



1.0: PERSONAL INFORMATION

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Google Scholar: <https://scholar.google.com/citations?user=Kb-eTo0AAAJ&ht=en&oi=ao>.

2.0 QUALIFICATIONS

2.1 Academic Qualifications

- 2005: PhD in Physical Education and Sport, Kenyatta University, Kenya.
- 1998: Master of Education (Physical Education and Sport), Kenyatta University, Kenya
- 1994: Bachelor of Education (Arts), Kenyatta University, Kenya.

2.2 OTHER COURSES

2020: Benchmarking Workshop on Sports Education	Arusha, Tanzania.
2019: Benchmarking visit to IUPUI	Iupui, USA
2016: Public procurement & Disposal act, 2015	Safari Park Hotel
2015: Axiology labs & Anatomy workshop	Kenyatta University
2014: Module writing	Kenyatta University
2013: Modern Methods of Teaching	Kenyatta University
2012: E-learning workshop	University of Nairobi
2010: Setting University Examinations	Kenyatta University
2008: Budgeting and procurement course	Merica Hotel, Nakuru
2006: Public procurement and Disposal	Utalii Hotel Nairobi, Kenya
2006: Performance contracting	Jomo Kenyatta University
2005: Volleyball coaching course	Kenyatta University
2003: Soccer coaching clinic	Kenyatta University
2003: Volleyball coaching clinic	Kenyatta University
2001: Mini-Basketball seminar	Kenyatta University
2001: Computer application certificate	Jordan computers
1998: Leadership development	Mt Kenya School of Adventure
1992: First Aid	St. John Ambulance

3.0 EMPLOYMENT HISTORY

3rd July 2025 to Date: Professor, Department of Recreation and Sport Management
Nov 2018 to June 2025: Associate Professor, Department of Recreation and Sport Management, Kenyatta University.

2013 to Nov.2018: Senior Lecturer, Department of Recreation Management & Exercise Science,

Kenyatta University.

- 2010 - 2013: Senior Lecturer, Department of Physical Education & Sport, University of Nairobi.
- 2006 - 2010: Senior Sports and Games Officer (Grade 13), Jomo Kenyatta University of Agriculture and Technology.
- 2002 - 2006: Games Tutor, Department of Sports and Games, Kenyatta University
- 1998 - 2002: Lecturer, Kilimambogo Teachers Colleges.
- 1994 - 1995: Kitoto Secondary School, Graduate Teacher

4.0 ADMINISTRATIVE RESPONSIBILITIES

4.1 Kenyatta University

- Sept 2018 to Sept 2022: Acting Dean, School of Hospitality, Tourism and Leisure Studies
- July 2016 – Sept 2018: Acting Dean, School of Applied Human Sciences
- July 2015 – July 2016: Chairman, Recreation Management and Exercise Science
- 2013 to 2015: Departmental Examinations Coordinator

APPOINTMENTS TO UNIVERSITY COMMITTEES

- 1.15th August 2024: Appointed to a committee to develop and submit a proposal to the International Olympic committee for hosting an academic Olympic Studies centre and Research Centre (OSRC)
- 2.18th December ,2023: Appointed to the 8th International council for Health, Physical Education, Recreation Sports and Dance, Africa Regional Congress ,2024 local organizing committee.
- 3.5th May 2022: Appointed as the Chairperson Promotions and Appraisal Committee (PAC)-Non-Academic staff Grade 1 to Grade F
- 4.5th April, 2022: Re-appointed to the Kenyatta University Bursary committee (Chairperson)
- 5.22nd November 2021: Appointed to the pre-games conference subcommittee of Africa university games (FASU)
- 6.10th April 2021: Appointed to a committee to review and harmonize progression of Students allowed into certificate, diploma and degree programmes in Kenyatta University.
- 7.12th February 2020: Appointed to a committee to investigate irregular submission of Ph.D Thesis by Gyant Thakur.

8.5th February 2020: Appointed to the Technical and competition committee of the 10th African University games (FASU)

9.15th January 2020: Appointed to Kenyatta University Bursary Committee (Chairperson-2years)

10.8th January 2020: Appointed to the Local Organizing Committee for the 2020 Africa University Games.

11.16th October, 2019: Appointed to a Committee for the Establishment of Global Tourism Resilience and Crisis Management Satellite Center (GTRCMSC) at Kenyatta University.

12.30th September 2019: Appointed to the Pre-Games symposium sub-committee of the IAAF Under20 athletic Championships.

13.22nd August, 2019 : Appointed to a Committee to prepare for the IAAF U-20 Championships 2020.

14.4th June 2019 Nominated to participate in a study visit of selected East African universities to the center for global sports in Indianapolis,USA

15.9th May, 2019: Appointed to a Committee to generate programmes for Mama Ngina University College (MNUC).

16.27th March, 2019: Appointed to a Committee to investigate alleged frustration of Post-graduate students in the Department of Educational Foundations.

17.12th February, 2019: Appointed to Committee to prepare a proposal for the Establishment of Anti-Doping Centre in Kenyatta University.

18.30th October, 2018: Appointment to a Committee on Sports Engineering and Technology.

19.25th June, 2018: Appointed alternate chairman to a committee to explore Kenya Promoting sports and physical Education in Kenyatta University and Kenya-Cuba bilateral co-operation

20.2nd February, 2017: Appointed to the IAAF pre-games symposium sub-committee as the Convener

21.1st February, 2017: Appointed to a committee to develop a policy for Kenyatta University Sport Scholarships

22.11th September, 2016: Appointed as a member of Committee on the effectiveness of teaching of university common units (UCU's)

23.10th August, 2016: Appointed to a committee to prepare for the 2017 World Youth Athletic Championships

24.7th January, 2016: Appointed a committee member to prepare for the IAAF Inspection Mission

25.1st December, 2015: Appointed as a member of Alumni Complex Gymnasium Operationalization Committee

26.17th November, 2015: Appointed to the Sport Coaches Academy Management Committee

27.5th November, 2015: Appointed to a Committee to Plan to the Co-hosting of the 2017 World Youth Athletic Championships

28.6th May, 2015: Appointed as a member of the Planning Committee for Physical Activity as sport for Health and Development in Africa (PASHDA) Conference

29.2013-2015: Member of School of Applied Human Sciences Website Committee.

30.2013-2015: Member of School of Applied Human Sciences Journal Committee

31.2013 to 2015: Member of School of Applied Human Sciences Infrastructure Committee

4.2 At Other Institutions

4.2.1 University of Nairobi.

2010-2013: Member School of Education Post Graduate Committee
Chairman, Department of Physical Education and Sports Post Graduate Programme.
Chairman curriculum Review in the Department of Physical Education and Sports.

5.0 POSTGRADUATE SUPERVISION

5.1 Ph. D SUPERVISION

5.1.1 COMPLETED

1.2024: Ngetich EDK: E87/33137/2014: Influence of achievement goal orientation motivational climate and nutrition supplement use on attitudes towards doping among Kenyan secondary school athletes.

2.2023: Martin Y.Siza- H87/39360/2016: Assessment of prevalence and predisposing factors of doping among athletes in dominant sports in Kenya.

3.2023: Jonathan K. Rotich- H87/28033/18: Anti-Doping Knowledge, Attitudes and Experiences of Kenyan General Practitioners and Pharmacists.

4.2022: Peninah Wanjiku Mwenda.: H87/27459/14: The effects of participation in competitive sports on character development of secondary school students in Nairobi City County, Kenya.

5.2021: Agnes W. Kamau - H87/31957/15: Relationship between participation in co-curricular activities, self-concept, deviant behavior and academic performance of secondary school students in Aberdare region, Kenya.

6.2018: **Muasya Vincent - H87/25835/13:** Mental skills status of Hockey and Volleyball players in Kenya.

7.2017: **Florence W. Gitau -H87/21092/10:** Contribution of community-based sports organisations towards achievements of selected millennium development goals

8.2014: **Wanjira J. Kamenju - H87/22000/11:** Attitudes and perception on doping among Kenyan Athletes in Teacher Training Colleges.

9.2014: **Ruth Kahiga Mugo - E80/90201/13:** An evaluation of the implementation of physical Education curriculum in Kenyan pre-schools in Nairobi and Nyeri Counties.

5.1.2 ONGOING

1.**Shao B.A:H87/EA/22716/2019:** Knowledge, attitudes, beliefs and practices on doping among athletes and officials in Tanzania **(Thesis Writing-Given notice of submission)**

2.**Kipchumba, K.K.H87/20416/2022:** Personality traits, attitudes and perceptions of legitimacy towards anti-doping programs among athletes in dominant sport in Kenya **(Thesis Writing)**

3.**Mureithi, P.K:H87/39362/2016:** Effects of participation in recreational activities on psycho-social wellbeing of juvenile delinquents in Kenyan Rehabilitation schools **(Thesis Writing)**

4.**Andanje, N.N:H87/28633/2018:** Relationship between mental toughness and performance of hockey players in the Kenyan Premier League **(Thesis Writing)**

5.**Gikaria, N: H87/15219/2008:** Volunteer motivation and human resource management practices in sport federations in Nairobi City County, Kenya **(Thesis Writing).**

6.**Ajowi, C.A-H87/39700/2016:** Exploring allyship and its influence on gender equity in sports coaching in Kenya **(Data Collection)**

7.**John Bosco Muamba:** Concussion Prevention Practices Among Adolescent Rugby Players and coaches in Secondary Schools in Kenya **(Proposal stage).**

8.**Ishmael Kirui :** Effectiveness of anti-doping education programs on the doping likelihood and intentions among Kenyan athletes **(Proposal Stage)**

5.2 MASTERS SUPERVISION

5.2.1 COMPLETED

1.2024: **Jedidah G. Munyua - H108/CE/25980/11:** The Effects of Participation in Extra- Curricular Activities on Academic Achievement of Students in Secondary Schools in Nairobi City County.

- 2.2024: **Macharia, N. Michael - H108/CE/22621/10:** The influence of mental skills training on the performance of elite boxers in Kenya.
- 3.2024: **Chepkemei, C: T129/39078/2017:** Role of sport events in tourism development in Uasin Gichu County, Kenya.
- 4.2023: **Kiongo Ndirangu - H108/37665/16:** Assessment of participation constraints and negotiation strategies of University Student athletes in selected sports in Kenya.
- 5.2022: **Kipchumba, K. K - H108/26442/2015:** Influence of motivational climate and goal orientation on attitudes towards doping among athletes in Elgeyo Marakwet, Kenya.
- 6.2021: **Jumbe Sagaya - H60/CE/22626/10:** Motivation influencing participation in extreme sports in Kenya: A case of Mt. Kenya extreme adventure challenge -2015
- 7.2021: **Kisaka, T. M. - H108/21005/10:** Determinants of awarding corporate sponsorship opportunities for premier league clubs in Kenya.
- 8.2020: **Vanshirak C. Keter - H108/33360/ 14:** The Influence of Leisure Participation on the Mental Health of Selected Young People in Nairobi City County.
- 9.2019: **Victoria N. Njoroge - H108/CE/22391/11:** Role of brand association in determining fan Loyalty: A case study of Thika United Football Club.
- 10.2019: **John C. Kaoche - H108/29581/14:** Knowledge and Attitudes on Doping by Amateur Football Athletes, Coaches and Sponsors in Malawi
- 11.2019: **David G. Gikenyi - H108/11780/07:** Evaluation of the Implementation of Physical Education Curriculum in Public Secondary School in Kisii Central District - Kenya.
- 12.2018: **Nancy Vyonne Andanje, - H68/27862/2014:** Motivation for competitive soccer among Players in public secondary schools in Nairobi city and Kakamega Counties, Kenya.
- 13.2018: **Gathoni Ndungu Benson - H108/CE/11902/2007:** Perceptions on the negative environmental impact of recreational activities of visitors and staff at national parks in Central Kenya Region, Kenya.
- 14.2018: **Antony N. Karobia - H108/CE/25978/11:** Impact of Outdoor Adventure Based Team Development Program on Team Cohesion: A case of KESAL Participants from Kenya Air Force and Kenya Navy.
- 15.2017: **Mwangi, P. K. - H108/CE/22390/11:** Influence of current football resources on performance of Premier league football teams in Kenya.
- 16.2017: **Maingi P. Kariuki - H108/CE/20851/12:** Attitude and practice of Primary School Pupils, Teachers and Head teachers in Physical Education in Kiambu County, Kenya.
- 17.2017: **Lamaara Timothy - I56/11782/07:** Joint family leisure and recreation pursuits and family cohesion of tutors in teacher training colleges in Kenya.

- 18.2016: **Caroline, Ajowi - H60/CE/22630/10:** Participation motives and competitive orientation of women football players in Kenya.
- 19.2015: **Wamaitha Joyce Kariuki - H108/CE/12150/07:** An assessment of gender representation in sports participation and leadership in Teachers Training Colleges in Kenya.
- 20.2015: **Agnes W. Kamau - H108/CE/22546/11:** Relationship between participation in competitive sports and school connectedness' among secondary school students in Muranga County.
- 21.2014: **Mucheke Muthiani - I56/13819/05:** The role of team cohesion in sports performance: The Case of Basketball and Hockey National players in Kenya.
- 22.2012: **Sebastian O. Oketch - H08/CE/11956/07:** Player satisfaction among elite rugby teams in Kenyan Universities.

5.2.2 ON GOING

- 1 **Edward Muema - H60/13432/09:** Management of high altitude training centres and mass sport development in Kenya (**Data Collection**)
- 2 **Stanley M. Ngata - H68/CE/26469/13:** Influence of Physical Education Resources on Students Participation in Physical Education in Teacher Training Colleges in the Aberdare Region, Kenya (**Data Collection**).
- 3 **Wantetse, R - H60/CE/28104/2013:** The relationship between athlete satisfaction and performance in individual and team sport in Kenyan Universities (**Proposal Stage**)

5.2.3 THESIS EXAMINATION.

- 1.**McCreanor, X.T. (2025).** Exercise prescription guidelines for older people living with HIV. **Ph.D** Thesis ,School of Health Sciences ,University of KwaZulu-Natal ,South Africa.
- 2.**Steenbok, W.Gaboinewe (2025).**A multidimensional approach for talent identification and development in South African Youth Soccer :Evolving conceptual frameworks.**Ph.D** Thesis, ,University of Johannesburg ,South Africa.
- 3.**Mthethwa, M.M (2024).** Health-related activeness of student-teachers.**Ph. D** Thesis, School of Health Sciences, University of KwaZulu-Natal, South Africa
- 4.**Michy Olutende Oloo (2024):** Effectiveness of the Lebel method intervention on intrinsic physiological factors among elderly individuals in Kakamega County.**Ph.D** Thesis,Masinde Muliro University of Science and Technology,Kakamega , Kenya.
- 5.**Motlhatsang, K (2024):** Influence of situational variables on match performance in premier soccer league in South Africa (2018-2020). **MSc** Thesis, Tshwane University of Technology, South Africa.

- 6.**Daniel Joubert (2024):** Relationship between physical performance and the risk of cardiovascular disease among the elderly in park retirement village in Pretoria, Gauteng Province. **MSc** Thesis, Tshwane University of Technology, South Africa.
- 7.**Ismael Kurui (2023):** Athletic identity and athlete satisfaction of student-athletes in selected universities in Kenya. **MSc** Thesis, Kenyatta University, Nairobi, Kenya.
- 8.**Sibindi J. S. (2022):** Development and application of an African physical and talent identification field test battery for Zimbabwean male junior soccer players.**Ph. D** Thesis, University of Johannesburg, South Africa.
- 9.**Regina Akuffo Darko (2021):** Adequacy Of University Student-Teacher Preparation Programme Towards Achieving The Inclusion Of Learners With Disabilities In Practical Physical Education Lessons In Ghana, **Ph.D** Thesis, Kenyatta University, Nairobi ,Kenya.
- 10.**Litali, G. A (2021):** Out of Pocket Expenditure Protection and Perception of Quality Health Services Among Residents of Kakamega County, Kenya.**Ph. D** Thesis, Masinde Muliro University of Science and Technology, Kakamega, Kenya.
- 11.**Yemane, Y. (2020):** Exploration of Provision of Public Sport and recreation facilities in the residential neighbourhoods of Addis, Ababa. **Ph.D** Thesis, University of Mekelle, Ethiopia.
- 12.**Lubega, S.K. (2020):** Best medical care practices in sport: investigating the barriers to implementation in developing countries Uganda as a case study, **Ph.D** Thesis, University of Cape Town, South Africa.
- 13.**Wabuyabo I. (2020):** Socio-cultural determinants of athletic abilities among Kenyan elite and sub elite middle and long distance runners, **Ph.D** Thesis, Masinde Muliro University of Science and Technology, Kakamega, Kenya.
- 14.**Moeletsi, D.T.M. (2019):** Athlete-Agent Agency in the South African Sport Industry. **Ph.D** Thesis, University of Johannesburg, South Africa.
- 15.**John B. Muamba (2018):** Sources of stress and coping Strategies of Rugby referees in Kenya **MSc**. Thesis, School of Applied Human Sciences, Kenyatta University, Kenya.
- 16.**Johnathan Rotich (2018):** Instructors perceived facilitation efficacy in outdoor adventure programs. A Case Study of Kenya School of Adventure and Leadership. **MSc**. Thesis, School of Applied Human Sciences, Kenyatta University, Kenya.
- 17.**Goshan Awlachew Aneleyi, (2018):** The rise and fall of the Ethiopian men national football team since 1962. **Ph.D** Thesis, University of Kwa Zulu Natal, South Africa.
- 18.**Ashenati Kefyalew Tariku (2018):** Performance of the men's Youth Football Players development project and its impact of the under 17 national team **Ph.D** Thesis, University of Kwa Zulu Natal, South Africa.

- 19.**M Mohlala (2018):** Three-year changes in social correlates of physical activity, physical activity and health-related fitness among adolescents: the PAHL study **Ph.D** Thesis, Potchefstroom Campus of the North-West University, South Africa.
- 20.**Abalo, G. (2018):** Assessment of factors influencing implementation of compulsory physical education in secondary schools in Central Uganda. **MSc**, Kyambogo University,Kampala , Uganda.
- 21.**Robert N. Ngeti, (2017):** Female Teachers Participation in the Management of Competitive Sport Programmes in Secondary Schools in Taita Taveta County, Kenya. **MSc** Thesis, Physical Education, School of Applied Human Sciences, Kenyatta University,Nairobi , Kenya.
- 22.**Julius K. Kosgey (2016):** Effects of Facilities Management on Workers’ Performance in 3 – 5 Star Hotels in Nairobi, Kenya. **MSc** Thesis, School of Hospitality and Tourism, Kenyatta University,Nairobi ,Kenya.
- 23.**Abubakar, L. Rakiya (2016):** Influence of Occupational Hazards on Employer’s Job Performance in Housekeeping Department of Budget Hotels in Kaduna Metropolis, Nigeria. **MSc** Thesis, School of Hospitality and Tourism, Kenyatta University,Nairobi , Kenya.
- 24.**Sunday M. Adama (2016):** Relationship between Hospitality Management Graduate Certification and Employment in Lokoja, Nigeria. **MSc** Thesis, School of Hospitality and Tourism, Kenyatta University,Nairobi , Kenya.
- 25.**Zipporah, M. Moseti (2016):** Participation in Sport by Deaf Students in Special Schools for the Deaf in Kenya. **MSc**, Physical Education, School of Applied Human Sciences, Kenyatta University, Nairobi, Kenya.
- 26.**Agnes W. Mandu, (2015):** Assessment of crowd management strategies used for football events in Government owned stadia in Nairobi County, Kenya. **MSc** Thesis, School of Applied Human Sciences, Kenyatta University, Nairobi, Kenya.
- 27.**Muriithi, D. Wambugu, (2015):** Status of resources for teaching physical education in Secondary Schools in Thika East Sub-county, Kiambu County, Kenya, **MSc**, Thesis School of Applied Human Sciences, Kenyatta University, Nairobi, Kenya.
- 28.**John K. Gitau (2015):** An evaluation of Determinants of Career – Decision Making of Hospitality Undergraduate Students in Nairobi Metropolis, Kenya. **MSc** Thesis, School of Hospitality and Tourism, Kenyatta University, Nairobi, Kenya.
- 29.**Josephine B. Ogembo (2015):** Assessment of Handicraft Industry and Community based tourism Development: A case of Tabaka soapstone in Kisii County, Kenya. **MSc** Thesis, School of Hospitality and Tourism, Kenyatta University, Nairobi, Kenya.
- 30.**Appida, F. Onyango (2014):** Hospitality products quality as a competitive advantage in private hospitals in Mombasa County. **MSc** Thesis, School of Hospitality and Tourism, Kenyatta University, Nairobi, Kenya.

31.**Selina Chebet (2014):** Evaluation of knowledge, attitudes and practice of doping among Kenyan elite middle and long distance runners. **Ph.D Thesis**. School of Applied Human Sciences, Kenyatta University, Nairobi, Kenya.

32.**Olanga, C. Achieng (2014):** Planning expertise, variables influencing performance outcomes and management of wedding organizations firms in Nairobi County, Kenya. **MSc Thesis**, School of Hospitality and Tourism, Kenyatta University, Nairobi, Kenya.

33.**Mwenda, P. W (2013):** Identification and Promotion Strategies of Traditional Games of the Gusii Community of Kenya. **MSc. Thesis**, School of Applied Human Sciences, Kenyatta University, Nairobi, Kenya.

34.**Bailasha, N. K (2013):** Determinants and pattern of sport injuries in selected indoor team sports during a season of the Kenya national league. **Ph.D Thesis**, School of Education, University of Nairobi, Nairobi, Kenya.

35.**Daniel, N. (2012):** Culture and athletics in Kenya: An ethnographic study of everyday practise in Nandi hills. **MA Thesis**. Institute of anthropology, University of Nairobi, Nairobi, Kenya.

36.**Macharia, H. K, (2012):** Influence of school playground safety on the participation of pre-school children in outdoor activities in central division, Naivasha district, Kenya-**MED** in Early Childhood Education, Department of Educational Communication and Technology, University of Nairobi, Nairobi, Kenya.

6.0 CONFERENCES /SEMINARS/WORKSHOPS

6.1. Participation in workshops/conferences

1.2025: The second Annul forum and symposium of the Kenya Universities Sport Federation (KUSF) held between 28th and 30th May ,2025 at Moi University, Eldoret, Kenya.

2.2024: The second International conference on advances in allied Health Sciences (ICAAHS-2024), held between 22nd to 25th October ,2024 at the University of Lahore, **Pakistan**.

3.2024: Federation of Africa University Sport (FASU) Games 2024 scientific conference held between 23rd to 25th September ,2024 in Lagos State University, Lagos, **Nigeria**.

4.2024: The 8th International council for Health, Physical Education, Recreation, Sports and Dance (ICHPERSD), Africa regional conference held between 11th to 13th September ,2024 at Kenyatta University, Nairobi, Kenya.

5.2023: Federation of Africa university Sport (FASU) General Assembly and FISU-FASU strategic Dialogue held between 4th to 6th May at the University of Johannesburg, **South Africa**.

6.2023: African Anti-education workshop, held between 20th and 21st February ,2023, Kopanong, Hotel ,Benoni , Johannesburg,**South Africa**.

7.2022: Federation of Africa University Sport (FASU) Pre-games Scientific Conference hosted at **Kenyatta University**, Nairobi, Kenya.

- 8.2021: Kenyatta University staff retirement benefits scheme held on 4th November, 2021 at **Kenyatta University**, Nairobi, Kenya.
- 9.2020: Workshop to develop bench marks for sport education in East Africa from 13th to 17th January Palace Hotel, Arusha, **Tanzania**.
- 10.2020: FISU-FASU-NUSF seminar from 11th-12th December 2020 at Imperial Hotel, **Kampala, Uganda**.
- 11.2019: Bench marking visit to Indiana University and Purdue University, Indianapolis (**IUPUI**), **USA**.
- 12.2019: Machakos University International Conference held at the **Machakos University** from 23th April to 26th April 2019.
- 13.2019: The first Kenya Academy of sport conference held from 20th to 22nd May 2019, Nairobi, Kenya.
- 14.2018: The University of Nairobi first Annual International Conference on Research and Innovation held from 24th October - 26th October 2018, University of Nairobi, Kenya.
- 15.2018: 4th Laikipia University International Conference on Sports for sustainable development in Kenya and beyond, 22nd - 24th May 2018, Nyahururu, Kenya.
- 16.2017: World Under 18 Athletics Championships Pre-Games International Symposium held at **Kenyatta University** from 10th to 11th July, 2017.
- 17.2017: The American College of Sport Medicine International Team Physician Course held at **Masinde Muliro University of Science and Technology** from 16th – 18th October, 2017.
- 18.2016: The Wingate Congress on Sports and Exercise Science held from 2nd to 5th June at the Wingate Institute of Physical Education and Sport, **Israel**.
- 19.2016: African Association of Sport Management Conference held from 16th to 18th June, 2016 in Abuja, **Nigeria**.
- 20.2016: The 2nd International Conference on Physical Activity and Sports for Health and Development held from 21st to 23rd September, 2016 at **Kenyatta University, Nairobi, Kenya**.
- 21.2014: The 7th edition of the FASU Games Pre-scientific Conference held from 2nd - 5th July, 2014 **University of Nairobi**, Kenya.
- 22.2013: The Second International conference of the African Sport Management Association held from 7th to 9th November, **University of Dar es Salam**, Dar es Salam, **Tanzania**.
- 23.2012: Kenya Universities Sports Association (KUSA) Workshop held from 7th to 8th June, 2012, **Kabarak University**, Nakuru, Kenya.

- 24.2012: e-Learning Workshop held from 9th to 11th May, 2012 University of Nairobi-College of Education and External Studies, Nairobi, Kenya.
- 25.2011: International University Sport Federations (FISU) held from 13th to 16th August, 2011 **Shenzhen University, China.**
- 26.2011:9th Africa Association for Physical Health Education Recreation Sports and Dance, Conference held from 13th to 15th September, 2011, **Kyambogo University**, Kampala, **Uganda.**
- 27.2011: African Sports Management Association (ASMA) Conference held from 2nd to 4th December, 2011 Sports View Hotel, Kampala, **Uganda.**
- 29.2010:2010 East Africa Universities Pre-Games symposium held from 16th - 18th November, 2010 **Kenyatta University**, Nairobi, Kenya.
- 30.2010:17th Biennial Conference of the International Society for Comparative Physical Education and Sports (ISCPES) held from 6th to 8th June, 2010 **Kenyatta University**, Nairobi, Kenya.
- 31.2008: Fifth All African University Pre-Games Scientific Conference held from 3rd to 4th July ,2008 **Makerere University**, Kampala, **Uganda.**
- 33.2008: Budgeting and procurement Course held from 28th to 30th July 2008 at Merica Hotel, Nakuru.
- 34.2007: Sensitization seminar on Public Procurement and Disposal Act 2005 and Public Procurement and Disposal Regulations 2006 held on 2nd April 2007 at **Utalii Hotel**, Nairobi, Kenya.
- 35.2007: Kenyatta University International Athletics Symposium held from 21st to 22nd March 2007 in Mombasa, Kenya.
- 36.2007:24th International University Sports Federation (FISU) Conference held from 9th to 12th August, 2007, of **Thammasat University**, Bangkok, **Thailand.**
- 37.2006: In-house performance contract Management Seminar held on 24th February 2006 at **Jomo Kenyatta University of Agriculture and Technology**, Nairobi, Kenya.
- 38.2006: German Academic exchange service (DAAD) football symposium held from 26th to 27th May, 2006 at **Kenyatta University** Nairobi, Kenya.
- 39.2005: FIVB Coaches Course held on 1st to 10th August 2005 at **Moi International Sports Centre**, **Kasarani** Nairobi, Kenya.
- 40.2004: East African Universities Pre-Games Scientific Conference held from 18th to 19th November 2004 at **Kenyatta University**, Nairobi, Kenya.

- 41.2004: A sports Coaching, Officiating and Management course held from 3rd to 16th October, 2004 at **Moi International Sports Centre (Kasarani)**, Nairobi, Kenya.
- 42.2003: Workshop for Physical Education Teachers and Lecturers in Primary schools and Teacher Training Colleges held from 18th to 21st May 2003 at **Kenyatta University**, Nairobi, Kenya
- 43.2003: Volleyball Coaching Clinic held from 4th to 8th August, 2003, at **Kenyatta University**, Nairobi, Kenya.
- 44.2003: Attended soccer coaching clinic held from 7th to 11th April 2003, at **Kenyatta University**, Nairobi, Kenya.
- 45.2002: Departmental clinic on how to prepare an athlete for competitions held from 25th to 26th July, 2002, at **Kenyatta University**, Nairobi, Kenya.
- 46.2001: The 1st East African Conference on Physical Education, Sport, Health, Recreation and Dance held from 11th to 13th December 2001 at **Makerere University**, Kampala, Uganda.
- 47.1999: The 3rd & 4th Conference of the Kenya Association for Health, Physical Education Recreation, Sport and Dance at Kenyatta University, Nairobi, Kenya.
- 48.1998: A mini – Basketball coaching seminar held in Kenyatta University from 6th - 7th Nov. 1998, Nairobi, Kenya.
- 49.1997: The African Association for health, physical education, Recreation sport and dance (AFAHER – S.D). Third Congress held from 11th to 15th Sept. 1997, Kenyatta University, Nairobi, Kenya.

6.2 Presentations of Papers at Academic and Professional Conferences

- 1.University sports in Kenya: Past, present and the future. Paper presented during the **Kenya Universities Sport Federation (KUSF) annual Forum** 28th to 30th May 2025, **Moi University, Eldoret, Kenya**.
- 2.Doping crisis in global sport: Implications for anti-doping researchers and practitioners. Paper presented during the **Allied conference** -23rd to 25th October, 2024, **University of Lahore, Pakistan**.
- 3.Coaches doping confrontation efficacy and attitudes towards doping in sport in Kenya.Paper presented during the **FASU Scientific Conference** ,23rd to 25th August ,2024; **Lagos state University; Nigeria**
- 4.Mental health and clean sport on university student-athletes in Africa. Paper presented during the **FISU-FASU strategic dialogue** 4th -6th May 2023, **University of Johannesburg, South Africa**.
- 5.Perspectives and priorities of Research institutions in Africa: The way forward. Paper presented during the **WADA Africa conference** held from 20th to 21st February, 2023 in **Kopanong Conference Centre, Johannesburg, South Africa**.

- 6.Nurturing mental toughness for positive sport experiences and outcomes. Paper presented during the **10th FASU Pre-Games International Symposium 2nd -3rd June 2022 at Kenyatta University, Nairobi, Kenya.**
- 7.Knowledge, attitudes and perceptions on doping among Physical Education and Sport Science related degree programmes. **Paper presented at the School of Education, University of Nairobi, on 18th & 19th December 2020, Nairobi, Kenya.**
- 8.Strategies to sustain university sports in the face of Covid-19 and related pandemics. **Paper presented during the FISU-FASU-NUSF seminar held at the Imperial Hotel, Kampala, Uganda on 11th December 2020.**
- 9.Socio-psychological studies on Kenyan and Japanese athletes: A cursory appraisal. **Paper presented during the Japanese Forum, Nairobi, Kenya on 21st August, 2020.**
- 10.Healthy living in Retirement. Implications to the transitional Stage. **Paper presented during the Kenyatta University staff retirement Benefits scheme on 4th November, 2021 at Kenyatta University.**
- 11.Strategies to sustain university sports in the face of Covid-19 and related pandemics. **Paper presented during the FISU-FASU-NUSF Seminar held from 11th -12th December,2020, Imperial Hotel, Kampala, Uganda**
- 12.Sports for peace and development in Kenya: The emerging trends. **Paper presented during the Kenya Academy of Sports (KAS) inaugural conference held at the Crown Plaza Hotel, Nairobi from 20th to 22nd may 2019.**
- 13.Leisure, sports and health in Kenya: Opportunities and challenges. **Paper presented during the Machakos University International Conference held at the Machakos University. 23th April to 26th April 2019.**
- 14.Perception on the Negative Environmental Impact of Recreational Activities of Visitors and Staff at National Park in Central Kenya Region. **Paper presented during the 4th International Conference of the African Sport Management Association (ASMA) 4th – 6th April, 2019 at Mount Kenya University, Thika, Kenya.**
- 15.An Evaluation of the Status of Sport Federations Compliance to World Anti-Doping Program Preliminary Findings. **Paper presented during the 4th International Conference of the African Sport Management Association (ASMA) 4th – 6th April, 2019 at Mount Kenya University, Thika ,Kenya.**
- 16.Correlates of Motivational Orientations among Secondary School Athletes: Implications for Stakeholders. **Paper presented during the 4th International Conference of the African Sport Management Association (ASMA) 4th – 6th April, 2019 at Mount Kenya University, Thika ,Kenya.**
- 17.Assessment of Sports Participation Constraints and Negotiation Strategies of University Student – Athletes in Selected Sports in Kenya. **Paper presented during the 4th International Conference**

of the African Sport Management Association (ASMA) 4th – 6th April, 2019 at Mount Kenya University, Thika ,Kenya.

18.Influence of Participation in Competitive Sports on Character Changes of Secondary School Students in Nairobi City County, Kenya. **Paper presented during the 4th International Conference of the African Sport Management Association (ASMA) 4th – 6th April, 2019 at Mount Kenya University, Thika, Kenya.**

19.Management of Athlete’s Medical issues in East African University Sports. **Paper presented during the 4th International Conference of the African Sport Management Association (ASMA) –4th – 6th April, 2019 at Mount Kenya University, Thika,Kenya.**

20.Contribution of Sport in addressing Poverty Reduction in Kenya. **Paper presented during the 4th International Conference of the African Sport Management Association (ASMA) 4th – 6th April, 2019 at Mount Kenya University,Thika,Kenya.**

21.Determinants and reasons for non-participation in organized Physical activity and sports among University students. **Paper presented during the University of Nairobi first Annual International Conference on research and innovation held from 24th to 26th October, 2018, Nairobi, Kenya.**

22.Knowledge, attitudes and perceptions of university physical education and Sport – Science students towards doping. **Paper presented during The University of Nairobi first Annual International Conference on research and innovation held from 24th to 26th October, 2018, Nairobi ,Kenya.**

23.Influence of achievement goals and motivational climate on attitudes towards doping. Paper presented during the 4th Laikipia University International Conference on Sports for sustainable development in Kenya. 22nd - 24th May 2018, Nyahururu, Kenya.

24.An exploratory Study on Athletic Identity Formation of University Athletes. **Paper presented during the 2nd International Conference on Physical Activity & Sports for Health and Development in Africa, 21st - 23rd September, 2016, Kenyatta University, Kenya.**

25.Attitudes and Practices of Primary School Pupils, Teachers and Head-Teachers in Physical Education in Kiambu County, Kenya. **Paper presented during the 2nd International Conference on Physical Activity & Sports for Health and Development in Africa, 21st - 23rd September, 2016, Kenyatta University, Kenya.**

26.Physical Fitness Appraisal of Kenyan Soccer Players during the 2016 Pre-Season Tournament. **Paper presented during the 2nd International Conference on Physical Activity & Sports for Health and Development in Africa, 21st - 23rd September, 2016, Kenyatta University, Kenya**

27.**The Status of Sports and Physical Education in Secondary Schools in Uganda. Paper presented during the 2nd International Conference on Physical Activity & Sports for Health and Development in Africa, 21st - 23rd September, 2016, Kenyatta University, Kenya.**

28.Contributions of Community-based Sport Organizations in the Promotion of Education in Kenya. A case of Mathare Youth Sport Association and Moving the Goal Posts. **Paper presented during**

the 2nd International Conference on Physical Activity & Sports for Health and Development in Africa, 21st - 23rd September, 2016, Kenyatta University, Kenya.

29.Mental toughness of male university athletes: Implications for Stakeholders. **Paper Presented during the 2nd International Conference on Physical Activity and Sports for Health and Development in Africa 21st - 23rd September, 2016, Kenyatta University.**

30.Predictors of sport participation motives of Kenyan female university students. **Paper presented during the 7th edition of the FASU Pre-Games' Scientific Conference held on 12th July 2014 at the University of Nairobi, Kenya.**

31.Effects of participation in competitive sports on school connectedness of secondary school students. **Paper presented during the 7th edition of the FASU Pre Games' scientific conference held on 12th July 2014 at the University of Nairobi, Kenya.**

32.Development of physical education and sports in Kenya. Paper presented during the 7th edition of the FASU Pre games' scientific conference held on 12th July 2014 at the **University of Nairobi, Kenya.**

33.Sources of stress and coping strategies of university athletes. **Paper presented during the 7th edition of the FASU Pre Games' Scientific Conference held on 12th July 2014 at the University of Nairobi, Kenya.**

34.Negotiating Constraints to sport participation: The case of Kenyan university soccer players. **Paper presented during the second international conference of the African Sport Management Association 7th - 9thNovember, University of Dar es Salam, Tanzania.**

35.Determinants of job stress and Satisfaction of sports personnel in Kenyan Universities. **Paper presented during the second international conference of the African Sport Management Association 7th -9thNovember, University of Dar es Salam, Tanzania.**

36.Doping awareness among teacher training college athletes: The case of Nairobi Zone. **The second international conference of the African Sport Management Association 7th -9thNovember, University of Dar es Salam, Tanzania.**

37.Coach motivation of university athletes at Kenyatta University. **Paper presented during the second international conference of the African Sport Management Association 7th - 9thNovember, University of Dar es Salam, Tanzania.**

38.Psycho-social attributes of Kenyan university athletes. Paper presented during the **Kenya Universities Sports Association (KUSA) workshop, 7th-8th June, 2012 at Kabarak University, Kenya.**

39.Parental role and influence in the teaching-learning of Physical Education: Perceptions of Physical Education students in Kenyan universities. Paper presented during **the Global forum 2012 for Physical Education Pedagogy, 9th to 11th May, 2012, Universitat, Duisburg Essen, Germany.**

- 40.Motivational orientations of Physical Education (P.E) pre-service teachers in Kenya: preliminary findings. Paper presented during the **9th Africa Association for Physical Health Education Recreation Sports and Dance, Conference, 13th-15th September, 2011, Kyambogo University, Kampala, Uganda.**
- 41.The role of sports in social cohesion in Kenya; Can new models in emerge? Paper presented **during the 9th Africa Association for Physical Health Education Recreation Sports and Dance, Conference, 13th -15th September, 2011, Kyambogo University, Kampala, Uganda.**
- 42.Re-conceptualizing constraints towards female participation in sports: The case of University of Nairobi. Paper presented during the **9th Africa Association for Physical Health Education Recreation Sports and Dance, Conference, 13-15th September, 2011, Kyambogo University, Kampala, Uganda.**
- 43.Compliance with the best practice principles of governance. A case of Kenyan sport organizations. Paper presented during the **2011 FISU Conference-Shenzhen, China, 13-16 August, 2011.**
- 44.Sports and Academic performance: Are Kenyan university athletes intellectually bankrupt? Paper presented during the **2011 International University Sport Federation (FISU) Conference-Shenzhen China, 13th to 16th August, 2011.**
- 45.Extent of male Rugby players' satisfaction with Technical and Administrative Services. Paper presented **during the 2010 East Africa Universities Pre-games symposium 16th – 18th November, 2010, Kenyatta University, Nairobi, Kenya.**
- 46.Sports and Academic performance. **Paper presented during Egerton University Sports captains symposium held on 16th to 17th March 2011 at ACK Imani Conference Hall, Nakuru.**
- 47.The Grand Coalition Government in Kenya: Their manifestos are sketchy on sports. **2010 East Africa Universities pre-games symposium, Kenyatta University, Nairobi, Kenya 16th - 18th November, 2010.**
- 48.Participation in Sports in Kenyan Universities. Can the situation improve? **2010 East Africa pre-games. Symposium Kenyatta, University, Nairobi, Kenya, 16th - 18th November, 2010.**
- 49.A survey of the type, nature and pattern of injuries in selected team sports during the 2nd edition of Kenya Inter-university games in 2009, Nairobi Kenya. **Paper presented during the 17th Biennial Conference of the International Society for Comparative Physical Education and sport (ISCPES), Kenyatta University, Nairobi, Kenya 6th - 8th June, 2010.**
- 50.Fitness and recreation participation among Jomo Kenyatta University of Agriculture and Technology staff as a factor in wellness and productivity. **Paper presented during the 17th Biennial Conference of the International Society for Comparative Physical Education and sport (ISCPES), Kenyatta University, Nairobi, Kenya 6th - 8th June, 2010.**
- 51.Status of selected physical fitness attributes and sexual well-being of bicycle taxi 'bodaboda' operators in Juja, Kenya. **Paper presented during the 17th Biennial Conference of the**

International Society for Comparative Physical Education and sport (ISCPES), Kenyatta University, Nairobi , Kenya 6th - 8th June, 2010.

52.The status of health related physical fitness attributes of University staff in Jomo Kenyatta University of Agriculture and Technology, Kenya. **Paper presented during the 17th Biennial Conference of the International Society for Comparative Physical Education and sport (ISCPES), Kenyatta University, Nairobi, Kenya 6th – 8th June, 2010.**

53.Analysis of Doctoral research in the Department of Physical Education and Exercise Science, Kenyatta University, Kenya. Paper presented during the **17th Biennial Conference of the International Society for Comparative Physical Education and sport (ISCPES), Kenyatta University, Nairobi, Kenya 6th - 8th June, 2010.**

54.Coach-Leadership behaviour exhibited by volleyball coaches: The case of 16th Africa Cup of Nation (senior women). Paper presented during **the pre-games scientific conference of the 5th African University games held in Makerere University, Kampala, Uganda 3rd - 4th July 2008.**

55.Psycho-social attributes of women volleyball athletes in Africa. Paper presented during the **5th All African University games pre-scientific conference held in Makerere University Kampala, Uganda 3rd - 4th July 2008.**

56.The role of Family members in Socialization into Sport: The Case of Kenyan Secondary School Athletes. Paper presented during the **24th International Sports Federation (FISU) conference held on 9th - 12th August, 2007** in Bangkok, Thailand.

57.Analysis of factors that affect the standards of soccer in Africa: The case study of East African countries. Paper presented during the **DAAD Soccer symposium held on 27th May 2006 at Kenyatta University, Nairobi, Kenya.**

58.Socialization of secondary school athletes into sports in Kenya. Paper presented during the **Kenyatta University Post graduate seminar week held from 3rd to 7th October 2005 at Kenyatta University, Nairobi, Kenya.**

59.Participation Motivation of Kenyatta University athletes. Paper presented during the **6th African Association for Health, Physical Education, Recreation, Sports and Dance congress held 13th to 17th September 2005 at Kenyatta University, Nairobi, Kenya.**

60.Postgraduate Researches conducted in the Department of Physical Education of Kenyatta University: Implications for Sports growth and development in Kenya. Paper presented during the **East African Universities Pre-Games Scientific Conference held on 18th -19th November 2004 at Kenyatta University, Nairobi, Kenya.**

61.HIV/AIDS and Sports: Implication for the development. Paper presented during the **Association of Third World Studies (ATWS) Conference held on 14th to 16th September 2004 at Baraton University, Eldoret, Kenya.**

62.Gender issues in sports. Paper presented during the **Kenya Sports Officers Symposium at Moi International Sports Centre Kasarani on 3rd - 16th October 2004, Nairobi, Kenya**

63.Academic performance of secondary school and college athletes and non - athletes in Kenya. Paper presented during **the 1st East African Conference on P.E Sport, Health, Recreation and Dance 11th - 13th 2001 at Makerere University**, Kampala, Uganda.

64.Attitudes of Teachers trainees towards Physical Education. Paper presented during the **KAHPER-SD Conference held on 3rd to 4th November 2000 at Moi International Sports Centre**, Kasarani, Nairobi, Kenya.

65.Participatory motives of college athletes in Kenya. Paper presented during the **KAHPER-SD Conference held on 3rd to 4th November 2000 at Moi International Sports Centre**, Kasarani, and Nairobi, Kenya.

66.Social Economic status of Secondary Schools interscholastic athletes in Nairobi Province. Paper presented during **Kenya Association for Health, Physical Education, Recreation and Dance, Conference on 3rd and 4th November 2000 at Moi International Sports Centre**, Kasarani, Nairobi, Kenya.

67.The effects of participation in competitive sports on academic performance of Secondary School students in Nairobi Province. Paper presented during **the Annual Kenyatta University Post-Graduate seminar week from 12th to 14th October 1998 at Kenyatta University**, Nairobi, Kenya.

68.Participation motives and Competitive Orientation of Football Players in the Kenyan Women Premier League. **Paper presented during The 4th Wingate Congress of exercise and Sport Sciences, Israel.**

6.3 Convening and Coordinating Conferences.

- 1 2nd to 3rd July 2022, Chairman Pre-Games International Symposium of the 10th Africa University Games with 4,500 participants.
- 2 July 2020, Pre-games Scientific Symposium of the under 20 athletic championships, Nairobi, Kenya.
- 3 3th May 2019: Invited as guest speaker during the inaugural Kenya Academy of Sports (KAS) Conference
- 4 16 April 2019: Appointed a Committee Member of the Kenya Academy of Sports (KAS) Planning Committee
- 5 2nd April, 2019: Invited as guest speaker during the Machakos University 2nd International Conference
- 6 4th to 6th April 2019 chaired local organizing committee of the 4TH African sport management association conference held at Mount Kenya University.
- 7 10th to 11th July, 2017: Chaired, World under 18 Athletics Championship International Symposium held at Kenyatta University, Nairobi, Kenya.

- 8 21st to 23rd September, 2016: Coordinated the 2nd International Conference on Physical Activity and Sports for Health and Development, Kenyatta University, Nairobi, Kenya.
- 9 16th to 18th June, 2016: Coordinated the Third African Sport Management Association Conference in Abuja, Nigeria.
- 10 7th to 8th June, 2012: Convened and coordinated the inaugural Kenya Universities Sports Association (KUSA) workshop, at Kabarak University, Nakuru, Kenya.
- 11 16th to 18th November, 2010: Coordinated the 2010 East Africa Universities Pre-Games Symposium at Kenyatta University.
- 12 18th to 19th November 2004: Coordinated the East African Universities Pre-Games Scientific Conference at Kenyatta University, Nairobi, Kenya.
- 13 18th to 21st May 2003: Organised a Workshop for PE Teachers and Lecturers in Primary schools and Teacher Training Colleges at Kenyatta University.
- 14 The 3rd & 4th Conference of the Kenya Association for Health, Physical Education Recreation, Sport and Dance at Kenyatta University, Nairobi, Kenya.

7.0 RESEARCH AND PUBLICATIONS

7.1 Articles in Peer - Reviewed Journals

1. Shao, A.B., **Rintaugu, E.G.**, & Thangu, E. (2025). Doping knowledge and educational needs of Tanzanian competitive runners :Implications for Stakeholders. *Journal of Sports and Physical Education Studies* ,5(5): 9-19. DOI:10.32996/jspes.
2. Shao, A.B., **Rintaugu, E.G.**, & Thangu, E. (2025). Doping in athletics: Exploring attitudes among competitive runners in Tanzania. *Scientific Journal of Sports and Performance* ,4(3),401-413. <https://doi.org/10.55860/MKOC4869>.
3. Mwangi, F.M., **Rintaugu, E.G.**, Toriola, O.O., Yauma, M.S., Thangu, E.K., Fuku, N., Tian, X., & Kidokoro, T. (2025). Impact of an anti-doping education session on knowledge, attitudes and beliefs among university students in physical education and university students in sport related programs. *International Journal of Kinesiology and Sports Science*, 13(1):54-63.
4. Kipchumba, K.K., **Rintaugu, E.G.**, Mwangi, F.M., & Gathoni, B. (2025). Dispositional goal orientation and perception of coaches motivational climate on attitudes towards doping among Kenyan endurance runners. *PloS One* ,20(4):e0321383. <https://doi.org/10.1371/journal.pone.2021383>.
5. Macharia, M., **Rintaugu, E.G.**, & Kamau, J.W. (2024). Awareness of mental training strategies among amateur boxers in Kenya. *Journal of Psychology and Behavioural Sciences (JPBS)*, 3(1), 12-26, <https://doi.org/10.51317/jpbs. v3i1.665>.

6. Kirui, I., Mwangi ,F.M., **Rintaugu ,E.G.**,& Kamau ,A.W.(2024).Athletic identity and satisfaction of student-athletes in Universities in Kenya. *Journal of Sport Science Researches* ,9(3): 275-288.URL: <https://www.dergipark.org.tr/jssr>.
7. Mwangi, F.M., **Rintaugu,E.G.**, Rotich ,J.K.,Wilson ,R.,Tian ,X.,& Takahashi ,K.(2024). Relationship between components and moderating contextual factors among university gymnasium exercisers. *Journal of Human Sport and Exercise* ,19(1),53-67.<https://doi.org/10.14198/jhse.2024.1991.05>.
8. Kariuki, G., Okemwa ,P.& **Rintaugu ,E.G.**(2023).Factors influencing women's participation in coaching individual and team Sports in Nairobi City county. *International Journal of Gender Studies in Developing Societies*,1(1): 1.DOI:10.1504/IJGSDS.2023.10054125.
9. Rotich, J.K., **Rintaugu ,E.G.**& Thangu ,E.(2023).Doping knowledge, attitude and experience of pharmacists in Kenya. *Performance Enhancement and Health*,<https://doi.org/10.1016/j.peh.2023.100261>.
10. Kipchumba, K.K., **Rintaugu ,E.G.**& Mwangi ,F.M.(2023).Motivational climate and attitudes towards doping among Kenyan endurance runners. *Scientific Journal of Sport and Exercise*, 1(3), 179-191.<https://doi.org/10.55860/PRN05834>.
11. Lusaga ,B.O., **Rintaugu, E.G.**,Mwangi ,F.M. & Kipchumba ,K.K.(2023). Correlates of sport confidence among high school students. *Journal of Sports and Physical Education Studies*, 3(1).<https://doi.org/10.32996/jspes.2023.3.1.3>.
12. **Rintaugu, E. G.**, Karega, M.,Kurui ,I.K. & Mwangi ,F.M..(2023).An exploratory study of Athletic Identity of University Athletes in Selected Sports in Kenya .*Journal of Sport Sciences Research*, 8(2):DOI:10.25307/jssr.1204389.
13. Mukolwe, H., **Rintaugu ,E.G.**, Mwangi ,F.M. & Rotich ,J.M.(2023).Prevalence and attitudes towards nutritional supplement use among gymnasium goers in Eldoret town, Kenya. *Scientific Journal of Sport and Performance* ,2(2):221-234.
14. Mwenda ,P.W.,**Rintaugu ,E.G.** & Mwangi ,F.M.(2023).Character changes related to sport participation and contextual factors among secondary school students. *European Journal of Sport Sciences*, 2(1):23-33. Doi:10.24018/ejsport.2023.2.1.15.
15. Rotich, J.K., **Rintaugu ,E.G.** & Thangu ,E.(2023).Anti-doping knowledge ,attitude and experiences of general practitioners. *Journal of Sport Science Researches*, 8(1): 79-98.URL:<http://www.dergipark.org.tr/jssr>.
16. Mboya, T.K., Mwisukha ,A. & **Rintaugu ,E.G.**(2022).Determinants of corporate sponsorship award opportunities for soccer clubs in Kenya. *Journal of Physical Education and Sport Management*.13 (1):1-14.
17. Ndirangu, D.K., **Rintaugu ,E.G.**& Muthomi ,N.(2022).Participation constraints of university student athletes in selected sport in Kenya. *Journal of Sport and Physical Education Studies*.DOI:10.32996/jpes.12-23.

18. Sagaya, J.J., **Rintaugu, E.G.** & Muthomi, H.N. (2022). Age and Sponsorship: The motivation determinants in the participation in extreme sports in Kenya. *African Journal for physical activity and Health Sciences (AJPHES)*, 28(1):31-46.
19. **Rintaugu, E.G.**, Mwangi ,F.M.,Andanje ,N.,Tian ,X.,Fuku ,N. & Kidokoro ,T.(2022). Mental toughness characteristics of Kenyan Male University athletes in relation to contextual factors *Journal of Human Kinetics*, 81/2022, 243-250.
20. Gathoni, B., **Rintaugu, E.G.** & Munayi, P. (2022). Effectiveness of the management measures undertaken to mitigate the impact of recreational activities on vegetation, soil, water and wild game. *International Journal of Sociology*, 6(1):11-19
21. **Rintaugu, E.G.** & Mwangi ,F.M.(2021).Knowledge, attitudes and perceptions on doping among university students in Physical Education and Sport Science students related degree programs. *Journal of Human Sport and Exercise*, 16(1):174-186.
22. Karobia, A.N., Muthomi ,N. & **Rintaugu ,E.G.**(2021).Effects 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 and Humanities*.10 (2):11-18.
23. Kidokoro,T, Tian, X.,Fuku,N., Waiganjo,L.B., **Rintaugu, E.G.**, Kigaru M.D. & Mwangi F.M. (2021). Segmented physical activity and sedentary behaviour patterns among children in Maasai village and Nairobi city. *American Journal of Human Biology*.<https://doi.org/10.1002/ajhb.23649>.
24. **Rintaugu, E.G.**, Kaoche ,J.M.,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
25. Rintaugu, **E.G.**, Thangu, E.K., Oyeyemi, A. & Monyekei, M.A. (2020). Sexual behavior patterns of Kenyan university student-athletes: Implications for sport managers. *Baltic Journal of Sport and Health Sciences*, 3(118):33-42. Doi:10.33607/bjshs. V3i118.962.
26. **Rintaugu, E.G.**, Mwangi, F.M., Thangu, E.K. & Otieno, M. (2020). Relationship between participation motives and connection to soccer of male university students. *International Journal of Psychology and Counselling*, 12(4):152-158.
27. **Rintaugu, E.G.**, Bailasha ,N.K. & Otieno ,M.(2020).Psychosocial attributes of male volleyball players in Kenya. *Journal of Tourism, Hospitality and Sports*, 50:34-40.
28. Kamau, A.W., **Rintaugu ,E.G.**,& Bulinda ,M.K.(2020).Influence of participation in competitive co-curricular activities on self-concept of secondary school students in Kenya. *International Journal of Sport Science*, 10(5):105-111.
29. Andanje, N., **Rintaugu ,E.G.** & Mugalla ,H.B.(2020).Motivational status of male and female soccer players in Kenya's secondary schools. *International Journal of Applied Psychology*, 10(1):16-20.

30. Otieno, M.D., Bailasha, N.K. & **Rintaugu, E.G.** (2020). Influence of peer interaction through Peer components on talent identification for players in rugby clubs in Kenya. *International Journal of Research and Innovation in Social Sciences*, 5.5:178-183.
31. **Rintaugu,E.G.**& Mwangi, F.M.(2020). Knowledge, Attitudes and Perceptions on Doping among University Students in Physical Education and Sport Science Related Degree Programmes. *Journal of Human Movement and Exercise*.doi:https://doi.org/10.14198/jhse.2021.161.16.
32. Bailasha, N.K., **Rintaugu, E.G.**, Kamau, J., Mwangi, F.M., Mucheke, C.M. & Otieno, M.D. (2020). Institutional based reasons for students' non-participation in physical activity and programs in Kenyan Public Universities. *International Journal of Human Movement and Sport Services*, 8 (1): 17-23.
33. Mwangi, F.M., **Rintaugu, E.G.** & Toriola, O. (2019). Influence of achievement goals and motivational climate on attitudes towards doping among East African University athletes. *African Journal of Physical Activity and Health Sciences (AJPHE)* 25 (4): 547-562.
34. Wayongo, S.N., Mwangi, F.M., Wachira, L.M. & **Rintaugu, E.G.** (2019). Emergency plans and safety regulations during physical lessons in private primary schools in Kenya. *The Russian Journal of physical Education and Sport (Pedagogical-Psychological and Medico-Biological Problems of Physical Culture and Sports* ISSN 2070-14(1) 4798.
- 35.Otieno, M. D., Nteere, J. S., Onywera, V. O., **Rintaugu, E. G.** & Akala, W. (2018). The Influence of family on talent identification of players in rugby clubs in Kenya. *International Journal of Innovative Research and Knowledge*, 3(9): 99 – 109.
36. **Rintaugu, E. G.**, Mwangi, F. M. & Toriola, A.L. (2018). Sources of sport confidence and contextual factors among university students. *Journal of Physical Education and Sport* 18(2):889-895.
37. Mwangi, F. M. & **Rintaugu, E. G.** (2017). Physical Activity and Health related Physical Fitness attributes of staff members in a Kenyan Public University. *International Journal of Sport Science*, 7(2): 81 - 86.
38. Ajowi, C., **Rintaugu, E.G.** & Toriola, A. L. (2017). Sport participation motives of university female athletes. *African Journal of Physical Activity & Health Sciences*.23 (1:2), 215-225.
39. Kamenju, J. W., Mwisukha, A., **Rintaugu, E. G.**, Muthomi, H. & Mwangi. P. W. (2016). Influence of Sport Disciplines and Demographics of Kenya College athletes on their awareness of Doping in Sports. *International Journal of Humanities and Social Sciences*. 6, (3): 155 – 163.
40. Kamenju, J., Mwisukha, A. & **Rintaugu, E.G.** (2016). Kenya Teacher Trainee athletes' awareness of selected performance Enhancing Substances and their effects to sports Performance. *Journal of Physical Education and Sports Management*. 3 (2): 1 – 37.
41. **Rintaugu, E. G.**, Mwisukha, A. & Monyeki , M.A. (2016). From Grace To Grass : Kenya Soccer Players' Career Transition and Experiences in Retirement. *African Journal of Physical Activity & Health Sciences*, 22(1:1): 163-175

42. Mwenda, P. W. Wanderi, M. P., Andanje, J. M. & **Rintaugu, E. G.** (2015). Traditional games of Gusii community, Kenya. *African Journal for Physical, Health Education, Recreation and Dance*, (AJPHERD) 21(4:2), 1441-1450.
43. Kamau, A. W., **Rintaugu, E. G.**, Muniu, R. K. & Amusa, L. O. (2015). The effects of participation in competitive sports on school connectedness. *African Journal of Physical Health Education, Recreation and Dance* (AJPHERD). 21(3:1):876-889.
44. Muthiane, C. M., **Rintaugu E. G.** & Mwisukha A. (2015): The relationship between team cohesion and performance in Basketball league in Kenya. *International Journal of Applied Psychology*. 5 (4):90-95.
45. Wainaina, P. K., Mwisukha, A., & **Rintaugu, E. G.** (2015). Professional conduct of academic staff in public universities in Kenya: Learners perception. *International Journal of Education and Social Science*, 2, 6:67-72.
46. **Rintaugu, E. G.**, Litaba, S. A., Muema, E. M. & Monyeki, M. A. (2014): Sources of stress and coping strategies of University athletes. *African Journal of Physical Health Education Recreation and Dance* (AJPHERD) 4-1:1621 - 1636.
47. Mwisukha, A., Chumba, J. M. & **Rintaugu, E. G.** (2014): Extent of public support for Physical Education in Kenya. *International Journal of Education and Research*, 2, 11:11-20.
48. **Rintaugu, E. G.**, J. Kamau., L. O, Amusa. & Toriola, A.L. (2014). The Forbidden Acts: Prevalence of Sexual Harassment among University Female Athletes. *African Journal of Physical Health Education Recreation and Dance* (AJPHERD), 20(3):974-990.
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7.2. ARTICLES IN CONFERENCE PROCEEDINGS

- 1.**Rintaugu, E.G.**, Mwangi ,F.M., & Yauma ,M.S.(2024).Examination of Coaches’ Doping Knowledge, Motivational Climate, Confrontation Efficacy and Attitudes towards Doping of Coaches in Selected Sport in Kenya: Preliminary Findings. Paper presented during the 8th International council for Health, Physical Education, Recreation, Sports and Dance (ICHPER-SD) Africa regional conference 11th-13th September 2024 at Kenyatta University, Nairobi, Kenya.
- 2.**Rintaugu, E.G.**, Muamba ,J.B. & Mwangi,F.M.(2024).Concussion Prevention Practices Among Adolescent Rugby Players in Public Selected Secondary Schools in Three Counties in Kenya. Paper presented during the 8th International council for Health, Physical Education, Recreation, Sports and Dance (ICHPER-SD) Africa regional conference 11th-13th September 2024 at Kenyatta University, Nairobi, Kenya.
3. Kipchumba,K.K., **Rintaugu,E.G.**, Mwangi,F.M.,& Gathoni.B.(2024). Dispositional Goal Orientation and Perceptions of Coach Motivational Climate on Attitudes towards Doping among Kenyan Endurance Runners. Paper presented during the 8th International council for Health, Physical Education, Recreation, Sports and Dance (ICHPER-SD) Africa regional conference 11th-13th September 2024 at Kenyatta University, Nairobi, Kenya.
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8. Kamau,A.W., **Rintaugu,E.G.**, & Mugala H.B.(2024) Influence of Participation in Competitive Co-Curricular in Kenya on self-concept of secondary school students. Paper presented during the 8th International council for Health ,Physical Education ,Recreation ,Sports and Dance (ICHPER-SD)Africa regional conference 11th-13th September 2024 at Kenyatta University ,Nairobi ,Kenya.

9. Ngaru, M.M.,Kamau,J.W., & **Rintaugu ,E.G.**(2024). Awareness and Use of Mental Training Strategies among Amateur Boxers in Kenya. Paper presented during the 8th International council for Health ,Physical Education ,Recreation ,Sports and Dance (ICHPER-SD)Africa regional conference 11th-13th September 2024 at Kenyatta University ,Nairobi ,Kenya.

10.**Rintaugu, E.G.**,Mwangi ,F.M., & Yauma ,M.S.(2024).Coaches' doping confrontation efficacy and attitudes towards doping in sport in Kenya. Paper presented during the federation of Africa University Sport (FASU) Games 2024 ,23rd to 25th September ,2024, Lagos state University, Lagos ,Nigeria.

11.**Rintaugu ,E.G.(2024)**. Doping Crisis in Global Sport: Implications for Anti-Doping Researchers and Practitioners. Keynote address delivered during the 2nd International conference on advances in allied health sciences (ICAAHS-2024) 23rd to 25th October ,2024 at the University of Lahore ,Pakistan.

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59.Bailasha, N.K. & **Gitonga, E.R.** (2007). Aetiological factors, patterns and times of injury occurrence during a college soccer competition. Proceedings of the *joint congress 2007 sea games and ASEAN Para games scientific congress and 5th Bangkok ASPASP International congress of sports college psychology* 1st -4th December Bangkok, Thailand.

60.Mwisukha, A. & **Gitonga, E. R.** (2007): Towards gender equality in Sports; Insights into the under - representation of women in Sports Leadership in Kenya. Proceedings of *the Moi University 3rd Annual International Conference held on* 31st July – 4th August, Eldoret, Kenya.

61.Mwisukha, A., **Rintaugu E. G.** & Nteere, J. S. (2007): Leisure sports participation patterns of post-graduate students. The case of Kenyatta University, Nairobi Kenya. Proceedings of the *joint congress 2007 sea games and ASEAN Para-games Scientific Congress and 5th Bangkok ASPASP International Congress of Sports Psychology* 1 - 4 December, Bangkok, Thailand.

62.**Gitonga, E. R.** & Mwishukha A. (2003): HIV/AIDS and Sports. In E. K. Wamukoya (Ed) *Issues in Primary School Physical Education*. Proceedings of Physical and Health Education Teachers Workshop. Kenya Association for Health, Physical Education, Recreation and Dance, Kenyatta University. p.26.

63.**Gitonga, E. R.** & Akpata, D.O. (1997): Patterns of injuries during the 12th Africa Feminine volleyball club championships in Nairobi (20th April - 3rd May 1997). In L.O. Amusa & A.L. Toriola (Ed). *Sports Exercise and Health*. Proceedings of the 3rd scientific congress of the AFAPHERD. NAIROBI, 11th - 15th September 1997.p 400-405.

7.3 COMPLETED RESEARCH PROJECTS

1.**Rintaugu, E.G.**, Wahome, P.W. & Yauma M. (2020). Compliance to the World Anti-Doping Program: An evaluation of National Sports Federations in Kenya. A report compiled for Anti-Doping Agency of Kenya (ADAK).

2.**Rintaugu, E. G.** & Yauma, M. (2018). Assessment of Prevalence and risk factors associated with doping in Kenya. Implications for stakeholders. A report compiled for Anti-doping agency of Kenya (ADAK).

3.Mwisukha, A. & **Rintaugu, E. G.** (2016): Contribution of an Olympian towards Peace-Building through Sports: The Tegla Loroupe Peace Foundation in Kenya. Final report for the IOC Olympic studies centre, 2016.

4.Kamenju, J., Mwisukha, A. & **Rintaugu, E.** (2016): Awareness, Perception and Attitude to Performances - Enhancing Drugs and Substance use among Athletes in Teacher Training Colleges in Kenya. A report compiled for the World Anti-Doping Agency (WADA).

5.**Rintaugu, E. G.** & Mwisukha, A. (2013): Insights into Kenya Soccer Players Career Transitions and Experiences in Retirement. Final report submitted to International Centre for Sport Studies (CIES) – Centre International for FIFA.

6.Njororai, W.W.S., Mwisukha, A., Onywera, O.O. & **Rintaugu,E.G.** (2002). Analysis of Factors that affect the standards of soccer in Africa. The case of East African countries. Final report submitted to International Centre for Sport Studies (CIES) – Centre International for FIFA.

7.4 CHAPTERS IN BOOKS

1.Mwangi, F.M.,Enomoto ,Y.,Hong ,S.,Perumal ,S.,Tian ,X.,**Rintaugu ,E.G.**,Fuku ,N. & Kidokoro ,T. (2021).Sport science and efforts towards sub-two hour marathon performance .In R.Taiar (ed).Recent Advances in Sport Science.Intechopen ,England.

2.**Rintaugu, E. G.**, Ngetich, E., Kamande, I.M. & Mwisukha, A. (2017). Career Transitions of Retired Runners in Kenya: Implications for Stakeholders. In B. Gaudin & B. Wolde ED. *Kenyan and Ethiopian runners: Towards an alternative approach*. IRD, Addis Ababa, Ethiopia.

3.Mwisukha, A., **Rintaugu, E. G.**, Kamenju, J. W. & Mwangi,P.W.(2014).Shaping the future of Physical Education in Kenya: A reflection on Priorities. In C. Ming-Kai & C. R, Edginton (eds).*Physical Education and Health: Global Perspectives*, Sagamore Publishers.

4.Kaimenyi, J.T. & **Rintaugu E.G.** (2013). The Nexus of Sports in African Universities: Management Challenges. In A.Mwisukha., P.W.Mwangi & E.G,Rintaugu (eds).**Issues on Management of Sports in Africa**. Nairobi,Association of Sports Management in Africa.

5.**Rintaugu, E, G.**, Mwisukha, A. &Munayi,S.(2011).Sports: On the right track. In S. K, Njonjo,A.Kitonga & P.Awour (eds).*Youth Research Compendium*, Institute of Economic Affairs, Nairobi.

7 EXTERNAL AND INTERNAL GRANTS

1.June 2023: Won World anti-doping Agency (WADA) social science research grant **(USD 56,100)**

2.June 2023: Won World anti-doping Agency (WADA) social science research grant **(USD 20000)**.

3.January 2020: Won World Rugby research grant **(Stg. £15,493)**.

4.February 2018: Consulted for Anti-doping agency of Kenya **(USD.20000)**

5.June 2015: Won jointly the advanced Olympic research grant programme **(USD18,000)**

6.January 2013: Won Joao Havalenge research scholarship from Federation of International Football Association (FIFA) **(USD 10,000)**.

7.March-June 2011: Won grant from Institute of Economic Affairs (IEA) on Youth scenarios in Kenya. **(USD 3500)**

8. January 2002: Jointly won Joao Havalenge research scholarship, from Federation of International Football Association (FIFA) **(USD 17,000)**.

9.1996-1998 Won Kenyatta University Scholarship to pursue a Master's Degree in Physical Education and Sport.

7.1 SECURED GRANTS FOR Ph.D STUDENTS FROM WADA (Total of USD, 100,000).

1. Kelvin Kipchumba-2022: Personality traits, attitudes and perceptions of legitimacy towards anti-doping programs among athletes in dominant Olympic sport in Kenya. (USD 20000)
2. Eric Ngetich-2021: Influence of achievement goal orientation, motivational climate and sport supplements use on attitudes towards doping among secondary school athletes in Kenya. (USD 20000)
3. Jonathan Rotich-2021: Knowledge, attitudes and experiences on anti-doping of general practitioners and pharmacists in Kenya (USD, 20000).
4. Martin Yauma-2021: Assessment of prevalence and predisposing factors of doping among athletes in dominant Olympic sport in Kenya. (USD,20000)
5. Janet Kamenju-2013: Awareness, perceptions and attitudes to doping and performance enhancing substances use among athletes in Teacher Training colleges in Kenya. (USD,20000)

9.0 LOCAL, REGIONAL AND INTERNATIONAL APPOINTMENTS.

9.1. Local:

- 2012:** Appointed to the Technical committee of Ministry of Youth and Sports. Harnessing sport for national development.
- 2012:** Appointed to Ministry of youth and sports round table discussions on improvement of sports in Kenya.
- 2012:** Appointed to be a Member of Kenya Government think tank for RIO 2016 Olympic Games.
- 2012 - 2017:** Appointed Member of Kenya premier league independent Disciplinary complaints committee (IDCC) appeals committee.
- 2011 - 2012:** Appointed Member of Kenya premier league independent disciplinary and appeals committee (IDAC)

- 2006 - 2011:** Elected Chairman, Kenya Universities Sports Association (KUSA).
- 2002 - 2004:** Secretary –General Kenya Association of Physical, Health Education Recreation Sports and Dance (KAHPERSD).

9.2. REGIONAL

- 2025:** External Examiner, University of Johannesburg, South Africa.
- 2024 :**External Examiner, Masinde Muliro University of Science and Technology
External Examiner, Tshwane University of Technology, South Africa
External Examiner, University of Kwa-Zulu Natal, South Africa
- 2022:** External Examiner, Faculty of Health Sciences, University of Johannesburg.
- 2019:** External Examiner, Department of Sport Science, Mekelle University, Ethiopia.
- 2019:** External Examiner for PhD Thesis, Faculty of Health Sciences, University of Johannesburg.
- 2018:** External Examiner for Ph.D. Thesis Department of Biokinetics, Exercise and Leisure Studies, University of Kwa Zulu Natal, South Africa (Two Thesis).
- 2018 -2019:** External examiner Department of Physical Education and Sport, Universities of Nairobi.
- 2017:** External Examiner for MSc. Thesis, Faculty of Science, Tshwane University of Science and Technology, South Africa.
- 2017:** External Examiners for PhD Thesis, Faculty of Health Sciences, North-West University – Potchefstroom Campus, South Africa.
- 2014 - 2017:** External Examiner for the Department of Sport Science Kyambogo University, Kampala, Uganda.
- 2015:** External Examiner for a PhD Thesis, Department of Sport Science, National University of Science and Technology Bulawayo, Zimbabwe.
- 2011 to date:** Member of African Association of Sports Management (ASMA)
- 2006-2011:** Member, East Africa Universities Sports Federation (EAUSF).
- 1997 to date:** Member of African Association for Health, Physical Education Recreation, Sports and Dance (AAHPERSD)

9.3. INTERNATIONAL

- 2024 to Date** Appointed as the Chairperson FASU Education Commission
- 2021 to 2024:** Appointed commissioner, FASU Education commission
- 2021 to Date:** Appointed Acting secretary –General, Africa Sport Management Association
- 2003-2009:** Member, International Council for Health, Physical Education, Recreation, Sports and Dance.
- 2003-2004:** Member, International Council for Health, Physical Education, Recreation Sports and Dance-sports sociology commission.

10.0 COMMUNITY OUTREACH

- 2022 to Date:** Member of board of Management, Alliance Girls High School, Kiambu County,
- 2019 to Date:** Member of the board of management, Katheri Girls' High School, Meru County
- 2014 to Date:** Mentor, Muthangene Primary School, Central Imenti.
- 2014-2016:** Chairman, Kenyatta University Atuuri Welfare Association
- 2003-2005:** Chairman, Kenyatta University Atuuri Welfare Association

11.0: REVIEWER OF PERIODICALS/JOURNALS.

- 2020 to Date:** Reviewer Mimona Journal of Science
- 2021 to Date:** Reviewer, Frontiers Psychology.
- 2017 to Date:** Reviewer, African Journal of Physical Activity and Health Sciences
- 2010 to 2017:** Reviewer of African Journal of Health, Physical Education, Recreation, Sports and Dance (AJPHERSD)
- 2012 to Date:** Reviewer Educational and Research Reviews Journal.
- 2012 to Date:** Reviewer Journal of Physical Education and Sports Management

REFEREES:

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