workshop for the Arts and Sports Pathways at the Kenya Institute of Curriculum Development on 11th to 12th October 2016.
- Attended and facilitated the athlete curriculum development workshop for the Kenya Academy of Sports at the Enashpai resort, Naivasha, Kenya on 5th to 9th September, 2016.
- Attended and participated in the Institute of Development Studies (IDS) Planning and Learning workshop held at Strathmore University, Nairobi, Kenya on 25-28 July 2016
- Attended a Training workshop on Critical Appraisal of Research Proposals Silver Springs Hotel, Nairobi, Kenya, 16th -20th June 2014
- Attended a training Workshop on Module Writing and E-Learning Pedagogy at Kenyatta University Conference Centre, Nairobi 19th to 20th February 2014.
- Attended a Senior Manager E-Learning and Team Building Workshop at North Coast Beach Hotel Mombasa, February- 4 March 2014
- Attended Publishing Scientific Research, Workshop, Organized by Springer at Kenyatta University on 30 May 2013.

- Attended Young Women in Governance Training of Trainers Workshop, at Harlequins Suites, Nairobi on 15th – 20th May 2011.
- Attended Agitos Foundation - Kenyatta university – Kenya National Paralympics Committee (KNPC) proposal writing workshop on 10th -11th May 2012:
- Attended the Agitos Foundation-Kenyatta university-KNPC partnership workshop 13th April 2012:
- Attended Research proposal writing workshop organized by DAAD scholars association in collaboration with DAAD and National council for science and technology on 16th -17th September 2011.
- Research Methodology, e-course Delivery Workshop Kenyatta University Conference Center (KUCC) on 14th - 15th July 2011.
- Attended Kenyatta University/ IPC- Sports Science Committee Workshop on 13th - 15th May 2011.
- Attended University Research Methodology Course School teams Orientation Workshop, Kenyatta University AVU main hall on 13th April 2010.
- Attended a proposal writing workshop on Sports without Borders organized by Kenyatta University, University of Manitoba and Kenya Medical Research Institute, in collaboration with the Terik Education Promotion Development Group (TEPAD), Utalii Hotel, Kenya, 20th -24th April 2009.

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Seminars Attended

Attended a Health Promotion Seminar at ACK Canon Hesbon on 5th August, 2018.

Attended a Health Promotion Seminar at St. Lucia Membley, Ruiru on 8th March 2015

Attended a Career Day at Kahatia Secondary school, Murang'a county on 26th September 2014:

- Attended a career day at Search Comprehensive School on 5th June 2014

Supervision of Postgraduate Students

Masters

Completed

- Kinuthia Teresa Wangui: H60/10479/2008: Hotel industry perspectives on the implementation of the United Nations World Tourism Organization Code on Conduct in Kilifi District, Kenya
- Karobia Ann Wanjugu: H60/OL/10026/07: An assessment of the contribution of leisure and recreation facilities to the revenue of three star hotels in Nairobi County, Kenya
- Francis Njeru Karugu: H108/CE/15681/08: Assessment of energy intake and energy expenditure of university students in Nairobi county, Kenya
- Abisai Jacob:H108/15531/08: Continuity of sport talent development in selected sport disciplines in Kenyan universities
- Lillian Mugisha H108EA/25700/2011: Influence of Demographic Factors and Perceived Environmental Factors on participation in physical activity among high school students in Kampala city Uganda.
- MatildaMukaro, H108F/29180/2014: Determinants of Participation in Physical Activity in On-Site Fitness Centers: The Case of Employees at Kenyatta University and Africa Nazarene University, Kenya.

On Going

- Ndirangu Davis Jenaro Karimi :H108/25115/2018 :Assessment of The Cardiovascular Endurance, Muscle Strength, Speed And Flexibility Among Soccer Players of The Nairobi East Sub-County League
- Okoth Elvis Onyango: H108/28958/15: Comparative Analysis of High Volume Training and Sports Specific Training on Vo₂peak and Lactate Threshold of Elite Collegiate Rugby Players
- Michael, N. Macaharia: H108/CE/22621/2010: Awareness and Use of Mental Training Strategies among Kenyan Amateur Boxers
- Beatrice Atieno Opiyo: H60/CE/14006/09: Dietary and Physical Activity Practices Among Type II Diabetic Adults Attending Provincial General Hospital, Nakuru County, Kenya.
- Jacinta Wanjeri Gichangi: H108/OL/14648/2009: An investigation into the Use of Physical Exercises in Managing Cerebral Palsy in Children aged 7-10 Years in Kirinyaga County, Kenya.
- Pauline, Mukami Njeru: H108/CE/15212/08: Association of Sports Betting and Physical Literacy among Students in Public Universities in Kenya.
- Moreen Nandwa: H6010316/08: Knowledge, attitudes and practices on weight Management among type II diabetic adults visiting Mbagathi hospital in Nairobi County, Kenya.

Ph. D

Completed:

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

Ongoing

- Siphon Heleni M'nyamana-Rutsate H87F/22588/2012: Effects Of Health Risk Appraisal On Modifiable Risk Factors Associated With Obesity And Hypertension In The Banking Sector Workforce In Zimbabwe

- Bernard Njekeya H87F/26455/2013: Assessment of Biomechanical Gait Parameters and Gross Motor Performance of Overweight and Obese Children in Zimbabwe.

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

- March 2021: Appointed External Examiner for Bachelor of Science in Sports Science Program at Malawi University of Science and Technology
- September, 2015- Re-appointed External Examiner: Department of Sport Science and Coaching, National University of Science and Technology, Bulawayo Zimbabwe.
- July, 2015-Appointed External Examiner: Department of Sport Science and Coaching, National University of Science and Technology, Bulawayo Zimbabwe. (MPhil Examination).
- July 2015:Appointed peer reviewer for BMC pediatric
- October 2014- to Date: Appointed External Examiner: Department of Sport Science and Coaching, National University of Science and Technology, Bulawayo Zimbabwe
- June 2014: Appointed External Examiner: Department of Sport Science and Coaching, National University of Science and Technology, Bulawayo Zimbabwe. (MPhil Examination).

Community Service and Other Engagements

- Organized and participated in the Solai (Nakuru County) community medical camp on 12th October, 2018.
- Organized and coordinated the fund drive towards the solai (Nakuru County) dam tragedy response by Kenyatta University between May and October 2018.

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

- 2013 to date: Treasurer mothers Union A.C.K. St. Mathews church Membley
- 2012- to Date: Chairperson, Board of Management, Kahatia Secondary school
- June 2011: Elected Chairperson, young Women in Governance pilot project

Affiliation of Professional Bodies

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National and International awards and Recognitions

- February 2019-To date Re-appointed chairman of the Board of Management of Kahatia Secondary School
- December 2015, -Re-appointed chairman of the Board of Management of Kahatia Secondary School
- 2012: Appointed Chairperson, Board of Management, Kahatia Secondary school

Administrative Positions Held

Recognized university administrative positions

- June, 2018 to date- appointed to the reconstituted University Ethics Review Committee.
- May, 2018 appointed chairman to the Committee to Develop a Coordinated Response to the Solai Dam Disaster by the Kenyatta University Community.
- August, 2017 Appointment as chairperson to the committee to develop a proposal on Upgrading Trade Skills Training Centre
- July 2017 to –date, appointed to the Sports Coaches Academy Management Committee
- July 2017 to-date, Re- Appointed Director, Kenyatta University Community Outreach and Extension Programmes
- February, 2017 Appointed Chairman to the committee to develop a coordinated Response by KU Community to the Drought Situation in Kenya.

- October, 2015 to date-Re-appointed into the reconstituted Research Ethics Review Committee.
- August 2015, - Appointed director Kenyatta University community Outreach and Extension programmes.
- July, 2015- Appointed to the Kenyatta University TV (KUTV) news subcommittee.
- Feb 2015 –Re- appointed as a staff mentor

- Feb 2015 – Appointed Committee member to spearhead the KU –Phoenix Assurance Group collaboration on facilities at the REC Center.

- Jan 2015: Appointed committee member to explore leasing of equipment for university Recreation Centre.

- November 2014 to date: Appointed member of the sports Coaches Academy Management Committee.

- June 2014 to Date: Appointed to the Kenyatta University Wellness Board.

- June 2014 to Date: Appointed University Representative in Research Group on Athletics and Social Sciences in East Africa.

- May 2014: Appointed Member to the Coaches Academy Launch Committee

- June 2013: Appointed Committee Member to Develop Proposal for Sports Coaching Academy

- October 2013: Appointed Member of the Kenyatta University Ethics Review committee

- July 2013: Appointed Chairperson, Department of Recreation Management and Exercise Science.
- January 2012- July 2013: Appointed Chairperson, Department of Recreation Management and Exercise Science.
- December 2011- to Date : Appointed Staff Mentor
- October 2011- January 2012: Appointed Acting Chairperson, Department of Recreation Management and Exercise Science
- August 2011-October 2011: Appointed Chairperson, Department of Recreation Management and Exercise Science.
- August 2009- March 2012: Appointed Chairman School Board of Postgraduate Studies School of Applied Human Science
- September 2011: Appointed Secretary to the committee to organize a Kenyatta University wellness and Health Walk
- May, 2011: Appointed Committee member of the 2nd wave of RRI in the thematic area of Thesis processing
- June 2010: Appointed Secretary organizing committee for East African University Pre-Games Symposium
- September 2010: Appointed Member of Protocol, Awards and Entertainment Committee for East African University Games.

- September 2009: Appointed as a member of the Gender of Equality Advocacy Team (GEAT)

Other administrative positions Held

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webmaster@ku.ac.ke to enable updates to your web page.