

Mwangi N. Ngugi Profile

Personal Profile

Name: Nicholas N. Mwangi Title/Qualification: Mr. Department: Recreation & Sports Management Designation/Position: Tutorial Fellow Contact Address:43844-0010 Nairobi Area of Specialization: -Sports & community development -Health and wellbeing Research Interests: - Sports & Mental wellbeing - Dance as tool of change - Aquatic and outdoor recreation Google Scholar: Nicholas Mwangi ORCID ID: (https://orcid.org/0000-0001-5364-0878),	
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Academic & Professional Qualifications

- PhD in Recreation & Sports Management - to date
- Masters in Exercise & Sports Science - 2022.
- BSc. Exercise & Sports Science – 2016
- KSCE Certificate - 2011
- YMCA Lifesaving - 2022
- YMCA Swimming Instructors Course – 2019

Employment History

Kenyatta University - 2023 to date
Recreation & Sports Department
Tutorial Fellow

African International University –June 2022
Sports Department
Sports officer

Pioneer International University - 2017-2020
Sports Department
Sports Officer.

Achievements

- International staff and student week workshop; Manisa Celal Bayer University, Turkey from 24th April-29th April 2023.
- Erasmus+ student mobility program for PHD students in Manisa Celal Bayer University, Turkey from March 18th-July 10th 2023.
- Rover Scout Leader (RSL) Kenyatta University Scout Crew Panthera Scouts Crew 2021 to date.

Publications

Referred Journals

- Mwangi, N., Mwangi, F., & Muasya, V. (2023). Physical Activity Status of Gyms and Outdoor Based Group Fitness Program Participants as A Sustainable Health Model. CBÜ Beden Eğitimi Ve Spor Bilimleri Dergisi, 18(2), 520-534. <https://doi.org/10.33459/cbubesbd.1299437>.

Conferenced/Workshops/Seminars Attended

Conferences Attended

- 6th International Business Research and Industrial Conference (IBRIC) in Kenyatta University on 27th-28th June 2024.
- 8th International Council for Health, Physical Education, Recreation, Sports and Dance (ICHPER-SD) Africa Region in Kenyatta University on 11-13th September 2024
- Kenya Academy of Sports conference, Glee Hotel 2024.
- FASU University games research paper symposium; Kenyatta University June 2022.
- East African University Games Federation Symposium (EAUGF) University of Dodoma, Tanzania 2019
- IAAF World under 18 championship research workshop; Kenyatta University July 2017.
- Kenya Academy of Sports strategic plan review conference, Kasarani sports Complex 2017.

Community Service and Other Engagements

- Facilitate teambuilding session for Kenyatta University accommodation staff 22nd-23rd August 2024
- Facilitate Kenyatta University Model School Sports day on 2nd August 2024

Affiliation of Professional Bodies

- Fitness Professionals Association of Kenya (FITPAK)
- Sports Medicine Society of Kenya (SMSK)

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