

Academic Staff Profile

Personal Profile

Personal Details

Name: Carolyn Acheng Ajowi Title/Qualification: MSc (Recreation & Sports Management) Department: Recreation & Sports Management Designation/Position: Tutorial Fellow Email: Ajowi.carolyne@ku.ac.ke Contact Address: 43844-00100 NRB Area of Specialization: - Skill development in sports (Coaching/training) - Sports Administration and Leadership Research Interests: - Gender issues and sports - Inclusivity and diversity in Sports - Sports and Education - Sports for the community Google Scholar: Carolyn Acheng Ajowi ORCID ID: 0009-0001-7377-9305	
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Academic & Professional Qualifications

- Doctor of Philosophy (PhD) (*on going*) in Recreation and Sports Management
- Masters of Science in Recreation and Sports Management
- Bachelor of Science in Recreation and Sports Management
- Football Kenya Federation Coaches instructor
- CAF C license football Coach
- Special Olympics Coach
- Level 1 Tennis Coach
- Roll ball coach and referee
- Basic soccer and life skill coach
- Fitness and Health instruction
- Outdoor leadership and Team building Coach

Employment History

- 2023 - Tutorial fellow (Kenyatta University)
- 2010- 2023 – Sports Coach (Kenyatta University)
- 2017 – Head Coach Kenya U-20 women football national team
- 2008-2010 - National Secretariat coordinator (Kenya Squash Racket Association)
- 2008- 2010 - Girl's Football Coordinator: Young Women's Leadership Institute
- 2007 - Sports Teacher: Riara Group of Schools
- 2006 - Gym instructor and fitness trainer: Safari Park Hotel health club
- 2006- Intern: Ministry of Works Sports Club

Achievements

-As a coach with Kenyatta University teams

- All Africa games in Tennis – Bronze medal
- All Africa games in women football – bronze medal
- East Africa University games Tennis – Gold medal
- Kenya University Sports Championships (Tennis and football- Gold medal)

As a coach with the national team

- Won against Botswana, Jordan and Ethiopia women football national teams

As an athlete

National team

- Represented Kenya as a player in the 2006 edition of Africa Women Football Championships (played against Cameroon and Djibouti)

Clubs (MOYAS, BINTI, Dagoretti United sisters)

- Second best top scorer in the 2010 Women Football League

Secondary school

Outstanding performance in co-curriculum activities; Masogo Mixed High school

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Publications

- - Ajowi C.A., Rintaugu E.G., Toriola A. L & Nongogo P. (2017) Sports Participation Motives of Kenyan Female University Athletes. (*Africa Journal for physical Activity and Health Sciences*) 1(2) 215-225
- Ajowi C.A. et al (2024) comparative study on participation motives and psychological wellbeing of female university student-athletes in Kenya and turkey. *International Journal of disabilities Sports and Health Sciences*

Referred Journals

- *International Journal of disabilities Sports and Health Sciences*
- *Africa Journal for physical Activity and Health Sciences*

Books and Books Chapters

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Conference/Workshops/Seminar Papers

Conference Papers

- -Ajowi. C.A., (2019): Exploring the underrepresentation of female coaches for female athletes in Kenyan universities sports presented at the 4th African Sports Management Association International Conference)
- Ajowi, C.A., Rintaugu, E. G. & Muthomi, H. (2016) Participation motives and competitive orientations of football players in the Kenyan women premier league presented at The 2nd international Conference on physical activity and sports for health and development in Africa. Nairobi, Kenya
- Ajowi, C.A., Rintaugu, E. G. & Muthomi, H., (2014) Predictors of sports participation motives of Kenyan female university students presented at the 7th All Africa Games Pre-Games Scientific Conference, Nairobi, Kenya

- Sigei S.C., Wahome P., & Ajowi C. A (2014) Doping and substance use in sports among Kenyan Athletes presented at the 7th All Africa Games Pre-Games Scientific Conference

Workshops Papers

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Seminar Papers

- - 2015: Volunteerism in Sports – Directorate of Sports and Games Staff Seminar
- 2014: Ergogenic aid and substance use in sports- Kenyatta University Sports Captains seminar
- 2013: Mental toughness and sports performance - Special Olympics Coaches Training Seminar
- 2012: Sports Motivation; an overview of intrinsic and extrinsic motivation- Kenyatta University Sports captains’ seminar
- 2011: Gender and sports – Directorate of Sports and Games Staff Seminar

Student Co-authored Publications

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Other Publications

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Research

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Funded Projects

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Conferenced/Workshops/Seminars Attended

Conferences Attended

- **2023** – Kibabii University Physical education and Sports Science symposium held on 11th and 12th May, 2023
- **2023** – 2nd edition of The East Africa University women in sports gender roundtable held on 6th April
- **2022** - Yoga training workshop organized by balance point in collaboration with Manisa Celal Bayar University, Turkey on 20th May ,2022
- **2020**- KU-UT-JSPS International Symposium held on 3rd March at Kenyatta University
- **2019** - Africa Athletics Development Centre (AADC) Women in Leadership Seminar held on 1st – 4th December

- **2019-** 4th International Conference of African Sports Management Association held at Mount Kenya University on 4th – 6th of April
- **2017-** IAAF World U-18 Athletics championships Pre- Games International Symposium held at Kenyatta University on 10th-11th July
- **2016-** The 2nd International Conference on Physical Activity and Sports for Health and Development in Africa (PASHDA) held at Kenyatta University on 21st - 23rd September
- **2014** - Federation of African University Sports (FASU) Pre Games Scientific Conference at University of Nairobi
 - **2010** - East Africa University Pre-Games International Conference at Kenyatta University

Workshops Attended

- - **2015** – Axiology Labs Physiology and Anatomy workshop
- **2016-** Awareness Training on ISO 9001-2015, Quality Management Systems
- **2016** – Sports for Development and violence prevention workshop, 15th- 16th September by German Development Cooperation sport for development
- **2018** - Africa Athletics Development Centre (AADC) Women in Leadership Seminar held on 30th November – 2nd December
- **2018-** International colloquium in Physical Education, Exercise and Sports science

Seminars Attended

2014- Sports Administration seminar at Jaramogi Oginga Odinga University of Science & Technology in partnership with the Kenya National Sports Council

Supervision of Postgraduate Students

Masters

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Ph. D

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

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Community Service and Other Engagements

- - Head coach for the Kenya U-20 women's football National team
- Assistant team manager for Kenya women softball team
- Chairperson Kenyatta University Staff Football Team

Affiliation of Professional Bodies

- Football Kenya Federation (FKF) as a Coach
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National and International awards and Recognitions

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Administrative Positions Held

Recognized university administrative positions

- 2024 – member ICHPRSD secretariat
- 2024- member IBRIC hospitality sub committee
- -2022 - Member, Federation of Africa Sports (FASU) games Protocol, hospitality and ceremonies sub committee
- 2022- Chairperson, Kenyatta University staff football team
- 2020: Protocol, Hospitality and Ceremonies sub- committee member for the 10th Federation of Africa Sports(FASU) Games
- 2019: IAAF U-20 World Youth Championship Training and Competition Sub Committee Secretary - Kenyatta University
- 2019 - Vice Chairperson, Kenyatta University staff football team
- 2018: Committee for exploring the Kenya - Cuba bilateral cooperation in promotion of sports and physical education at Kenyatta University
- 2017 - Member, committee to develop a policy for KU sports scholarship
- 2017- Member, IAAF world U-18 pre-games scientific committee
- 2017 - Member, IAAF world U-18 games hospitality and transport sub committee
- 2015 – Member, committee planning for KU@30 celebrations
- 2014 - Results Coordinator at the 7th all Africa University Games at University of Nairobi (FASU)

Other administrative positions Held

- 2012 -2023 - Member of the Women Sports Commission, Kenya University Sports Association (KUSA)
- 2012 -2023 - Tennis Coordinator, Kenya University Sports Association- Nairobi Conference
- 2014 - Results Coordinator at the 7th all Africa University Games at University of Nairobi (FASU)