

CURRICULLUM VITAE

DR. LUCY-JOY MUTHONI WACHIRA (PHD)

PERSONAL PROFILE

Personal Details

Name: Dr. Lucy-Joy Muthoni Wachira (PhD)
Department: Physical Education, Exercise and Sport Science
Designation: Lecturer
Email: wachira.lucy@ku.ac.ke

Area of Specialization:

- Physical activity in health and obesity studies

Research Interests:

- Physical activity in population health
- Physical activity promotion, advocacy and surveillance
- Prevention and management of NCDs
- Pediatric Obesity
- Exercise Physiology

Google Scholar:

<https://scholar.google.com/citations?hl=en&authuser=1&user=axxsrIAAAAAJ>

ORCID ID: <https://orcid.org/0000-0003-2805-5997>

Academic & Professional Qualifications

Academic Qualifications

PhD (Physical and Health Education)

August 2010 to July 2014, Kenyatta University
Department of Physical and Health Education

Title of thesis: *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

Additional Professional Qualifications

Accelerometer Measurement (WAMAA)

October 2021, Online course, University of Cambridge and University of Witwatersrand

American College of Sports Medicine: International Team Physician Course

October 2017, American College of Sports Medicine, USA and Masinde Muliro University, Kenya

Wilderness First Aid: Stonehearth Open Learning Opportunities (SOLO) USA
September 2016, Moshi, Tanzania

Module Writing and E-Learning Pedagogy

February 2014

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

Kinanthropometry (Accredited Anthropometrist)

2011-2015, Certified ISAK Level 1

Teaching Methodology

November 2013

Centre for Teaching Excellence and Evaluation, Kenyatta University

Employment History

15th August 2022 to 15th May 2023

Visiting Professor, Fulbright Fellowship award, **Scholar-in-Residence** position

Department of Kinesiology, College of Public Health,

Temple University, Philadelphia, Pennsylvania USA

10th September 2014 to date

Lecturer, Kenyatta University, Nairobi

Departments: Physical Education, Exercise and Sport Science

School of Public Health and Applied Human Sciences

April 2010 to September 2014

Tutorial Fellow, Kenyatta University, Nairobi

Departments: Physical and Health Education

School of Applied Human Sciences

January 2009 to July 2010

Part-time Lecturer, Daystar University, Nairobi

Department of Science: Health and Physical Fitness

Faculty of Science and Technology

September 2009 to April 2010

Part-time Lecturer, Mt Kenya University, (main campus)

Faculty of Education: Teacher Training Diploma course

Achievements

- Fulbright Fellowship award, **Scholar-in-Residence** position at Temple University, Philadelphia, USA for 2022-2023 academic year.

Winning Collaborative Research Grants

Research Funding

-WADA 2022 Social Science Research Grant

Project Title: *The understudied nexus between national sports policy and clean sports behaviour: Dimensions, priorities, policy challenges and impacts.* Period: 2022 – 2024. Project Role: **Principle Investigator.** Granting Body: **World Anti-Doping Agency (WADA)**, funding \$35,000.00 USD

-Kenya LINX Project

Project Title: *Kenya healthy diet and active Lifestyle Infrastructure for the NeXt generation (Kenya-LINX).* Joint collaborative research project by Swansea University, UK and Kenyatta University, Kenya. Period: November 2019 – November 2021. Role: **Principle Investigator (Kenya).** Granting Body: **British Academy**, funding: British Pounds 297,929.00

-Kenya Finland Project

Project Title: *Building higher education and research capacity to address the physical activity and nutrition transition in Kenya: the Kenya-Finland Education and Research Alliance (KENFIN-EDURA)* Period: 2017-2020. Role: **Co-Investigator**, Granting Body: **Ministry for Foreign Affairs of Finland** (HEI ICI project fund HEL7M0453-82), funding: Euros 517,500.

-Kenyatta University Vice-chancellors Research grant.

Project Title: *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 (PHERM)* Period: 2016 – 2019. Role: **Principle Investigator**, Granting Body: **Kenyatta University Vice-chancellors Research grant**, funding: Kshs. 1,100,000/=

PUBLICATIONS

Referred Journals Publications

- 1. Wachira, L. J.,** Arena, R., Sallis, J. F., Lambert, E. V., Ong'wen, O. M., Laddu, D. R., Onywere, V., Oyeyemi, A. L., & HL-PIVOT Network (2022). [Why are COVID-19 effects less severe in Sub-Saharan Africa? Moving more and sitting less may be a primary reason.](https://doi.org/10.1016/j.pcad.2022.04.012) *Progress in cardiovascular diseases*, S0033-0620(22)00041-X. Advance online publication. <https://doi.org/10.1016/j.pcad.2022.04.012>
- 2.** Travis J. Saunders, Scott Rollo, Nicholas Kuzik, Iryna Demchenko, Stacey Bélanger, Kara Brisson-Boivin, Valerie Carson, Bruno G. G. da Costa, Melanie Davis, Susan Hornby, Wendy Yajun Huang, Barbi Law, Michelle Ponti, Chris Markham, Jo Salmon, Jennifer R. Tomasone, Antonius J. Van Rooij, **Lucy-Joy Wachira**, Katrien Wijndaele & Mark S. Tremblay (2022). [International school-related sedentary behaviour recommendations for children and youth.](https://doi.org/10.1186/s12966-022-01259-3) *Int J Behav Nutr Phys Act* **19**, 39. <https://doi.org/10.1186/s12966-022-01259-3>
- 3.** Nicholas Kuzik, Bruno G. G. da Costa, Yeongho Hwang, Simone J. J. M. Verswijveren, Scott Rollo, Mark S. Tremblay, Stacey Bélanger, Valerie Carson, Melanie Davis, Susan Hornby, Wendy Yajun Huang, Barbi Law, Jo Salmon, Jennifer R. Tomasone, **Lucy-Joy Wachira**, Katrien Wijndaele & Travis J. Saunders (2022). [School-related sedentary behaviours and indicators of health and well-being among children and youth: a systematic review.](https://doi.org/10.1186/s12966-022-01258-4) *Int J Behav Nutr Phys Act* **19**, 40. <https://doi.org/10.1186/s12966-022-01258-4>
- 4.** Muthomi, N., **Wachira, L. J.,** & Ooko, W. S. (2022). [Training and certification in first responder care among mountaineering practitioners in east Africa.](https://authors.elsevier.com/sd/article/S2211419X22000088) *African Journal of Emergency Medicine*, 12(2), 129-134. <https://authors.elsevier.com/sd/article/S2211419X22000088>

5. **Wachira, L.-J.**, Muthomi, N., & Ooko, S. (2022). [Standards of Practice, Risk Assessment, and Safety Concerns in Outdoor Adventure Programmes in the Afro-Alpine Mountains of East Africa.](#) *African Journal of Emerging Issues*, 4(3), 98 - 118. Retrieved from <https://ajoeijournals.org/sys/index.php/ajoei/article/view/271>

6. Darko, R. A., Mwangi, J., & **Wachira, L. J.** (2022). [Student teachers' pedagogical knowledge on the inclusion of students with disabilities in practical physical education lessons in Ghana.](#) *International Journal of Whole Schooling*, 18(1), 51-73. http://www.wholeschooling.net/Journal_of_Whole_Schooling/articles/18-1%20Darko%20Mwangi%20%26%20Wachira.pdf

7. **Wachira L-J**, Hayker SO, Larouche R, Oyeyemi AL, Prista A, Owino GE, et al. (2022) [Physical activity and active transportation behaviour among rural, peri-urban and urban children in Kenya, Mozambique and Nigeria: The PAAT Study.](#) *PLoS ONE* 17(1): e0262768. <https://doi.org/10.1371/journal.pone.0262768>

8. Nakabazzi B, **Wachira L-JM**, Oyeyemi AL, Ssenyonga R, Onywera VO (2021). [Parental-perceived home and neighborhood environmental correlates of accelerometer-measured physical activity among school-going children in Uganda.](#) *PLOS Glob Public Health* 1(12): e0000089. <https://doi.org/10.1371/journal.pgph.0000089>

9. Regina Akuffo Darko, Jane Mwangi & **Lucy Joy Wachira** (2021). [Inclusive Physical Education during the University Preparation Programme in Ghana: Bridging the Gap between Theory and Practice.](#) *African Journal of Teacher Education*. Vol 10. Iss.1: 21-37 **DOI:** <https://doi.org/10.21083/ajote.v10i1.6455>

10. **Wachira, Lucy Joy**; Muthomi, Helen Nkatha; and Ooko, Willy Shikuku (2021). [Outdoor Adventure Practice in Kenya: Injuries, Illnesses, Non-Medical Concerns, and Evacuation Profiles on Mt. Kenya.](#) *Journal of Human Performance in Extreme Environments*: Vol. 16: Iss. 1, Article 3. DOI: 10.7771/2327-2937.1137 <https://docs.lib.purdue.edu/jhpee/vol16/iss1/3>

11. **Lucy-Joy Wachira**, Stella Muthuri, Sophie Ochola, Vincent Onywera & Mark Tremblay (2021). [Association between dietary behaviours and weight status of school children: results from the International Study of Childhood Obesity, Lifestyle and the Environment \(ISCOLE\) -Kenya.](#) *Child and Adolescent Obesity*, 4:1, 1-22, <https://doi.org/10.1080/2574254X.2020.1842014>

12. Muthomi, N., **Wachira, L. J.**, & Ooko, W. S. (2021). [Knowledge in pre-hospital emergency and risk management among outdoor adventure practitioners in East Africa afro-alpine mountains.](#) *African Journal of Emergency Medicine*, 11(1), 87-92. <https://doi.org/10.1016/j.afjem.2020.08.006>

13. Kamau, J. W., Mwangi, P. W., & **Wachira, L. J.** (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 SCETRESS Digital Library. <https://www.scitepress.org/PublicationsDetail.aspx?ID=sHvdnRtUcZg=&t=1>

14. Nakabazzi B., **Wachira L-J. M.**, Oyeyemi A. L., Ssenyonga R., Onywera V. O., (2020) [Prevalence and socio-demographic correlates of accelerometer measured physical activity levels of school-going children in Kampala city, Uganda. *PLoS ONE* 15\(7\):e0235211. <https://doi.org/10.1371/journal.pone.0235211>](https://doi.org/10.1371/journal.pone.0235211)
15. Stella N. Wayong'o, Francis M. Mwangi, **Lucy-Joy M. Wachira** and Elijah G. Rintaugu (2019). [Emergency Plans and Safety Regulations during Physical Education Lessons in Private Primary Schools in Kenya. *The Russian Journal of Physical Education and Sport \(Pedagogical-Psychological and Medico-Biological Problems of Physical Culture and Sports\)*, Volume 14 No.1. ISSN 2070 -4798. DOI 10.14526/2070-4798-2019-14-1-102-112 <https://cyberleninka.ru/article/n/emergency-plans-and-safety-regulations-during-physical-education-lessons-in-private-primary-schools-in-kenya/viewer>](https://cyberleninka.ru/article/n/emergency-plans-and-safety-regulations-during-physical-education-lessons-in-private-primary-schools-in-kenya/viewer)
16. **Wachira L-JM**, Muthuri S. K, Ochola S. A, Onywera V. O, Tremblay MS (2018). [Screen-based sedentary behaviour and adiposity among school children: Results from International Study of Childhood Obesity, Lifestyle and the Environment \(ISCOLE\) - Kenya. *PLOS ONE* 13\(6\):e0199790. <https://doi.org/10.1371/journal.pone.0199790>](https://doi.org/10.1371/journal.pone.0199790)
17. Ogana, S. O., Osero, J. O., & **Wachira, L. J.** (2017). [Musculoskeletal pain and backpack usage among school children in Nairobi County, Kenya. *East African Medical Journal*, 94\(6\), 413-419. <https://www.ajol.info/index.php/eamj/article/view/163443>](https://www.ajol.info/index.php/eamj/article/view/163443)
18. 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>](http://dx.doi.org/10.1123/jpah.2014-0595) Human Kinetics, Inc.
19. 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>](http://dx.doi.org/10.1123/jpah.2016-0359) Human Kinetics, Inc.
20. 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. <https://doi.org/10.3109/03014460.2014.932847>](https://doi.org/10.3109/03014460.2014.932847)
21. **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. <https://journals.humankinetics.com/view/journals/jpah/11/s1/article-pS69.xml>](https://journals.humankinetics.com/view/journals/jpah/11/s1/article-pS69.xml)
22. 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. <http://www.biomedcentral.com/1471-2458/14/436>](http://www.biomedcentral.com/1471-2458/14/436)
23. 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. <https://pubmed.ncbi.nlm.nih.gov/24676350>](https://pubmed.ncbi.nlm.nih.gov/24676350)

24. 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. <http://www.mdpi.com/journal/ijerph>
25. 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. <https://www.ajol.info//index.php/ajpherd/article/view/105597>
26. 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. <https://www.ajol.info/index.php/ajpherd/article/view/105491>
27. Goodwin, Y., Monyeki, M.A., Boit, M.K., De Ridder, J.H., Toriola, A.L., Mwangi, F.M., **Wachira, J. L.** & Mwihiaki, 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(2:2),610-625. <https://journals.co.za/doi/abs/10.10520/EJC155217>
28. **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

Books and Book Chapters

Books Chapters

- 1 - Theuri, G., & **Wachira, L.** (2022). Vitamin D3 Deficiency: The Missing Component in the Physical Activity and Lifelong Health of Children and Adolescents in Sub-Sahara Africa?. In (Ed.), [Sport and Fitness in Children and Adolescents](#). ISBN: 978-1-80356-063-2 IntechOpen. <https://www.intechopen.com/online-first/82167>
- 2 - Lucy-Joy Wachira (2021). [Lifestyle Transition towards Sedentary Behavior among Children and Youth in Sub-Saharan Africa: A Narrative Review](#) [Online First], IntechOpen, DOI: 10.5772/intechopen.95840. Available from: <https://mts.intechopen.com/books/sedentary-behaviour-a-contemporary-view/lifestyle-transition-towards-sedentary-behavior-among-children-and-youth-in-sub-saharan-africa-a-nar>. Published: October 13th 2021, DOI: 10.5772/intechopen.91074, ISBN: 978-1-83968-576-7.

Editorship of a Book

- **Lucy-Joy Wachira, - Academic Editor** (2021-2022), **Book Title:** [Sport and Fitness in Children and Adolescents](#). ISBN: 978-1-80356-063-2
https://mts.intechopen.com/welcome?books_hash=a1d9fa1b7c2d00151e7b72782f5998bf&edit_or_contacts=a80ac0e94&books_id=11310

Book Publications

- 1 - E. Onyango, L.B Waiganjo, V. Okoth, **L.J. Wachira**, Y. Goodwin, V. Onywera (2022) (In Press). **CBC Teacher Resource book for lower primary**. **Book Tile:** Physical and Health

Education Fundamental Movement Skills for Pre-primary to Grade 3 Instructors: a teacher's guide and collection of activities for teaching fundamental movement skills. Moran (E.A) Publishers. ISBN: 978 9966634276

2 - Francis M. Mwangi, Nkatha Muthomi **Lucy-Joy Wachira** (2017). Ability in Disability. Nairobi. Queenex Publishers Ltd. ISBN: 978-9966-075-66-6.

3 - **Lucy-Joy Wachira**, Francis M. Mwangi, and Nkatha Muthomi (2016) The Trash Ball. Nairobi. Queenex Publishers Ltd. ISBN: 978-9966-075-16-1.

4 - Helen N. Muthomi, **Lucy-Joy Wachira**, and Francis M. Mwangi, (2015). David Gets Fit. Nairobi. Queenex Publishers Ltd. ISBN: 978-9966-075-13-0.

Published Reports

Kenya Report Card, 2016. 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

Kenya Report Card, 2014. 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

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

Refereed Learning Modules

Developed Interactive Modules for the Digital School of Virtual and Open Learning:

HES 100: First Aid and Safety Education

HPE 102: Functional Human Anatomy

HPE 200: Human physiology

HPE 300: Outdoor Education & First Aid

HPE 400: Tests, Measurement and Statistics in PE

HPE 402: Exercise Physiology

HPE 803: Physiology of Exercise

HPE 806: Curriculum Development in Physical Education

SCHOLARLY PRESENTATIONS AT CONFERENCES/WORKSHOPS/SEMINARS

Presentations at Conferences

1. **Lucy-Joy Wachira**, Nils Swindell, Gareth Stratton, Muhoro Munuhe, Vincent Onywera, Mikael Fogelholm, Sophie Ochola, Maijaliisa Erkkola, Noora Kanerva, George Owino (2021). Use of accelerometers to objectively measure physical activity of pre-adolescents and their parents in a community-based study in Nairobi, Kenya. *ICDAM International Conference on Diet and Activity Methods (eICDAM (virtual 2021))*, held on February 8-12, 2021 by Wageningen University & Research Center, The Netherlands.

2. Lucy-Joy Wachira (2019). Physical Activity among Adolescents and their Parents in Low and Middle Income Suburbs in Nairobi presented at the Kenyatta University Biennial Research and Innovation Conference: the Research Project Symposium held on 23rd-25th October, 2019 at Kenyatta University, Nairobi, Kenya

3. Wachira, L. J. M., Muthuri, S. K., Tremblay, M. S., & Onywera, V. O. (2017). Physical Activity, Sedentary Time, Diet and BMI Status of Kenyan Urban School Children: Results from ISCOLE-Kenya: Presented at the *KENFIN-EDURA International Colloquium* held on the 19th September 2017 at the, EE-house Walter-hall, Viikki campus, University of Helsinki, Finland

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

5. Wachira, L. J. M. -Invited Guest - International Faculty - Exercise is Medicine (2015) at the *16th Biennial Conference of the South African Sports Medicine Association (SASMA)* held on the 20th to 22nd October 2015 at the Sandton Convention Center, Johannesburg, South Africa

6. 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

7. 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

8. 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

9. 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

Co-authored

10. 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. *8th International Conference on Sport Sciences Research and Technology Support*, held on November 05 - 06, 2020, Budapest, Hungary.

11. Francis M. Mwangi, Mary Mwihaki, **Lucy-Joy Wachira**, Edna Thangu and Elijah G. Rintaugu (2016). Care and Management of Athletes Medical Issues among East African Universities: Presented at the *2016 Olympics Games scientific convention, International Convention on Science, Education and Medicine in Sports (ICSEMIS 2016)*, held on 31st August - 4th September, 2016 in Santos SP, Brazil.
12. Francis M. Mwangi, Mary Mwihaki, **Lucy-Joy Wachira**, Isaaah Wabuyabo and Vincent Onywera (2016). Assessment of Fitness and Training among East African Universities Swimming Athletes: Presented at the *2016 Olympics Games scientific convention, the International Convention on Science, Education and Medicine in Sports (ICSEMIS 2016)*, held on 31st August - 4th September, 2016 in Santos SP, Brazil.
13. 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](https://doi.org/10.1139/apnm-2015-0359). In Proceedings of the 2015 CSEP General Meeting / Résumés de la 2015 Congrès annuelle de la SCPE Publication: *Applied Physiology, Nutrition, and Metabolism* 40(S1):S37. <https://doi.org/10.1139/apnm-2015-0359>
14. Vincent O. Onywera, **Lucy J. Wachira**, Stella K. Muthuri and Mark S. Tremblay (2014). The ISCOLE study: Methods and preliminary results from Kenya. 25th Congress of the Nutrition Society of South Africa and the 13th Congress of the Association for Dietetics in South Africa held in Johannesburg on September 16-19, 2014.
15. Tremblay MS, Boyer C, Muthuri SK, **Wachira L-J**, Onywera VO, Longmuir PE, Okinda F, Leduc G, Chaput J-P (2014) Comparison of child physical literacy scores between Canada and Kenya. Canadian Society for Exercise Physiology Annual Scientific Conference (St. John's), Page 14 of 47 October, 2014.
16. Stella K. Muthuri, **Lucy-Joy M. Wachira**, Vincent O. Onywera, Mark S. Tremblay (2014). Socioeconomic Differences in Objectively Measured Overweight/Obesity and Physical Activity in Kenyan School Children: Results from ISCOLE-Kenya. Presented at the Global Summit on the Physical Activity of Children, Toronto, Canada, *Journal of Physical Activity and Health* 2014; 11(Supp 1): S126- S198.
17. Francis O. Odindo, Stella K. Muthuri, **Lucy-Joy M. Wachira**, Vincent O. Onywera, Mark S. Tremblay (2014). Assessment of Health Related Physical Fitness and Motor Skill Ability of 9-11 Year Old School Children in Nairobi County, Kenya. Poster presentation at the Global Summit on the Physical Activity of Children, Toronto, Canada, *Journal of Physical Activity and Health* 2014; 11(Supp 1): S126-S198.
18. Stella K. Muthuri, **Lucy-Joy M. Wachira**, Vincent O. Onywera, Mark S. Tremblay (2014). Overweight/Obesity Transitions over Time in Sub Saharan Africa's School Children: Results from a Systematic Review. Abstract submitted to and presented at the PASHDA Conference, Maputo, Mozambique (March 2014).
19. Stella K. Muthuri, **Lucy-Joy M. Wachira**, Mark S. Tremblay, Vincent O. Onywera (2014). Kenya's 2014 Report Card on the Physical Activity and Body Weight of Children and Youth. Poster presentation at the Global Summit on the Physical Activity of Children, Toronto, Canada (May 2014).

20. Vincent O. Onywera , **Lucy J. Wachira** , Stella K. Muthuri and Mark S. Tremblay (2013). The ISCOLE study: Methods and preliminary results from Kenya. A paper presented at the International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE) symposium during the IUNS Page 15 of 47 20th International Congress of Nutrition held in Granada, Spain on September 15-20, 2013.

Presentations in Workshops and Seminar

Presented at the UNESCO/ KNATCOM capacity building workshop of Physical Education and Sports for University students, January 2020, Moi University, Eldoret

Presented in a workshop in the University of Helsinki and Haaga-Helia University of Applied Sciences, Vierumaki, Finland for the Kenya-Finland Collaboration workshop

Presented in a workshop in Kenyatta University, Nairobi, Kenya at the Kenya-Finland Education and Research Alliance (KENFIN-EDURA) Research Project Staff and postgraduate students Workshop held on 12th to 15th February 2019.

28th Kenyatta University Postgraduate Seminar held on 23rd June, 2014 at Kenyatta University Students' Service and Business Centre, Nairobi, Kenya. **Topic:** Physical Activity, Screen-Based Sedentary Behaviour, Dietary Habits and Adiposity of 9-11 year old School Children in Nairobi County, Kenya.

Kenyan and Canadian KIDS-CAN Scholars Seminar held on 5th May, 2011 at Kenyatta University Students' Service and Business Centre, Nairobi, Kenya. Theme: *Enhancing Academic Excellence through Collaboration*. **Topics:** Assessment of Physical Activity, Dietary Intake, Screen Time and Adiposity of School Children in Nairobi County (ISCOLE PROJECT)

Attendance of Conferences, Workshops and Seminars

Conferences Attended

FASU Pre-games International Symposium held at Kenyatta University Nairobi from 2nd to 3rd June 2022

Kenyatta University Biennial Research and Innovation Conference, Pre-conference Scientific Workshop on Research Ethics, Open Access, Scientific Writing and Communication held on 22nd October 2019 at Kenyatta University, Nairobi, Kenya.

IAAF World under 18 Athletics Championship Pre-Games International Symposium held on 10th to 11th July 2017 at Kenyatta University, Nairobi, Kenya.

2nd 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.

17th Biennial International Conference of the International Society for Comparative Physical Education and Sport (ISCPEs) held on 6th to 8th June 2010, at Kenyatta University, Nairobi, Kenya.

6th Biennial Africa Association for Health, Physical Education, Recreation, Sport and Dance (AFAHPERSD) International Scientific Conference, held on 9th to 11th November 2005, at Kenyatta University, Nairobi, Kenya.

Workshops Attended

International Colloquium on Physical Education, Exercise and Sports Science held on 8th November 2018, at Kenyatta University, Nairobi, Kenya. *Theme: Strategic Partnership in Physical Education, Exercise and Sports Science for the Attainment of Sustainable Development Goals.*

American College of Sports Medicine: International Team Physician Course held on 16th to 18th October 2017, by American College of Sports Medicine, USA at Masinde Muliro University, Kenya.

Axiology Labs – Physiology and Anatomy workshop held on 21st to 22nd May 2015 at Kenyatta University, Nairobi, Kenya.

Policy Advocacy Workshop by Ministry of Health and PATH International held on 8th to 11th December 2014 in Nakuru, Kenya.

Module Writing and E-Learning Pedagogy training workshop held on 19th to 20th February 2014 at Kenyatta University, Nairobi, Kenya.

Teaching Methodology Course by the Kenyatta University Centre for Teaching Excellence and Evaluation held between 28th May and 14th November 2013 at Kenyatta University, Nairobi, Kenya.

International Paralympic Committee (IPC) –Sports Science Committee Workshop held on 13th to 15th May 2011 at Kenyatta University. *Theme: Enhancing Paralympic Sports through Science and Technology*

UNESCO and KNATCOM *Sub-Regional Capacity Building Workshop on the Interpretation and Domestication of the Universal Declaration on Bio-Ethics and Human Rights* held on 25th – 28th May 2009 at Multi-Media University Mbagathi, Nairobi, Kenya.

East African Pre-University Games symposium held in November, 2010 at Kenyatta University, Nairobi, Kenya

DAAD – Football Symposium held on 27th May, 2006 at Kenyatta University, Nairobi, Kenya.

Trainings in Higher Education

-Kenyatta University peer counselling group

Trainer: Annual Peer Counsellors Training Programmes

-24th March – 2nd April 2018

-22nd February – 2nd March 2020

– UNESCO/ KNATCOM university students training

Facilitator: capacity building workshop of Physical Education and Sports for University students, January 2020, Moi University, Eldoret

– The Warren Foundation, Daystar University Students

Volunteer Trainer for Outdoor Adventure Safety Awareness

March 2018, Daystar University

– KENFIN-EDURA project Training

Trainer: Research Ethics and professionalism, data collection and handling: Physical activity, nutrition, sociology and ODK data platform.

February 2019, Kenyatta University

– PHERM International Workshop

Trainer: Pre-hospital Emergency Risk Management in Afro-Alpine Mountain areas in East Africa
Kahama Hotel Nairobi, Kenya 8th February 2019

Supervision of Postgraduate Students (Graduated)

Masters

-Simon Ochieng Ogana, (Graduated December 2016). **Topic:** Musculoskeletal Pain and School Bag Usage Among Upper Primary School- Going Children In Starehe Sub- County, Nairobi County, Kenya. **Institution:** Kenyatta University, **Co-Supervisor:** Dr. Justus Osero

-Stella Nasimiyu Wayong'o, (Graduated July 2018). **Topic:** Safety Precautions during Physical Education Program in Private Primary Schools in Nairobi City County, Kenya. **Institution:** Kenyatta University, **Co-Supervisor:** Dr Francis Mundia

-Lydia Ngahu (Graduated July 2021). **Topic:** Levels and Determinants of Physical Activity among Students in Public Boarding Secondary Schools in Nairobi County, Kenya. **Institution:** Kenyatta University, **Co-Supervisor:** Dr. Yasmin Goodwin

-(**External supervision**) Noora Uusi-Ranta (Graduated May 2020). **Topic:** The Association of Diet and Physical Activity in Nairobi Pre-Adolescents. **Institution:** University of Helsinki, **Co-Supervisor:** Prof. Mikael Fogelholm

PhD

-Sylvester Hayker, (Graduated December 2020). **Topic:** Determinants of Active Transport among 9 – 12 Year Old School Children in Kisumu and Nairobi Counties in Kenya. **Institution:** Kenyatta University, **Co-Supervisors:** Prof. Vincent Onywera and Prof. Caleb Mireri

-Daniel Gaita Njenga (Graduated July 2021). **Topic:** Physical Activity Behaviour, its Correlates and Efficacy of School-Based Interventions among Learners with Physical Disabilities in Special Secondary Schools in Kenya. **Institution:** Kenyatta University, **Co-Supervisor:** Dr. Edna Thangu

-Bernadette Nakabazzi, (Graduated December 2021). **Topic:** Perceived Home and Neighbourhood Built Environment Correlates of Physical Activity among School-Going Children in Kampala City, Uganda. **Institution:** Kenyatta University, **Co-Supervisors:** Prof. Vincent Onywera and Dr. Adewale Oyeyemi

-Regina Akuffo Darko, (Graduated December 2021). **Topic:** Adequacy of University Student-Teacher Preparation Programmes towards Achieving Inclusion of Learners with Disabilities in Practical Physical Education Lessons in Ghana. **Institution:** Kenyatta University, **Co-Supervisor:** Dr. Jane Wairimu Mwangi

On-going Postgraduate Students Supervision

Masters

-Jane Ellah Makandi Kimathi, **Topic:** Efficacy of Ten Weeks Physical Activity on Health Related Fitness of Trainees at Teachers' Training Colleges in Meru County, Kenya. **Institution:** Kenyatta University, **Co-Supervisor:** Dr. Yasmin Goodwin

-Rotich Jepkorir Noelle, **Topic:** Levels of Physical Activity Among Students Aged 14-18 in Private Boarding Secondary Schools In Uasin Gishu County, Kenya. **Institution:** Kenyatta University, **Co-Supervisor:** Dr. Yasmin Goodwin

-Brian Lugano, **Topic:** Prolonged sitting, physical inactivity and musculoskeletal pain among taxi drivers in Nakuru town Sub-county, Nakuru County Kenya. **Institution:** Kenyatta University, **Co-Supervisor:** Dr. Luka Waiganjo

-Etiene Turikamana, **Topic:** Physical activity levels of the university staff and students at the University of Rwanda, Rwanda. **Institution:** Kenyatta University, **Co-Supervisor:** Dr. Yasmin Goodwin

-Violet Odero, **Topic:** Effects of an eight-week walking program on health related fitness and perceived body image of pre-menopausal teachers in Mvita, Mombasa county. **Institution:** Kenyatta University, **Co-Supervisor:** Dr. Yasmin Goodwin

-Munuhe Muhoro, **Topic:** Physical Activity and Active Transport among Pre-Adolescents of Kayole and Lang'ata Sub-Counties, Nairobi County, Kenya: A Comparative Study **Institution:** Kenyatta University, **Co-Supervisor:** Prof. Vincent Onywera

-John Douku Nartey, **Topic:** Influence of the Built Environment on Physical Activity and Walkability in Urban and Rural Accra, Ghana. **Institution:** Kenyatta University, **Co-Supervisor:** Prof. Reginald Ocansey.

Ph. D

-Joyce Muthoni Mwaniki, **Topic:** Influence of Built Environment on Non-School Based Physical Activity of 9-12 Years Olds in Selected Neighbourhoods in Nairobi City County, Kenya. **Institution:** Kenyatta University, **Co-Supervisor:** Dr. Edna Thangu

-Stanley Kagunda Kinuthia, **Topic:** Variations in Cardiorespiratory Fitness and Physical Activity Volumes across Weight Status of 9-11 Year Old Children in Nairobi and Kitui Counties, Kenya. **Institution:** Kenyatta University, **Co-Supervisors:** Dr. Festus Kiplamai and Dr. Nils Swindell

-Nahwera Loyce **Topic:** Effect of Twelve (12) Weeks Physical Exercise on the Health Related Components of Physical Fitness of Public Servants in Kampala City, Uganda. **Institution:** Kenyatta University, **Co-Supervisors:** Dr. Edwin K. Boit and Prof. Constance Nsibambi

– (**External supervision**) Sharon Jemutai Kiplagat, **Topic:** The effectiveness of a school-based intervention programme to address non-communicable disease risk factors among high school learners in Kenya. **Institution:** University of Western Cape, South Africa **Co-Supervisors:** Prof. Julie Phillips, Dr. Tania Steyl and Prof. Linda Skaal

PROFESSIONAL/CONSULTANCY

Networks/Collaborations

Core-member in the following international collaborations

-Kenya-UK Collaboration (Kenya Linx) 2019-2021– Kenyatta University and Swansea University

-Kenya-Finland Collaboration (KENFIN-EDURA) 2017-2020 - Kenyatta University and University of Helsinki and Haaga-Helia University of Applied Sciences, Vierumaki, Finland

- Africa Physical Activity Network (AFPAN)- International African professionals Network – Kenya representative

Editorial Boards/Referee for Professional periodicals

Editorial board member: Journal of Physical activity and Health, Human Kinetics Inc.

Consulting for International/national boards

Kenya Bureau of Standards – On-going consulting and Appointed Technical Committee member - Facility Management Committee
2019-2023

Consulting for organizations/institutions

Consulting and advisory for The Warren Foundation

Membership to Acad/prof bodies

Active member in the following international academic and professional bodies

- Ordinary Member - Sedentary Behaviour Research Network (SBRN)
- Steering committee Member - Africa Physical Activity Network (AFPAN)
- Ordinary Member - Sports Medicine Society of Kenya (SMSK)- Member
- Ordinary Member - The International Society for Comparative Physical Education and Sport (ISCPES)

Any other (Editorship/peer review, external examiner, etc.)

Editorship - Guest Editor

Frontiers in Public Health – Journal Special Issue 2022

Special Issue topic: Addressing the Impact of Urbanization on Health and Well-being in African and Asian Cities

– Peer Review

Reviewer - Peer review in Refereed International Journals

Worked as a peer reviewer for the following journals:

- PLOS One
- Journal of Physical Activity and Health, Human Kinetics
- BMC Pediatrics

External Examiner

Thesis External Examination

Examined Theses for masters and PhD work from the following universities

- University of Cape Town, South Africa
- University of KwaZulu Natal, South Africa
- Kyambogo University, Uganda

Administrative and Responsibilities

Recognized university administrative positions

Appointed to serve in the following university positions and boards:

- University Module Review Champion, 2020
- SPH&AHS- New School Board of Postgraduate Studies, 2021
- SPH&AHS- School Board of Postgraduate Studies, 2018
- SPH&AHS- School Coordinator University Library, 2018
- SPH&AHS- School Coordinator for Website, 2018
- SAHS- School Board of Postgraduate Studies, 2015
- Department Coordinator of Post Graduate Studies 2015
- Department Coordinator of Curriculum Review and Development 2018

Other responsibilities in the university

Appointment in university committees and LOCs

- Appointed to the 2022 FASU Pregames conference organising committee
- Appointed to the Bill and Melinda Gates proposal writing committee, 2017
- Appointed to the Kenya-Cuba collaborations committee, 2018
- Appointed to the World under 18 games, Pregames symposium Subcommittee, 2017
- Appointed to the University committee for Sports Engineering and Technology, 2019
- Appointed to Chair sessions at the Pre-graduation School 33rd graduation Seminar, December 2016
- Organisation and Chairing the International Colloquium on Physical Education, Exercise and Sports, Kenyatta University, November 2018

Community outreach

On-going volunteer service and support to the following community based organizations, vulnerable groups:

-Living Faith International – 2010 to date. On-going Support and Partnership in Orphans and Vulnerable children programmes (support in Education, health, sports and fitness as a trainer and financial aid and guardianship for the orphans).

-The Warren Foundation (TWF) - 2016 to date. On-going training and sensitization on safety in the outdoors and adventure programmes of interest groups in East Africa

-Volunteer trainer 2013 to date – Volunteer training in First Aid and Emergency care, exercise, health and well-being – give talks and training to interested groups (local community, church, informal/chamas and organised groups) and as an on-call first aider.

Professional Affiliation and portfolios

Professional affiliation with the following bodies:

- Sports Medicine Society of Kenya (SMSK)
- Africa Physical Activity Network (AFPAN)
- The International Society for Comparative Physical Education and Sport (ISCPES)

Recognitions awards and honour

-Received Fulbright Award - 2022-2023 academic year

Fulbright Fellowship - **Scholar-in-Residence** position at Temple University, Philadelphia, USA

Expert Advisory Panel member

Involved as an expert member in the development of the Policy Brief:

Physical activity for Health in Africa: Guidance during and beyond Covid-19 Pandemic by the Global Academic Consortium, 2020