

CURRICULUM VITAE

NKATHA MUTHOMI

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PERSONAL PROFILE

Area of Specialization:

- ❖ Sports, Recreation and Fitness Management

Research interests:

- ❖ Leadership and Governance of Sports and Recreation Services
- ❖ Outdoor adventure pursuits and teambuilding
- ❖ Aquatics
- ❖ Safety education
- ❖ Exercise and fitness

Google scholar:

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PUBLICATIONS

Referred Journals

Muthomi, N. (2024). Inside/Outside: a nature-themed resource book for embedding emotional literacy: by Harkness, Joe, London and New York, Routledge, 2024, 150 pp., \$29.95 (paperback), \$170 (hardback), ISBN: 978-1-032-36444-5. doi: 10.4324/9781003331988. *Journal of Adventure Education and Outdoor Learning*, 1–2. <https://doi.org/10.1080/14729679.2024.2398485>

Chris North, David Hills, Pat Maher, Jelena FarkiĆ, Vinicius Zeilmann, Sue Waite, Takako Takano, Heather Prince, Kirsti Pedersen Gurholt, **Nkatha Muthomi**, Daniel Njenga, Te Hurinui Karaka-Clarke, Susan Houge Mackenzie & Graham French (2023) The impact of artificial intelligence on adventure education and outdoor

learning: international perspectives. *Journal of Adventure Education and Outdoor Learning*, DOI: 10.1080/14729679.2023.2248302

Nkatha Muthomi, Lucy-Joy Wachira & Shikuku Willy Ooko (2023) Occurrence of fatalities in mountaineering: The case of Mt. Kenya, *Cogent Social Sciences*, 9:1, DOI: 10.1080/23311886.2023.2220534

Brian Abuto, **Nkatha Muthomi** & Gitahi Theuri (2023). Efficacy of an eight week soccer training programme on cardiovascular fitness: Case of Strathmore School, Nairobi City County Kenya. *International Journal of Physical Education, Sports and Health* 10(2): 234-237, Retrieved from <https://www.kheljournal.com/archives/2023/vol10issue2/PartD/9-4-68-973.pdf>

Ndirangu, D., Rintaugu, E., & **Muthomi, N.** (2022). Participation Constraints of University Student-athletes in Selected Sports in Kenya. *Journal of Sports and Physical Education Studies*, 2(2), 13–24. <https://doi.org/10.32996/jspes.2022.2.2.2>

Nkatha Muthomi, Lucy-Joy Wachira, Willy Shikuku Ooko (2022). Training and certification in first responder care among mountaineering practitioners in east Africa. *African Journal of Emergency Medicine*, 12(2), 129-134, Retrieved from <https://doi.org/10.1016/j.afjem.2022.02.006>

JJ Sagaya, EG Rintaugu, **HN Muthomi** (2022). Age and sponsorship as determinants of motivation orientation of extreme sports participation in Kenya. *African Journal for Physical Activity and Health Sciences* 28(1), 31-46. Retrieved from https://hdl.handle.net/10520/ejc-ajpherd1_v28_n1_a4

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://www.ajoeijournals.org/sys/index.php/ajoei/article/view/271>

Anthony N. Karobia, **Nkatha Muthomi**, Elijah G. Rintaugu (2021). Effect of a Ten Day Outdoor Adventure Education Programme on Team Cohesion: A Case of Participants at Kenya School of Adventure and Leadership. *Asian Journal of Social Sciences & Humanities*, 10(2). Retrieved from [http://www.ajssh.leena-luna.co.jp/AJSSHPDFs/Vol.10\(2\)/AJSSH2021\(10.2-02\).pdf](http://www.ajssh.leena-luna.co.jp/AJSSHPDFs/Vol.10(2)/AJSSH2021(10.2-02).pdf)

- Muamba, J., **Muthomi, N.**, Muigai, D. (2021). Sources of Stress and Refereeing Experience of Active Kenya Rugby Union Referees. *International Journal of Kinesiology and Sports* 9 (2): 22-27.
DOI: <http://dx.doi.org/10.7575/aiac.ijkss.v.9n.2p.22>
- Wachira, L., **Muthomi, N.**, Ooko, S. (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: Issue 1, Article 3. DOI: 10.7771/2327-2937.1137
- Nkatha Muthomi**, Lucy-Joy Wachira, Willy Shikuku Ooko (2021). Knowledge in pre-hospital emergency and risk management among outdoor adventure practitioners in East Africa afro-alpine mountains. *African Journal of Emergency Medicine*. Volume 11, Issue 1, 2021, Pages 87-92, ISSN 2211-419X, <https://doi.org/10.1016/j.afjem.2020.08.006>
- Kamenju J., Andanje M., Rintaugu E., **Muthomi H.N.** (2016). Kenya Teacher Trainee Athletes' Awareness of Selected Performance Enhancing Substances and Their Effects to Sports Performance. *Journal of Physical Education and Sports Management*. ISSN 2373-2156 (Print) 2373-2164 (Online). Dec. 2016. Vol. 3, No. 2, pp. 23-38. DOI: 10.15640/jpesm.v3n2a2. URL: <https://doi.org/10.15640/jpesm.v3n2a2>
- Wanjira J.K., Andanje M., Rintaugu E., **Muthomi H.N.**, Wanderi P.M. (2016) Influence of Sports Disciplines and Demographics of Kenya Colleges Athletes on their Awareness of Doping in Sports. *International Journal of Humanities and Social Science*. ISSN: 2221-0989 Online, ISSN: 2220-8488 Print. Vol.6, Number 3, March 2016
- Shikuku W.O., **Muthomi H.N.** & Odhiambo G. (2015) Impact of Outdoor Adventure Education on Kenyan Youth, in Peace Building. *World Leisure Journal*, ISSN: Online, 2333-4509. ISSN: 1607-8055 Print. Vol. 57, Issue 2, October, 2015. DOI: 10.1080/16078055.2015.1081270
- Kinuthia L. N., Mburugu K. G., **Muthomi H. N.** & Mwihaki M. (2012). Factors Influencing Brand Loyalty in Sportswear among Kenyan University Students, Case

of Swimmers. *Asian Journal of Social Sciences & Humanities (AJSSH)*. ISSN: 2186-8492 Online, ISSN: 2186-8484 Print. Vol.1, Number 4, November 2012

Omotayo O.O. and **Muthomi H.N.**, (2003) Effect of Social Status and Sex on Levels of Aspiration in Motor Performance. *Journal for Kenya Africa Association for Health, Physical Education, Recreation, Sport and Dance*. Pg. 15, Vol 1:2

Muthomi H.N. (2003) Effects Of Physical Education And Sports Program On Deaf Pupils' Health-Related Fitness: A Case Of Kaaga School For The Deaf. *Journal for Kenya Africa Association for Health, Physical Education, Recreation, Sport and Dance*. Pg. 106, Vol. 1:1

Book Chapters

Kinuthia, S., Mwangi, F. and **Muthomi, N.** (2021), "The Fitness Industry in Kenya", García-Fernández, J. and Gálvez-Ruiz, P. (Ed.) *The Global Private Health & Fitness Business: A Marketing Perspective*, Emerald Publishing Limited, Bingley, pp. 159-164. <https://doi.org/10.1108/978-1-80043-850-720211027>

Rotich, K. **Muthomi N.**, Muigai D. (2020). Statistical Analysis of Outdoor Adventure Facilitation Efficacy in Kenya. In Ratten, V. & Hayduk, T. (Eds). *Statistical Modelling and Sports Business Analytics*. London: Routledge. Chapter 13, Pg. 146-158. ISBN eBook: 9780367854454. Print ISBN: 9780367426927. <https://doi.org/10.4324/9780367854454>

Njenga, D., **Muthomi, N.** & Bukhala (2017). Influence of Skill-related Coaching-efficacy on the Motivation of Special Olympics Volunteer-coaches Motivation in Nairobi, Kenya. In eds Editors: Benoit Gaudin & Bezabih Wolde. Addis Ababa, IRD Editions / CFEE, 2017

Kamau W.J., Njenga G. D., Goodwin Y., **Muthomi N.**, Rotich K. J. (2017). Leisure from International Voices: A Kenyan Perspective. In Henderson K., & Sivan A. (Eds). *Leisure from International Voices* (pp 99-110), Sagamore Venture, Urbana. ISBN: eBook, 978-1-57167-888-1. ISBN: 978-1-57167-887-4 Print.

Ooko, S.W. & **Muthomi, H.N.** (2016). Using Outdoor Adventure to Contribute to Peace: The Case of Kenya. In Humberstone, B. Prince, H. & Henderson K. A. (Eds).

Routledge International Book of Outdoor Studies (pp316-), Routledge, New York.
ebook, 978-1-315-76846-5. ISBN: 978-1-138-78288-4 Print.

Other Publications

Mwangi F.M., **Muthomi H.N.**, Wachira L.J. (2017) *Ability in Disability*. Queenex Publishers ISBN: 978-9966-075-66-6

Wachira L.J., Mwangi F.M., **Muthomi H.N.** (2016) *The Trash Ball*. Queenex Publishers ISBN: 978-9966-075-16-1

Muthomi H.N., Wachira L.J., Mwangi F.M. (2016) *David Gets Fit*. Queenex Publishers ISBN: 978-9966-075-13-0

Conference Papers

Brian Abuto, **Nkatha Muthomi** & Gitahi Theuri (2023). Efficacy of an eight week soccer training programme on cardiovascular fitness: Case of Strathmore School, Nairobi City County. Paper presented at *The 5th International Business Research and Industrial Conference (IBRIC)*; 22nd to 23rd, June, 2023, Kenyatta University, Kenya.

Muthomi H.N. (2019) Knowledge, Training and Recertification in Emergency Risk Management for Outdoor Adventure Practitioners I. Paper presented at *The PHERM Project Dissemination Workshop* 19th January, 2019 held at KWS Mt. Kenya National Park Headquarters, Kenya.

Muthomi H.N. (2018) Preparation for Outdoor Adventure Pursuits: Planning for Activities, Safety and Risk Management. Paper presented at *The Warren Foundation Safety Awareness Workshop* 31st March, 2018 at Daystar University, Kenya.

Kagunda S., Njenga G., **Muthomi H.N.**, Mugala B. (2016) Adherence for Exercise for Clients in Selected Health Clubs in Nairobi, Kenya. Paper Presented at *The 2nd Conference on Physical Activity and Sports for Health and Development in Africa (PASHDA)*; 21st – 23rd September, 2016, Kenyatta University, Nairobi, Kenya Conference, Kenyatta University, Kenya

- Njenga D., **Muthomi H.N.** (2016) Carrying disability sports to national prominence: The role of print media in Kenya. Paper Presented at *The 2nd Conference on Physical Activity and Sports for Health and Development in Africa (PASHDA)*; 21st – 23rd September, 2016, Kenyatta University, Nairobi, Kenya Conference, Kenyatta University, Kenya
- Ajowi, C.A., **Muthomi, H.** & Rintaugu, E. G. (2016) Participation motives and competitive orientations of football players in the Kenyan women premier league. Paper presented at *The 2nd Conference on Physical Activity and Sports for Health and Development in Africa (PASHDA)*; 21st – 23rd September, 2016, Kenyatta University, Nairobi, Kenya Conference, Kenyatta University, Kenya.
- Njenga D., **Muthomi H.N.**, Bukhala P. (2015) Influence of Skill-related Coaching-Efficacy on Special Olympics Volunteer Coaches' Motivation in Nairobi County, Kenya. Paper Presented at *The East-African Athletics and Social Sciences International Conference*, 29th June – 1st July 2015, Addis Ababa University, Ethiopia.
- Ajowi C.A., **Muthomi H. N.** and Gitonga E. G. (2014) Predictors of Sports Participation Motives of Kenyan Female University Athletes. Paper Presented at *The 7th Edition Of Federation Of African University Sports Fasu) Pre-Games Scientific Conference*, 11-12th July 2014, University Of Nairobi, Kenya.
- Shikuku W. O., **Muthomi H. N.**, Oketch G. O. (2013) Impact of Outdoor Adventure Education on Kenyan Youth, in Peace Building. *Paper Presented at the 2nd Leisure and Recreation Association of South Africa (LARASA) International Congress*, Durban, South Africa, 16-19 September, 2013
- Kamenju, J., Mwisukha, A., Rintaugu, E. G., **Muthomi H. N.** (2013): Doping Awareness among Teacher Training College Athletes: The Case of Nairobi Zone. Paper Presented at *The second international conference of the African Sport Management Association*, 7-9th November 2013, University of Dar es Salaam, Tanzania.
- Muthomi H.N.**, Mwangi K.J., and Muniu R.K. (2010) The Impact of an 18-day Mountaineering Course on Kenya Army Cadets' Fitness Levels. Paper Presented at *The 17th Biennial Conference of the International Society For Comparative Physical Education and Sport (ISCEPES)*, 6th – 8th June 2010, Nairobi, Kenya.

- Mwihaki M., **Muthomi H.N.**, Kinuthia L., (2010) Determinants of Swimming Participation between Boys and Girls in Secondary Schools: A case of Nairobi, Kenya. Paper Presented at *The 17th Biennial Conference of the International Society For Comparative Physical Education and Sport (ISCEPES)*, 6th – 8th June 2010, Nairobi, Kenya.
- Muthomi H.N.**, Muniu R.K. and Mwangi K.J. (2008) The Potency of an 18-day Outdoor Education Program on Kenyan Armed Forces Cadets' Life Effectiveness Qualities. Paper Presented at *The Third Egerton University Annual Conference on Harnessing Scientific Knowledge for National Development*. 16th – 19th September, 2008. Egerton University, Kenya.
- Muthomi H.N.**, Wachira .J.M. (2008) Outdoor Education Programming: Experiential Learning, Facilitation and Instructor Effects. Paper Presented at the *3rd Egerton University Annual Conference on Harnessing Scientific Knowledge for National Development*. 16th – 19th September, 2008. Egerton University, Kenya.
- Mwihaki G. M., Njororai W. W., Wanderi P. M. and **Muthomi H. N.**, (2008) Role of Significant Others in Swimming Participation. Paper Presented at the *5th All-African Games Pre-Games Scientific Conference*. 3rd – 5th July, 2008. Makerere University, Uganda.
- Muthomi H. N.**, Njororai W. W. and Wanderi P. M. (2008) Effects of Outdoor Education Program On Social Competence And Team Building Skills Of Staff Trainees In Kenyan Corporate Settings. Paper Presented at the *5th All-African Games Pre-Games Scientific Conference*. 3rd – 5th July, 2008. Makerere University, Uganda.
- Muthomi H.N.**, Muniu, R.K. and Mwangi (2005) Effects of Mountaineering Program on Army Cadets Stress Levels (*Book of abstract for 6th Biennial conference of Africa Association For Health Physical Education Recreation Sport And Dance-2006*, Kenyatta University, Kenya.

Editorial Boards/Referee for professional periodicals

- Board of Trustee - Royal Life Saving Society (RLSS)
- Editorial board – Journal of Adventure Education and Outdoor Learning (JAEOL)

-Peer reviewer – African journal for physical activity and health sciences (AJPHEs)

Memberships to Professional Associations

-Life Member, The Kenya Red Cross

-Member, Fitness Professionals Association of Kenya (FITPAK)