

Academic Staff Profile

1.1 Personal Profile

1.1.1 Personal Details

Name: Dr. Francis Mundia Mwangi
Title/Qualification: PhD, MSc, BEd
Department: Physical Education, Exercise & Sports Science
Designation/Position: Senior Lecturer
Contact Address:
Office; PEE&SS, P.O. Box 43844 Post Code 00100 Nairobi, Kenya.
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Email; mwangi.francis@ku.ac.ke or framwa@gmail.com
Areas of Specialization: Exercise Physiology, Exercise and Sports Biomechanics, Tennis and Fitness Instruction
Research Interests: Respiratory physiology and athletic performance, Exercise and sports biomechanics, Psycho-physiological aspects of sports.
Google Scholar:
<https://scholar.google.com/citations?user=eDwUBFMAAAAJ&hl=en>
ORCID ID: <https://orcid.org/0000-0003-0147-9140>



1.1.2 Academic & Professional Qualifications

- Doctor of Philosophy (PhD) degree in Exercise and Sports Science, Kenyatta University.
- Master of Science (MSc) degree in Physical and Health Education, Kenyatta University.
- Bachelor of Education (BEd Arts) degree in Physical Education, Kenyatta University.

1.1.3 Employment History

- Apr. 2010 To-date: Working at Kenyatta University in the Department of Physical Education, Exercise & Sports Science (Oct. 2018 - To date) and the Department of Recreation Management & Exercise Science (Apr. 2010 - Sep 2018).
Position: Senior Lecturer (Nov. 2020 To-date)
Lecturer (Mar. 2014 - Nov. 2020)
Tutorial Fellow (Apr. 2010 - Mar. 2014)
Responsibilities: - Teaching, Preparing and administering examinations, and carrying out Research.
Immediate Supervisor: Oct. 2022 to-date; Chairman, Department Physical Education, Exercise & Sports Science.
Oct. 2018 to Sep. 2022; Dean, School of Public Health & Applied Human Sciences.
July 2018 to Sep.2018; Dean, School of Applied Human Sciences.
Apr. 2010 - Jul. 2018; Chairman, Department Recreation Management & Exercise Science.
- Nov. 2007 - Apr. 2010: Worked at Jomo Kenyatta University of Agriculture and Technology
Position; Senior Sports & Games Assistant Officer
Responsibilities; Administration of Sports and related activities
Conducting Aerobics for members of staff and students
Conducting fitness tests, analysis & exercise prescription
Coaching of Ball Games, Tennis and Athletics
Organizing inter-university games.
Immediate Supervisor; The Director, Sports & Games department

- Jun. 1999 - Oct. 2007: Worked with Teachers Service Commission.
 Position; Senior Lecturer in Kagumo Teachers College
 Responsibilities; Teaching Physical Education the institution which trains teachers in Diploma in Education.
 Coaching of Ball Games, Tennis and Athletics.
 Officiating during intercollegiate games.
 Immediate Supervisor; The Principal, Kagumo College, P.O. Box 18, 10100 Nyeri. Telephone (061) 2030491.
- Sep. 1995 - June 1999: Worked with the Teachers Services Commission (T.S.C.)
 Position; Graduate Teacher at Nyanturago and Borangi secondary schools.
 Responsibilities; Conducting Practical PE Lessons, coaching of Ball games, Organizing intramurals and offering First Aid services.

1.1.4 Major Achievements in the current position

- **-Teaching**
- Teaching and mentoring in regular and other modes of study (Virtual /Online/ eLearning and IBP/Continuous Education Programme) at Kenyatta University.
- Visiting Lecturer, TIAS, University of Tsukuba, Japan (December 2019).
- **-Module writing:**
- Developed interactive modules:
 - i. EDU 110; Physical and Sports Literacy
 - ii. HES 101; Foundation of Exercise and Sports Science
 - iii. HES 102; Functional Human Anatomy I
 - iv. HES 809; Prevention and Management of Athletes Medical Conditions
 - v. HPE 303; Badminton, Squash and Tennis
 - vi. HRS 740; History and Development of Sports
- **International Conference and Symposium presentations:**
- Participated in 15 International Conference as a presenter (9) or co-author (6).

1.2 Publications

1.2.1 Referred Journals

- i. Rintaugu, E. G., Karega, M., Kurui, I. K., & Mwangi, F.M. (2023). An Exploratory study on athletic identity of university athletes in selected sports in Kenya. *Journal of Sport Sciences Researches*, 8(2), 175-185.
- ii. Mukolwe, H., Rintaugu, E. G., Mwangi, F. M., & Rotich, J. K. (2023). Prevalence and attitudes towards nutritional supplements use among gymnasium goers in Eldoret Town, Kenya. *Scientific Journal of Sport and Performance*, 2(2), 222-235.
<https://doi.org/10.55860/TRBB1542>
- iii. Mwenda, P. W., Rintaugu, E. G., & Mwangi, F. M. (2023). Character Changes Related to Sports Participation and Contextual Factors Among Secondary School Students. *European Journal of Sport Sciences*, 2(1), 23–33.
<https://doi.org/10.24018/ejsport.2023.2.1.15>
- iv. Tian, X., Yanohara, Y., Mwangi, F.M., & Sado, N. (2022). Jumping is not just about height: Biosocial becomings as an integrative approach in understanding contextualized jump performance in Maasai society. *PLoS ONE* 17(12): e0278547.
<https://doi.org/10.1371/journal.pone.0278547>
- v. Rintaugu, E., Mwangi, F., Andanje, N., Tian, X., Fuku, N., & Kidokoro, T. (2022). Mental Toughness Characteristics of Male University Athletes in Relation To Contextual Factors. *Journal of human kinetics*, 81, 243–251. <https://doi.org/10.2478/hukin-2022-0019>
- vi. Kidokoro, T., Tian, X., Fuku, N., Waiganjo, L. B., Rintaugu, E. G., Kigaru, M. D., & **Mwangi, F. M.** (2021). Segmented physical activity and sedentary behavior patterns

- among children in Maasai village and Nairobi city. *American Journal of Human Biology*, e23649. <https://doi.org/10.1002/ajhb.23649>
- vii. Rintaugu, E.G., & Mwangi, F.M. (2021). Knowledge, attitudes and perceptions on doping among university students in physical education and sport science related degree programmes. *Journal of Human Sport and Exercise*, 16(1), 174-186. <https://doi.org/10.14198/jhse.2021.161.16>
- viii. Kaoche, J. M. C., Rintaugu, E. G., Kamenju, J., & **Mwangi, F. M.** (2020). Knowledge on doping among football athletes, coaches and sponsors in Malawi. *Journal of Physical Education and Sport Management*, 11(2), 5-13. <https://doi.org/10.5897/JPESM2020.0346>
- ix. Rintaugu, E.G. **Mwangi, F.M.** Thangu, E.K. & Otieno, M. (2020). Relationship between participation motives and connection to soccer of male university players. *International Journal of Psychology and Counseling*, Vol. 12(4), pp. 152-158. <https://doi.org/10.5897/IJPC2020.0618>
- x. Mukaro, M., Kamau, W.J., **Mwangi, M.F.**, Wanderi, M.P. & Onyango, O.E. (2020). Status of Participation in Physical Activity by Employees in Kenyan Universities at Onsite Fitness Centers in Kenya. *African Journal of Education, Science and Technology*, Vol 6, No. 1, pg 122-133. <https://ajest.info/index.php/ajest/article/view/470>
- xi. 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>
- xii. **Mwangi, F.M.** (2020). Relationships between anthropometric, spirometric, cardiorespiratory and endurance performance values among male Kenyan runners. *Russian Journal of Physical Education and Sport*. 15(1): 5-13. <https://doi.org/10.14526/2070-4798-2020-15-1-5-14> <http://journalsport.ru/index.php/en/archive?id=806>
- xiii. Bailasha N.K, Rintaugu E.G, Kamau J, **Mwangi F.M**, Muccheke C.M, Otieno M.D. (2020). 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* 8(1): 17-23. <https://doi.org/10.13189/saj.2020.080102>
- xiv. **Mwangi, F.M.**, Rintaugu, E.J. & Toriola, O. (2019). Influence of achievement goals and motivational climate on attitudes toward doping among East African university athletes. *African Journal for Physical Activity and Health Sciences*, 25(4), 547-562. <https://journals.co.za/doi/abs/10.10520/EJC-1b119e2232>
- xv. Stella N. Wayong'o, **Francis M. Mwangi**, Lucy-Joy M. Wachira, & 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*, Volume 14 (1): <https://doi.org/10.14526/2070-4798-2019-14-1-102-112> <http://journalsport.ru/images/vipuski/14-1/14.pdf>
- xvi. Elijah G. Rintaugu, **Francis M. Mwangi**, and Abel L. Toriola (2018). Sources of sports confidence and contextual factors among university athletes. *Journal of Physical Education and Sport (JPES)*, 18(2): 889 – 895. <https://doi.org/10.7752/jpes.2018.02132>
- xvii. **Mwangi, F.M.** (2017). Assessment of Spirometric and Cardio-Respiratory Values of Kenyan Distance Runners. *The Russian Journal of Physical Education and Sport (Pedagogico-Psychological and Medico-Biological Problems of Physical Culture and Sports.)* Volume 12 (4): 106 – 116. https://doi.org/10/14526/04_2017_272
- xviii. **Francis M. Mwangi**, Elijah G. Rintaugu (2017). Physical Activity and Health Related Physical Fitness Attributes of Staff Members in a Kenyan Public University, *International Journal of Sports Science*, Vol. 7 No. 2, 2017, pp. 81-86. <https://doi.org/10.5923/j.sports.20170702.09>

- xix. Kamenju, JW., Rintaugu, EG. & **Mwangi, FM.** (2016). Development of physical education and sports in Kenya in the 21st century: an early appraisal. *The Russian Journal of Physical Education and Sport (Pedagogical-Psychological and Medico-Biological Problems of Physical Culture and Sports)*, Volume 11 No.4 2016, pp. 129-137. ISSN: 2070-4798. https://doi.org/10.14526/01_1111_165
- xx. Goodwin, Y., Monyeki, MA., Boit, MK., De Ridder, JH., Toriola, AL., **Mwangi, FM.**, Wachira, JL., and Mwhaki, MG.(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 (AJPHERD)*, Volume 20(2:2), June 2014, pp. 610-625. <https://scholar.google.com/scholar?oi=bibs&cluster=7829942689672332757&btnI=1&hl=en>
- xxi. Goodwin, Y., Monyeki, MA., Boit, MK., De Ridder, JH., Toriola, AL., **Mwangi, FM.**, and Wachira, JL. (2014). Association between energy availability and menstrual function in elite Kenyan runners. *African Journal for Physical, Health Education, Recreation and Dance (AJPHERD)*, Volume 20(2:1), June 2014, pp. 291-307. <https://www.ajol.info/index.php/ajpherd/article/view/105491>
- xxii. Foster GE, Koehle MS, Dominelli PB, **Mwangi FM**, Onywera VO, Boit MK, Tremblay JC, Boit C. and Sheel AW. (2014). Pulmonary mechanics and gas exchange during exercise in Kenyan distance runners. *Medicine & Science in Sports & Exercise*. Vol. 46, No. 4, pp. 702–710. <https://doi.org/10.1249/MSS.0000000000000161>
- xxiii. Rintaugu, EG, **Mwangi, FM.** & Bailasha, NK. (2013). Negotiating constraints to sports participation of university soccer players. *Journal of Education and Practice*. Vol. 4(23), 146-153.
- xxiv. **Mwangi, FM.**, Kamenju, JW. & Rintaugu, EG. (2013). Educational Role of Kenya Teachers Colleges Sports Association. *International Journal of Education and Research* Vol. 1(7): ISSN: 2201-6740 (Online). <https://www.ijern.com/July-2013.php>
- xxv. Sheel AW, Foster GE, Koehle MS, Dominelli PB, **Mwangi FM**, Onywera VO, Boit MK, Tremblay JC and Boit C. (2012). 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.
- xxvi. Rintaugu, EG., Mwisukha, JA. & **Mundia, MF.** (2011). Alcohol Consumption patterns of Student-Athletes in a Kenyan Public University: *International Journal of Humanities and Social Sciences*. Vol. 1, No. 17, pg. 162-167, Nov. 2012.
- xxvii. **Mwangi, FM.**, Wanderi, PM., Wamukoya, EK., Onywera, VO. & Gitonga, ER. (2011). Effects of Different Arm Kinematics on Performance in Long Distance Running: *International Journal of Current Research*. Vol. 33, Issue 6, pg.185-190, June, 2011. <https://www.journalcra.com/article/effects-different-arm-kinematics-performance-long-distance-running>

1.2.2 Books and Books Chapters

- i. Mwangi, F. M., Enomoto, Y., Hong, S., Shanmugam, S. P. , Tian, X., Rintaugu, E. G. , Fuku, N., & Kidokoro, T. (2021). Sports Science and Efforts towards Sub-Two Hour Marathon Performance. In (Ed.), Contemporary Advances in Sports Science. IntechOpen ISBN 978-1-83969-141-6 <https://doi.org/10.5772/intechopen.100005>
- ii. **Francis M. Mwangi**, Helen N. Muthomi, and Lucy-Joy Wachira (2017). *Ability in Disability*. Nairobi. Queenex Publishers Ltd. ISBN: 978-9966-075-66-6
- iii. **Mwangi, Francis Mundia** (2017). *Pulmonary Physiology of Kenyan Endurance Runners*. Saarbrücken, Scholar's Press. ISBN: 978-3-659-84556-7
- iv. Lucy-Joy Wachira, **Francis M. Mwangi**, and Helen N. Muthomi (2016). *The Trash Ball*. Nairobi. Queenex Publishers Ltd. ISBN: 978-9966-075-16-1
- v. Helen N. Muthomi, Lucy-Joy Wachira, and **Francis M. Mwangi**, (2015). *David Gets Fit*. Nairobi. Queenex Publishers Ltd. ISBN: 978-9966-075-13-0

- vi. **Mwangi, Francis** (2011). *The Role of Arms Movement in Long Distance Running Performance: Effects of Different Arm Actions on Performance in Long Distance Running*. Saarbrücken: VDM Verlag. ISBN: 978-3-639-32457-0-

1.2.3 Conference/Workshops/Seminar Papers

1.2.3.1 Conference Papers

- i. **Mwangi, MF.**, and Rintaugu, EG. (2019). Management of Athletes' Medical Issues in East African University Sports. *Book of Abstract and Conference Proceedings: The 4th African Sports Management Association (ASMA) International Conference*, held on 4th – 6th April 2019, at Mount Kenya University, Thika, Kenya.
- ii. **Mwangi, MF**, Rintaugu, EG., Ombiji, V., Wahome, PW., Hussein, IH., & Kimanzi, F. (2016). Physical Fitness Appraisal of Kenyan Soccer Players during 2016 Pre-Season Tournament. *Book of Abstract and Conference Proceedings: Physical Activity and Sports for Health and Development in Africa*, Nairobi, Kenya, held on 21st – 23rd September, 2016.
- iii. **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. *Annals of Congress: International Convention on Science, Education and Medicine in Sports* (ICSEMIS 2016), Santos SP, Brazil, the 2016 Olympics Games scientific convention held on 31st August - 4th September, 2016.
- iv. **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. *Annals of Congress: International Convention on Science, Education and Medicine in Sports* (ICSEMIS 2016), Santos SP, Brazil, the 2016 Olympics Games scientific convention held on 31st August - 4th September, 2016.
- v. **Mwangi, FM.**, Onywera, VO., Boit, M., Foster, GE., Koehle, MS., Tremblay, J., Boit, C. & Sheel, AW. (2012). Pulmonary Function of Kenyan Elite Distance Runners at Rest and During Sub-Maximal and Maximal Endurance Exercise. *Book of Abstract and Conference Proceedings: International Convention on Science, Education and Medicine in Sport* (ICSEMIS 2012) held in Glasgow, United Kingdom, the 2012 pre-Olympics Games scientific convention held on July 19 – 24, 2012.
- vi. **Mwangi FM.**, Gitonga ER., Ondeng MO., Adalo, J.A., Ng'ethe, HW. & Omondi, JO. (2010). The Status of Selected Health Related Physical Fitness Attributes of University Staff In JKUAT, Kenya. *Book of Abstract and Conference Proceedings: 17th Biennial Conference of the International Society for Comparative Physical Education and Sport*, Kenyatta University, Nairobi, Kenya. June 6-8, 2010.
- vii. **Mwangi, FM.**, Wanderi, PM. & Wamukoya, EK. (2008). Effects of Different Arm Actions on Performance in Long Distance Running. *2008 International Convention on Science, Education and Medicine in Sport Proceedings. Vol. 1*, 32 – 33.
- viii. Stella N. Wayong'o, **Francis M. Mwangi** and Lucy-Joy Wachira (2016). Safety Precautions During Physical Education Program In Private Primary Schools In Nairobi City County, Kenya. *Book of Abstract and Conference Proceedings: Physical Activity and Sports for Health and Development in Africa*, Nairobi, Kenya, held on 21st – 23rd September, 2016.
- ix. Patrick K. Maingi, **Francis M. Mwangi** and Elijah G. Rintaugu (2016). Attitude and practices of primary school pupils, teachers and head teachers in physical education in Kiambu County, Kenya. *Book of Abstract and Conference Proceedings: Physical Activity and Sports for Health and Development in Africa*, Nairobi, Kenya, held on 21st – 23rd September, 2016.
- x. Bukhala, PW., Onywera, VO., **Mwangi, FM.** & Mwangi, JW. (2012). Assessment of Physical Fitness Levels among Children with Intellectual Disabilities in Nairobi County, Kenya. *Conference Proceedings: International Convention on Science, Education and Medicine in Sport* held in Glasgow, United Kingdom, the 2012 pre-Olympics Games scientific convention held on July 19 – 24, 2012.

- xi. Sheel AW, Foster GE, Koehle MS, Dominelli PB, **Mwangi FM**, Onywera VO, Boit MK, Tremblay JC and Boit C. (2012). Pulmonary gas exchange and the mechanics of breathing during exercise in Kenyan runners. *Conference Proceedings: Canadian Society for Exercise Physiology Annual Meeting*, Regina, 2012.
- xii. Omondi, JO., **Mwangi FM.**, Gitonga, ER., Ondeng, MO., Adalo, JA & Kizito, M. (2010). Status of Selected Physical Fitness Attributes and Sexual Wellbeing of Bicycle Taxi Operators in Juja, Kenya. *Book of Abstract and Conference Proceedings: 17th Biennial Conference of the International Society for Comparative Physical Education and Sport*, Kenyatta University, Nairobi, Kenya. June 6-8, 2010.
- xiii. Adalo, JA., **Mwangi, FM.**, Ondeng, MO., Kariuki, SG. & Nganga, N. (2010). Analysis of selected fitness variables of 2008 Kenyan Junior Athletics Team to Poland. *Book of Abstract and Conference Proceedings: 17th Biennial Conference of the International Society for Comparative Physical Education and Sport*, Kenyatta University, Nairobi, Kenya. June 6-8, 2010.

1.3 Research

- Foot structure and function in relation to health and performance related fitness attributes among children and young adults.
- Knowledge, attitudes and perceptions on doping among university students in physical education and sport science related degree programmes.
- Relationships between anthropometric, spirometric, cardiorespiratory and endurance performance values among male Kenyan runners
- Physical Activity and Sedentary Behaviour Patterns among Kenyan and Japanese Children: A Comprehensive Cross-Country Comparison.
- Physical Fitness Appraisal of Kenyan Soccer Players during 2016 Pre-Season Tournament
- Care and Management of Athletes Medical Issues among East African Universities
- Assessment of Fitness and Training among East African Universities Swimming Athletes
- Pulmonary Function of Kenyan Elite Distance Runners at Rest and During Sub-Maximal and Maximal Endurance Exercise.
- Assessment of Physical Fitness Levels among Children with Intellectual Disabilities in Nairobi County, Kenya.
- Effects of Different Arm Actions on Performance in Long Distance Running
- Selected Health Related Physical Fitness Attributes of University Staff In JKUAT, Kenya.
- Physical Fitness Attributes and Sexual Wellbeing of Bicycle Taxi (Bodaboda) Operators in Juja, Kenya.
- Selected Fitness Variables of 2008 Kenyan Junior Athletics Team to Poland.

1.4 Funded Projects

- WADA Social Science Research Projects for 2022 (CoI) USD 20000
- JSPS and Kakenhi University Sponsorship for 2022 FASU Pre-Games Symposium (Link Contact) USD 2000
- Symposium Sponsorship by Japan Society for Promotion of Science (JSPS): International Symposium on “Partnership in Sports and Development for Tomorrow” held on 3rd March, 2020 at Kenyatta University, Nairobi, Kenya. Ksh. 100,000
- Conference and Academic Visit Sponsored by University of Tsukuba Educational Legacy and Tsukuba International Academy of Sport Studies (TIAS) Networking Conference: Held at University of Tsukuba, Tokyo and Main Campus, Japan, 13-20 Dec. 2019. Ksh. 300,000
- NACOSTI PhD Call 2012. Ksh 400,000
- KU Phd Research Grant 2011 Ksh. 70,000

- Full Conference Scholarship by LOC, International Convention on Science, Education and Medicine in Sport (ICSEMIS) 2008 pre-Olympics Games scientific convention, the held in Guangzhou, China, on Aug. 1-4, 2008. Ksh. 250,000

1.5 Conferenced/Workshops/Seminars Attended

1.5.1 Conferences Attended

- i. **Mwangi MF.** Title: Artificial ‘Citius’ in current pursuit of human ‘nature’ in endurance running. Presented at 10th FASU Pre-Games International Symposium held on 2nd and 3rd June, 2022 at Kenyatta University, Nairobi, Kenya.
- ii. **Mwangi MF.** Title: Sports science education and research in East and Central African regions. Presented at International Symposium on “Partnership in Sports and Development for Tomorrow” held on 3rd March, 2020 at Kenyatta University, Nairobi, Kenya.
- iii. **Mwangi MF.** Title: Foot structure and function in relation to health and performance related fitness attributes among children and young adults: A comparative study between Kenya and Japan. Presented at Kenyan-Japan Collaboration Workshop on Sports Research: Organised by Japan Society for Promotion of Science (JSPS) at Japan Information and Cultural Centre, Embassy of Japan, Nairobi, Kenya.
- iv. **Mwangi, MF.,** and Rintaugu, E.G. Title: Management of Athletes’ Medical Issues in East African University Sports. Paper Presented at the 4th African Sports Management Association (ASMA) International Conference, held on 4th – 6th April 2019, at Mount Kenya University, Thika, Kenya.
- v. **Mwangi, MF.,** Kidokoro, T., Fuku, N., Bogonko, LF., Boro, LW., Wachira, LJ., and Isika, J. Title: Assessment of Foot Structure and Function in Relation to Selected Health and Performance Related Fitness Attributes among Children and Young Adults: A Comparative Study Between Kenya and Japan. A Concept Paper Presented at the International Colloquium in Physical Education, Exercise and Sports Science held on Thursday 8th November 2018 at Kenyatta University, Nairobi, Kenya.
- vi. **Mwangi, MF,** Rintaugu, E.G., Ombiji, V., Wahome, PW., Hussein, IH., & Kimanzi, F. Title: Physical Fitness Appraisal of Kenyan Soccer Players during 2016 Pre-Season Tournament: Presented at the Physical Activity and Sports for Health and Development in Africa, Nairobi, Kenya, held on 21st – 23rd September, 2016.
- vii. **Francis M. Mwangi,** Mary Mwhaki, Lucy-Joy Wachira, Edna Thangu and Elijah G. Rintaugu. Title: Care and Management of Athletes Medical Issues among East African Universities: Presented at the International Convention on Science, Education and Medicine in Sports (ICSEMIS 2016), Santos SP, Brazil, held on 31st August - 4th September, 2016.
- viii. **Francis M. Mwangi,** Mary Mwhaki, Lucy-Joy Wachira, Isah Wabuyabo and Vincent Onyvera. Title: 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), Santos SP, Brazil, held on 31st August - 4th September, 2016.
- ix. Rintaugu, E. G., **Mwangi, F.M.,** Bailasha, N.K & Mwisukha, A. Title: Knowledge Attitudes and Perceptions of University Physical Education and Sport-Science Students towards Doping. Paper Presented at International Conference on the Research and Innovation in Education 2018 (ICRIE2018) on October 24th – 26th, 2018, at University of Nairobi, Kenya.
- x. Bailasha, N.K, Rintaugu, E. G, **Mwangi, F. M,** Mucheke, C. M & Sebastian, O. Title: Determinants and Reasons for Non-Participation in Organized Physical Activity and Sport Among Kenyan University Students: Towards Modifying Students Lifestyle for Sustainable Development Through Sports. Paper Presented at International Conference

- on the Research and Innovation in Education 2018 (ICRIE2018) on October 24th – 26th, 2018, at University of Nairobi, Kenya.
- xi. Rintaugu, E. G., & **Mwangi, F.M.** Title: Influence of achievement goals and motivational climate on attitudes towards doping among university student-athletes. Paper Presented at Laikipia University Sports Conference held on 22nd – 25th May 2018 at Laikipia University, Kenya.
 - xii. Stella N. Wayong'o, **Francis M. Mwangi** and Lucy-Joy Wachira. Title: Safety Precautions during Physical Education Program in Private Primary Schools in Nairobi City County, Kenya: Presented at the Physical Activity and Sports for Health and Development in Africa, Nairobi, Kenya, held on 21st – 23rd September, 2016.
 - xiii. Patrick K. Maingi, **Francis M. Mwangi** and Elijah G. Rintaugu. Title: Attitude and practices of primary school pupils, teachers and head teachers in physical education in Kiambu County, Kenya: Presented at the Physical Activity and Sports for Health and Development in Africa, Nairobi, Kenya, held on 21st – 23rd September, 2016.
 - xiv. Kamenju, JW., Rintaugu, EG. & **Mwangi, FM.** Title: Development of physical education and sports in Kenya in the 21st century: an early appraisal: Presented at the 7th edition of the FASU pre-games scientific conference, University of Nairobi, Kenya. 2014.
 - xv. **Mwangi, Francis Mundia.** Title: Pulmonary Function of Kenyan Elite Distance Runners at Rest and During Sub-Maximal and Maximal Endurance Exercise: Presented at the 27th *Kenyatta University Post Graduate Seminar*, Nairobi, Kenya, on Dec. 6, 2013.
 - xvi. **Mwangi, FM.**, Onywera, VO., Boit, M., Foster, GE., Koehle, MS., Tremblay, J., Boit, C. & Sheel, AW. Title: 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.
 - xvii. Bukhala, PW., Onywera, VO., **Mwangi, FM.** & Mwangi, JW. Title: 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* held in Glasgow, United Kingdom, on July 19 – 24, 2012.
 - xviii. Sheel AW, Foster GE, Koehle MS, Dominelli PB, **Mwangi FM**, Onywera VO, Boit MK, Tremblay JC and Boit C. Title: Pulmonary gas exchange and the mechanics of breathing during exercise in Kenyan runners. Presented at the *Canadian Society for Exercise Physiology Annual Meeting*, Regina, 2012.
 - xix. **Mwangi FM.**, Gitonga ER., Ondeng MO., Adalo, J.A., Ng'ethe, HW. & Omondi, JO. Title: The Status of Selected Health Related Physical Fitness Attributes of University Staff In JKUAT, Kenya: Presented at the 17th Biennial Conference of the *International Society for Comparative Physical Education and Sport*, Kenyatta University, Nairobi, Kenya. June 6-8, 2010.
 - xx. **Mwangi, MF.** & Kamenju, JW. Title: Educational Role of Kenya Teachers' College Sports: Presented at the 17th Biennial Conference of the *International Society for Comparative Physical Education and Sport*, Kenyatta University, Nairobi, Kenya. June 6-8, 2010.
 - xxi. Omondi, JO., **Mwangi FM.**, Gitonga, ER., Ondeng, MO., Adalo, JA & Kizito, M. Title: Status of Selected Physical Fitness Attributes and Sexual Wellbeing of Bicycle Taxi (Bodaboda) Operators in Juja, Kenya: Presented at the 17th Biennial Conference of the *International Society for Comparative Physical Education and Sport*, Kenyatta University, Nairobi, Kenya. June 6-8, 2010.
 - xxii. Adalo, JA., **Mwangi, FM.**, Ondeng, MO., Kariuki, SG. & Nganga, N. Title: Analysis of selected fitness variables of 2008 Kenyan Junior Athletics Team to Poland: Presented at

the 17th Biennial Conference of the *International Society for Comparative Physical Education and Sport*, Kenyatta University, Nairobi, Kenya. June 6-8, 2010.

- xxiii. **Mwangi, FM.,** Wanderi, PM. & Wamukoya, EK. Title: Effects of Different Arm Actions on Performance in Long Distance Running: Presented at the 2008 pre-Olympics Games scientific convention, the *International Convention on Science, Education and Medicine in Sport* held in Guangzhou, China, on Aug. 1-4, 2008.

1.5.1 Workshops and Seminars Attended

- 3rd Mar. 2020: International Symposium on “Partnership in Sports and Development for Tomorrow” Held at Kenyatta University, Nairobi, Kenya. Co-hosted by KU together with JSPS and TIAS, of University of Tsukuba, Japan.
- 20th Dec. 2019: Guest Speaker. Topic: Research in Sports Science in Kenya, East Africa. Event and Venue: Tsukuba International Academy of Sport Studies (TIAS) postgraduate Class 2019, University of Tsukuba, Japan.
- 19th Dec. 2019: The Body-Face research project meeting. Body-Face Project Group, Tokyo, Japan.
- 16th Dec. 2019: Guest Speaker. Topic: Studies in Sport & Olympics in Kenya and East Africa. Event and Venue: Tsukuba International Academy of Sport Studies (TIAS) postgraduate Class 2019, University of Tsukuba, Japan.
- 13th Dec. 2019: Educational Legacy and Tsukuba International Academy of Sport Studies (TIAS) Networking Conference: Held at University of Tsukuba, Tokyo Campus, Japan.
- 21st Aug. 2019: Kenyan-Japan Collaboration Workshop on Sports Research: Japan Society for Promotion of Science, Japan Information and Cultural Centre, Embassy of Japan, Nairobi, Kenya.
- 25th June. 2019: Kenyan-Japan Collaboration Research Workshop: Foot Structure and Function in Relation to Selected Health and Performance Related Fitness Attributes among Children and Young Adults: A Comparative Study Between Kenya and Japan. Held at Kenyatta University, Nairobi, Kenya.
- 15th -18th Oct. 2017: ACSM/MMUST International Team Physician Course 2017: Masinde Muliro University of Science and Technology.
- 10th -11th July 2017: IAAF World Under 18 Athletics Championship Pre-Games International Symposium: Kenyatta University, Nairobi, Kenya.
- Sep 22-25, 2016: International Tennis Federation (ITF) Play and Stay Coaching course: Public Service Club, Nairobi.
- Sep 3, 2016: Beach Tennis Game course: Santos SP, Brazil.
- Aug - Sep 2014: HSK Level 2, Confucius Institute, Kenyatta University.
- Jul. 2014 - Apr. 2015: Student-Lecturer Evaluation: Grade A, Ranked 2nd Teaching staff in 2nd ranked Department, in the 2nd ranked National institution.
- Jan. 2014 - Jul. 2014: Proficiency in Chinese Language and Culture course: Confucius Institute, Kenyatta University.
- Feb 2014: Module writing workshop: Kenyatta University.
- Feb 2014: Smart Board Operation TOT course: Kenyatta University.
- Jul. 2013: GPS Beginners workshop: Kenyatta University.
- May 21st -24th 2013: HIV Integration into Curriculum TOT, Kenyatta University.
- Nov. 2012: Setting and Moderation of Exams: Kenyatta University.
- May 2011: Kenyatta University-IPC Scientific Committee Workshop on disability sports: Kenyatta University.
- Feb. 2011: International Society of Anthropometry & Kineanthropometry (ISAK) Level I certificate course, Kenyatta University.

- Jan. 15 -30 2009: eLearning Course on MOODLE: Jomo Kenyatta University of Agriculture and Technology
- Nov. 13 – 19, 2005 and Nov. 26 – 30, 2006: Physical Education Workshops for Lecturers in Teacher Training Colleges: Sports Administration, Sports Ethics and Legal Issues, Coaching of Softball, Rounder, Rugby, Tug of War, Goal Ball, Sports Philosophy and Entrepreneurship in Sports: Ministry of Education, Kenya.
- Apr. 18 – 29, 2005: Fitness Instructors’ Course: Kenyatta University.
- Jun. 2003: Level 1 Officiating Course: Kenya Lawn Tennis Association
- Jun. 2002: St. Mary’s Basketball Coaching & Officiating Clinic.
- Jul. 2000: Coaching and Refereeing course in Athletics: Kenya Amateur Athletics Association.
- Apr. 1995: Practical First Aid Course: Kenya Red Cross Society.
- Dec. 1994: Kenya Amateur Handball Association; Coaching and Refereeing Course in Handball game.
- Apr. - Jun. 1994: Springboard & Platform Diving Course: Ministry of Culture and Social Services in conjunction with Kenyan Chinese Embassy.

1.6 Supervision of Postgraduate Students

1.6.1 Masters

- i. Matilda Mukaro (BSc Sports Administration) H108F/29180/2014: Determinants of participation in physical activity in on-site corporate fitness centers: a comparative analysis of Kenyatta and Strathmore universities, Kenya. *Graduated with MSc. (Exercise & Sports Science) in Dec. 2018.*
- ii. Stanley Kagunda Kinuthia (BSc. Sports Science) H60/24509/2013: Assessment of constraints and the negotiation strategies to exercise adherence among clients at selected fitness centres in Nairobi County, Kenya. *Graduated with MSc. (Recreation & Sports Management) in Dec. 2018.*
- iii. Stella Nasimiyu Wayong’o (B.Ed.Arts) H108/CE/22619/2010: Safety precautions during physical education program in private primary schools in Nairobi County, Kenya. *Graduated with MSc. (Exercise & Sports Science) in Aug. 2018.*
- iv. Patrick Kariuki Maingi (B.Ed.Arts) PE H108/CE/20851/2012: Attitudes of primary schools pupils and teachers towards physical education: A case of Kiambu County, Kenya. *Graduated with MSc. (Exercise & Sports Science) in Dec. 2017.*
- v. Anne Nyawira (BSc Public Health) Q139/CTY/PT/31621/2015: Predictors of spousal participation during child labour and delivery at Nyeri county referral hospital. *Graduated with Master of Public Health (Reproductive Health) in Dec. 2020.*
- vi. Moses Gicharu Kung’u (B.Sc. Sports Science) H108/27673/2014: Efficacy of lucozade sports drink as an ergogenic aid in male cyclist aged 17-30 years. *Graduated with MSc. (Exercise & Sports Science) in Dec. 2021.*
- vii. Racheal Khatievi Waswa (B. Ed) H108/CE/26478/2011: Infrastructural and instructional determinants of participation in physical education by primary school learners with hearing impairment in western region, Kenya. *Graduated with MSc. (Recreation & Sports Management) in Dec. 2021.*
- viii. John Kweri Ndiege (B.Ed Special Education) H60/CE/21888/2010: Injury risk management practices in sports among secondary schools in Suba sub-county, Homa-bay county-Kenya. *Graduated with MSc. (Physical and Health Education) in Dec. 2021.*
- ix. Nicholas Mwangi (BSc Exercise & Sports) H108/37418/2016: Exercise self-efficacy and physical activity status of gyms and outdoor based group fitness programs participants in Nairobi county Kenya. *Graduated with MSc. (Exercise & Sports Science) in July 2022.*
- x. Kipchumba Kevin Kiprotich (B.Sc.) H108/26442/2015: Influence of motivational climate and goal orientation on attitudes towards doping among athletes in Elgeyo-Marakwet County, Kenya. *Graduated with MSc. (Exercise & Sports Science) in July 2022.*

- xi. Ismail Kiprono Kirui (BEd) H108/OL/MSA/24265/2014: Athletic identity and athlete satisfaction of student-athletes in selected universities in Kenya. *Submitted work for Examination*

1.6.2 Ph. D

- i. Martin Yauma (PhD Exercise and Sports Science) H87/39360/2016: Assessment of risk factors and prevalence of doping among athletes in dominant Olympic sports in Kenya. Continuing - ***Submitted work for Examination***
- ii. Makwasi Susan (PhD Exercise and Sports Science) (H87EA/24500/2013): Anthropometric and selected physical characteristics of Elite Netball players in Kampala. Continuing – ***Proposal level***
- iii. Besweri Wandera (PhD Exercise and Sports Science) (H87EA/24497/2013): Assessment of Physical Education as a tool for Health Promotion amongst Lower Secondary School Students in Uganda. Continuing – ***Proposal level***

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

- **External Examination**

- University of KwaZulu-Natal, School of Health Sciences, Department of Biokinetics, Exercise and Leisure Sciences (Sport Science), 2018
- Masinde Muliro University of Science and Technology, School of Public Health Sciences, Department of Health Promotion and Sport Science, 2018
- Kenya Science Teachers College, 2005
- Kenya Science Teachers College, 2001

- **Internal Examination**

- 5 PhD Thesis
- 15 Master Thesis

1.8 Community Service and Other Engagements

- 31st Mar. – 13th April. 2023: University of Embu: BEd. Physical Education and Sports curriculum development.
- 2020 to-date: Mentor Volunteer with Global Talent Mentoring
- 2018: Aga Khan Academy Career Day; Presenter on Sports Science profession.
- 2014, 2015: St. Austin Academy Career Day; Presenter on Sports Science profession.
- 2014 to-date: BOM Chairman of Academic Committee; Gikoe Sec. Sch., Murang'a County.
- Sep. - Oct. 2009: Exhibitor in Central ASK Show and Nairobi International Trade Fair
- May 13 - 26 2007: Took part in Kenya Institute of Education (K.I.E) Workshop for the Review of Diploma in Education Curriculum.
- Worked with Kagumo College Teaching Practice Secretariat as a Zone Co-ordinator, - Coordinating all Teaching Practice activities in Murang'a Zone.
- Apr. and Jun. 2003, 2004, 2006 & 2007: Worked with Kenya Teachers' Colleges
- Dec. 17th - 21st 2009: Team Manager –JKUAT team to KUSA Interuniversity Games
- Feb. 2009 - Mar. 2010: Acted in the position of the Director, Sports & Games.
- Jan. 2009 - Apr. 2010: Part time teaching at Kenyatta University, Department of ERSS
- Mar. 2007 – Apr. 2010: Conducted Aerobics for members of staff at Kagumo T. T. C. and at Jomo Kenyatta University of Agriculture and Technology.
- Sep. - Nov. 2001 & 2005: Ministry of Education; External Assessor, in final Diploma in Education examinations, Kenya Science Teachers College.
- Jan. 2001 - Jan. 2005: Sports Association as a Referee and Technical Manager during K.T.C.S.A. National Ball Games and National Intercollegiate Athletics Championship.
- Jan. - Mar. 1999: Prepared Project Proposal for the Rehabilitation of Kisii Sports Club.

- May 1997 - Jun. 1999: Worked with South Kisii District Secondary School Sports Association (S.K.D.S.S.S.A.) as a Zonal Organizer -Organizing all Extramural Sports (ball games, Athletics) in a Zone consisting of ten Secondary Schools.
- Nov. 1993: Worked with Kenya Volleyball Association (K.V.A.) as a First Aider: In charge of identification, recording, treatment and management of sports injuries during the C.A.V.B. African Zone 5 Elimination rounds at Moi International Sports Center, Kasarani, Kenya.

1.9 Affiliation of Professional Bodies

- Member, Africa Sports Management Association (ASMA)
- Member, iCoach -International Tennis Federation online Academy
- Member, International Physical Literacy Association (IPLA)
- Member, Tennis Kenya Coaches Commission
- Member, Editorial board, The Russian Journal of Physical Education and Sport.

2.0 National and International awards and Recognitions

2.1 Administrative Positions Held

2.1.1 Recognized university administrative positions

- Oct. 2018–Sep 2022: Chairman, Department of Physical Education, Exercise & Sports Science.
- Jul. 2018 – Sep. 2018: Chairman, Department of Recreation Management & Exercise Science.
- May 2017–Jan 2019: Warden, Eastern Zone Male Hostels.

2.1.2 Other administrative positions Held

- Feb. 2023 – to date: Member, School of Education CBC Committee.
- March. 2020 - Aug. 2022: Member, University Committee on FASU Pre-Games Symposium Sub-Committee
- March. 2020 - Aug. 2022: Member, University Committee on FASU Games, Technical and Facilities sub-committees.
- Aug. 2019 - Aug. 2021: Member, University Committee on U20 World Athletics hosting village.
- Aug. 2019 - Aug. 2021: Convener, Training and Competition Sub-Committee on U20 World Athletics hosting village.
- Aug. 2019 - Aug. 2021: Member, Pre-Games Symposium Sub-Committee on U20 World Athletics hosting village.
- Oct. 2018 - Aug. 2021: Secretary, University Committee on Sports Engineering and Technology
- Jul. 2018 – Sep. 2018: Secretary, University Committee on Expression of Interest in Implementation of Kenya-Cuba Bilateral Co-operations in Sports
- May 2018 – Aug. 2018: Chairman, School of Applied Human Sciences committee on undergraduate curriculum.
- Jan. 2011– Aug. 2018: Chairman, Departmental committee on undergraduate curriculum, Member in School undergraduate curriculum committee, Human Performance Lab committee, school and departmental welfare committees.
- Sep 2015 - Dec 2016: Member, LOC Committee for The 2nd Physical Activity and Sports for Health and Development in Africa, held in Kenyatta University, Nairobi, Kenya, on 21st – 23rd September, 2016.
- Apr - Jul. 2010: Member, LOC Committee for The 17th Biennial Conference of the International Society for Comparative Physical Education and Sport, held in Kenyatta University, Nairobi, Kenya. June 6-8, 2010.

- 12th Sep. 2018: Facilitated sessions on ‘Data Analysis in Research: Identifying the most appropriate statistics to test your objectives and hypotheses’ at the a Research Workshop organized by the department of Physical and Health Education, Kenyatta University
- 17th Nov. 2017: Facilitated sessions on Walking Race during IAAF Elite Coach Endurance Academy training workshop, Moi International Sports Centre, Kasarani, Nairobi, Kenya.
- Jan. 2011 – Jul 2018: Coordination of undergraduate curriculum in the department, Member in School undergraduate curriculum committee, Human Performance Lab subcommittee, school and departmental welfare committees.
- Sep 2015 - Dec 2016: LOC member for The 2nd Biennial Conference of the Physical Activity and Sports for Health and Development in Africa, held in Kenyatta University, Nairobi, Kenya, on 21st – 23rd September, 2016.
- Apr. - Jul. 2010: LOC member for The 17th Biennial Conference of the International Society for Comparative Physical Education and Sport, Kenyatta University, Nairobi, Kenya. June 6-8, 2010.