



DR. LUKA BORO WAIGANJO (PhD)

BIOGRAPHY

Dr. Luka Waiganjo (PhD) is a Lecturer in the Department of Physical Education, exercise and Sport Science. He has a Bachelor of Education (Second Class Honors Upper Division) in Physical and Health Education from Kenyatta University. He also did graduate studies at the same university and obtained Master of Science, Physical and Health Education as well as Doctorate in Physical Education. He has also published with African Journal for Physical, Health Education, Recreation and Dance (AJPHERD), Kenya Association for Health, Physical Education, Recreation, Sports and Dance (KAHPER-SD) and Asian Journal of Applied Sciences. His research interests are in Sports & Exercise Ergonomics, Occupational Ergonomics and Outdoor & Experiential Training.

1. PERSONAL DATA

Name: Dr. Waiganjo Luka Boro (PhD)
Title/Qualifications: Doctor of Philosophy (Physical Education)
Department/Unit/Section: Physical Education, Exercise & Sports Science
Contact Address: P.O Box 43844-00100 Nairobi-Kenya Mobile: 0723812849 Email: waiganjo.luka@ku.ac.ke
Position: Lecturer
Area of Specialization: Physical Education
Research Interests: i. Outdoor and Experiential Education ii. Socio-psychology of Physical Education & Sports iii. Occupational Sports & Exercise Ergonomics iv. Foot Mechanics and Lower Back Stability and Pain

2. QUALIFICATIONS

a) Academic Qualifications

- i. 2015-2019 Kenyatta University Doctor of Philosophy (Physical Education)

Title of Thesis:

- ii. 2006-2008 Kenyatta University Master of Science

Title of Thesis:

- iii. 2002-2006 Kenyatta University Bachelor of Education (Arts)

- iv. 1997-2000 Mwenje Secondary School KCSE

- v. 1987-1995 Ol' Ng'arua Primary School KCPE

b) PROFESSIONAL AND WORK COURSE

- 2019: Pre-Hospital Emergency Risk Management in the Afro-Alpine Mountain Areas in East Africa. Kenyatta University
- 2015: Confidentiality and Security of Information; National Intelligence Security (NIS). MMUST
- 2014: University Multiplication Training Workshop on Curriculum Development and Review for Public Universities in Kenya. MMUST
- 2012: Integration of Alcohol and Drugs Abuse (ADA) in the Universities Teaching and Non-Teaching Curriculum; Daystar University
- 2012: Setting, Moderating And Marking Examinations in Higher Learning. Kenyatta University.
- 2005: Trainer of Trainers Certificate, Mt. Kenya School of Adventure and Leadership. KESAL

c) AWARDS

- i. Gold and Silver Awards of the President's Award for the young people.
- ii. Certificate of merit for successfully climbing Mt. Kilimanjaro the Highest in Africa to Uhuru Peak 5895m amsl.

3. EMPLOYMENT HISTORY AND WORK EXPERIENCE

- i. September 2019 to date: Lecturer**, Department of Physical Education, Exercise and Sports Science, Kenyatta University.
- ii. June 2015 to August 2019: Tutorial Fellow**, Department of Physical Education, Exercise and Sports Science, Kenyatta University.
- iii. Nov. 2012- to June 2015: Lecturer**; Department of Health Promotion and Sports Science, Masinde Muliro University of Science and Technology.
- iv. 2008-2012: Daystar University**, Assistant Sports & Recreation Officer
- v. 2005-2014: Part Time Outdoor Facilitator/Instructor**, Mt. Kenya School of Adventure and Leadership
- vi. 2008: Head of Department**: Department of Physical Education and Sport, Malezi College.
- vii. 2006: Physical Education Teacher**, Queen of Apostles Secondary (TP)

4. ADMINISTRATIVE RESPONSIBILITIES

a) 2019 to date: University Warden

Responsibilities.

- i. Work with the Directorate of Student Affairs in ensuring smooth running of students' activities.
- ii. Work with the Directorate of Accommodation Services in ensuring comfortable accommodation of the students.
- iii. Liaise with the zonal Congress Persons to organize student activities.
- iv. Liaise with the House keepers to solve issues affecting the students.
- v. Offer guidance and counselling to students on issues affecting their studies and residence at the University.
- vi. Refer students' grievances and concerns to appropriate higher offices.

b) 2018 to date: Departmental QMS and Strategic Plan Committee Coordinator

Responsibilities

- i. Coordinate the preparation and implementation of the departmental strategic plan.
- ii. Coordinate the preparation and implementation of all departmental QMS documents.
- iii. Ensure the department is ISO compliant.

c) 2018 to date: School of Public Health and Applied Human Science QMS and Strategic Committee Co-Chairperson

Responsibilities

- i. Coordinate the preparation and implementation of the School strategic plan.
- ii. Coordinate the preparation and implementation of all school QMS documents.
- iii. Ensure the school is ISO compliant.

d) 2019 to date: Acting Head of Department (Physical Education, Exercise and Sport Science) at different times.

Responsibility

Perform the duties of the Chairman in his absence as directed in the letters of appointment.

e) **2013 to 2015: Departmental Timetable Coordinator**, Department of Health Promotion and Sports Science, Masinde Muliro University of Science and Technology.

Responsibilities

- i. Prepare the departmental workload
- ii. Prepare the departmental timetable

f) **2013 to 2015: Departmental Examinations Coordinator**, Department of Health Promotion and Sports Science, Masinde Muliro University of Science and Technology.

Responsibilities

- i. Ensure timely preparation, moderation and administration of examinations.
- ii. Coordinate external examination and visits by the external examiners.
- iii. Coordinate centralized marking of examinations as well as preparation and presentation of examination results.

g) **2009 to 2012: Assistant Sports Officer**, Daystar University.

Responsibilities

- i. Assist in planning and coordinating sports and recreational activities
- ii. Ensure students' safety during sports and recreational activities
- iii. Preparation of sectional strategic plan and budget proposal and implementing the same after approval
- iv. Coordinating and programming the orientation of New students joining the University
- v. Ensure safety of students and other users of the Daystar Outdoor & Experiential Training Centre during team building and other outdoor training activities
- vi. Managing the activities of Daystar Outdoor & Experiential Training Centre
- vii. Advice on ways to maintain, construct or purchase standard facilities and equipment for sports and Freedom Base
- viii. Facilitating outdoor trainings such as camping, hiking, mountaineering, orienteering, team building, community service, rock climbing and back parking

h) **2008; Malezi College**

Responsibilities

- i. H.O.D Department of Physical Education
- ii. Preparing course outlines for all the years to ensure adequate training for Diploma certification within two years of study
- iii. Facilitating and coordinating the implementation of the syllabi
- iv. Duty distribution and coordination among the teaching colleagues
- v. Teaching some of the physical education and child development courses
- vi. Organizing and facilitating college sports days

5. POSTGRADUATE SUPERVISION

Name of student	Thesis title	Status of project
Wanjiku Agnes Mandu (M.Sc)	Knowledge, Attitudes, Beliefs and Practices of Boxers, Wrestlers and Bodybuilders towards Use of Performance-Enhancing Substances in Kenya	Graduated with PhD in 2022
Mucheke Charles (MSC)	Coach Education and Competition Experience as a Predictor of Team Performance in Selected Sports in the Kenya National League	Completed/awaiting Graduation with PhD in December 2022
Byegon Kipkorir Joseph (B.ED)	The Impact of Physical Education and Sports Events in Developing Cohesion among Ethnic Communities Living along Narok-Kisii Border in Kenya	Awaiting oral defense for MSC thesis
Brian Lugano (B.ED)	Association of Prolonged Sitting, Physical Inactivity and Musculoskeletal Disorders among Taxi-Cab Drivers in Nairobi City County, Kenya	Awaiting oral defense for MSC thesis

Mary Muthini Mutua (Bsc)	Correlation between Low Back Pain and Sedentariness, Socio-Demographics and Work-Related Characteristics among Bankers in Nairobi City County, Kenya.	Thesis writing
Paul Mulwa Mwaka (B.ED)	The Influence of Application of Offensive Techniques on Performance of Male and Female Netball Teams in Kenya Premier League	Proposal development
Kennedy Otieno Onyach (B.Ed)	Analysis of Injury Identification and Management Procedures during Term Two secondary school games in Nairobi City County Kenya.	Proposal development

6. CONFERENCES/WORKSHOPS/SEMINAR

Year	Title of Paper presented
2020	International Symposium on Partnerships in Sports and Development for Tomorrow
2019	Kenya Academy of Sports conference
2019	International Conference of the African Sports Management Association.
2019	International Research Symposium in Physical Education, Exercise and Sport Science
2018	International Colloquium in Physical Education, Exercise and Sport Science
2016	Prevalence of Cumulative Trauma Disorders among Computer Work Station Users in Kakamega County, Kenya
2016	2 nd International Conference on Physical Activity and Sports for Health and Development in Africa (PASHDA) Kenyatta University, Nairobi, Kenya, 2016

2012	Work-Related Musculo-Skeletal Injuries & Conditions Suffered by Computer-User Employees in the Banking Institutions in 2012 Nairobi, Kenya
2012	Assessment of the Employees Awareness of the Applicability of Ergonomic Exercises in the Banking Institutions in Nairobi, Kenya

7. WORKSHOP/CONFERENCE ORGANIZATION

- i. Sub-Committee Member, 10th All Africa University Games. 2022
- ii. Committee Member, International Research Symposium in Physical Education, Exercise and Sports 2019
- iii. Committee Member, International colloquium in physical education, Exercise and Sports Science, Kenyatta University, November 2018
- iv. Sub-committee Member, 2nd International Conference on Physical Activity and Sports for Health and Development in Africa (PASHDA) Kenyatta University, Nairobi, Kenya, 21st – 23rd September 2016
- v. LOC Member, 4th International Conference of the African Sports Management Association 2019
- vi. Sub-Committee Member, Kenya Academy of Sports Conference 2019
- vii. Sub-Committee Member, World under 18 Athletics Championship Pre-Games International Symposium 2017

8. RESEARCH PUBLICATIONS

Researcher	Title
Luka Waiganjo et, al.	Kidokoro, T.; Fuku, N.; Yanagiya, T.; Takeshita, T.; Takaragawa, M.; Annear, M.; Xiaojie, T.; Waiganjo, L.B.; Bogonko, L.F.; Isika, J.K.; Kigaru, M.D.; Mwangi, F.M. (2020). Physical Activity and Sedentary Behaviour Patterns among Kenyan and Japanese Children: A Comprehensive Cross-Country Comparison. Int. J. Environ. Res. Public Health 17, 4254; https://doi.org/10.3390/ijerph17124254

Luka Waiganjo et, al.	Waiganjo L., Kweyu I., Bukhala P., Mse E., Odiango R., Sabiri E. & Wekesa J. (2016). Prevalence of Cumulative Trauma Disorders among Computer Work Station Users in Kakamega County, Kenya. Asian Journal of Applied Sciences. Volume 04.
Luka Waiganjo et, al.	<u>Waiganjo L. B.</u> , <u>Mwisukha A.</u> and <u>Onywera V. O</u> (2013). Assessment of Employee Awareness of the Applicability of Ergonomic Exercises in the Banking Institutions in Nairobi, Kenya. Volume 1 No. 2, January 2013 Issue pg 50-57,ISSN 2070-917X
Luka Waiganjo	Waiganjo L. B., Mwisukha A. & Onywera V. (2012). Work-related Musculo-skeletal injuries and conditions suffered by computer-user employees in the banking institutions in Nairobi, Kenya. African Journal for Physical Activity and Health Sciences. (AJPHRD) Vol 18. No. 2
Luka Waiganjo	Waiganjo L. B., Mwisukha A. & Onywera V. (2012). Assessment of the Employees Awareness of the Applicability of Ergonomic Exercises in the Banking Institutions in Nairobi, Kenya
Luka Waiganjo	Waiganjo Luka Boro (2011). Assessment of Employees' Awareness of Exercise Ergonomics in Banking Institutions in Nairobi, Kenya.

9. Affiliation to Professional Bodies

Name of professional body
African Sport Management Association