



PROF. VINCENT O. ONYWERA PhD, ISAK 2

Biography

Professor Vincent O. Onywera is a member of staff at Kenyatta University, Department of Physical Education, Exercise and Sports Science. He has a Bachelor of Education (Honors) in Physical and Health Education from Kenyatta University. His graduate training was from the same University where he obtained his M.Ed (Physical and Health Education). He later completed his PhD (Exercise and Sports Science) where his research focus was on the role of genetics, nutrition and sociocultural factors in explaining the phenomenon performance of Kenyan middle and distance runners. He is a Physical Activity and Active Transport Researcher with extensive national and international research networks. Vincent has worked as the Director of the Center for International Programmes and Collaboration at Kenyatta University and is currently the Registrar in-charge of Research, Innovation and Outreach at Kenyatta University. He volunteers his time working at the International Association of Athletics Federations (IAAF) Academy at Kenyatta University and was instrumental in the establishment of a Kenyatta University Sports Complex complete with a stadium and recreation centre currently under construction. Vincent has published over 160 publications comprising 120 articles in refereed journals, 3 book chapters, 4 conference proceedings, and 35 conference abstracts. He has secured over Ksh. 150,000,000 (Ksh.150 million) worth of research and development grants from various international funding agencies. Vincent is involved in a number of national, regional and international academic endeavours aimed at capacity building, surveillance and research focusing on healthy active living in the greater Eastern Africa and Great Lakes Region (Kenya, Uganda, Tanzania, Ethiopia, Rwanda, Burundi and Southern Sudan) and beyond. He is/was involved in various research endeavors and collaborations such as:

1. The Kenya healthy diet and active Lifestyle Infrastructure for the Next generation (Kenya-LINX). The project aims at integrating social, exercise and health

- sciences, education and engineering disciplines to quantify the features and quality of physical activity for health and wellness.
2. Building higher education and research capacity to address the physical activity and nutrition transition in Kenya: the Kenya-Finland education and research alliance (KENFIN-EDURA).
 3. Assessment of physical activity and active transport among school children in Eastern, Western and Southern Regions of Africa: The case of Kenya, Mozambique and Nigeria. This is a 3 year IDRC funded research project.(The PAAT Study).
 4. The Kenyan International Development Study- Canadian Activity Needs (KIDS-CAN) Research Alliance. This is an alliance that brings together two countries (Kenya and Canada) to fight childhood obesity and promote physical activity.
 5. The International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE) Research Group whose aim is to determine the relationship between lifestyle characteristics and obesity in a large multi-national study of children, and to investigate the influence of behavioural settings, and physical, social and policy environments on the observed relationships from over 14 countries from six major regions of the world (Africa, Asia, Europe, Latin America, North America and the Pacific)
 6. The African Higher Education Leadership in Advancing Inclusive Innovation for Development project (AHEAD). A partnership between 4 HEIs from Europe (Romania, Poland, UK, and Italy), 1 SME from Bulgaria, 5 HEIs from Kenya, 2 HEIs from Tanzania and 3 HEIs from Uganda. The project seeks to enhance the management, governance, teaching, research and evaluation capacities of Partner Country HEIs in view of enabling them to implement the knowledge triangle and better integrate their research, education and innovation functions in support of innovation for sustainable development and inclusive growth.
 7. The Knowledge, Integration and Transparency in Education (KITE) project. A capacity building project funded by the European union to support staff and student academic mobility in the African, Caribbean and Pacific countries of Cameroon, Republic of Congo, Burundi, Kenya, Namibia, Ivory Coast, Nigeria,

Gambia, Cape Verde, Senegal, Dominican Republic, Guyana, Fiji, Papua New Guinea and Coordinated by Masaryk University in the Czech Republic.

8. The Canada and Mexico Battling Childhood Obesity (CAMBIO) Research Group which was a multidisciplinary, international network of investigators participating in a project to enhance research capacity in the field of Childhood Obesity;

Vincent is a member of several professional bodies such the International Union for Health Promotion and Education (IUHPE); American College of Sports Medicine (ACSM), International Physical Activity and the Environment Network (IPEN); International Council for Health, Physical Education, Recreation, Sport and Dance (ICHPER·SD) Research; Canadian Obesity Network; Africa Association of Health, PE, Recreation, Sport and Dance-(AAHPERSD); East Africa Association of Health, PE, Recreation, Sport and Dance- (EAAHPERSD); Kenya Association of Health, PE, Recreation, Sport and Dance- (KASHPESD) just to mention a few. He currently is a peer reviewer for many international journals and serves on a number of Kenyatta University Committees and sub-committees. Vincent is a mentor, academic advisor and supervisor to several undergraduate and graduate students within the Eastern African Region and beyond. He is happily married to Mary and they are blessed with three children: Fidel (20 years), Meeghan (13 years) and Meresa (7 years).

1.0 PERSONAL DATA

Name: Prof. Vincent O. Onywera
Title/Qualifications: Ph.D, ISAK 2
Department/Unit/Section: Department of Physical Education, Exercise and Sports Science
Contact Address: P.O. Box 43844-00100 Nairobi – Kenya
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E-Mail: onywera.vincent@ku.ac.ke
Position: Associate Professor
Area of Specialization: Exercise and Sports Science
Research Interests: <ul style="list-style-type: none">a) Physical Activity and active transportation for health and well-beingb) Kinanthropometryc) The remarkable performance of Kenyan runnersd) Fitness Testing and Exercise prescription for various populations

2.0 QUALIFICATIONS

a) Academic

- i. 2004 -2007 Kenyatta University (Ph.D)

Title of Thesis: “The African Running Phenomenon. The Role of Genetics, Nutrition and Demographic Factors in Explaining the Success of Kenyan Runners in International Distance Running”

- ii. 2000-2002: Kenyatta University (Master of Education: Physical Education and Health)

Title of Thesis: “Analysis of Acute Injuries incurred by Players during the 2001 Moi Golden Cup Soccer Tournament”

- iii. 1995-1999: Kenyatta University {B. Ed}(Physical and Health Education) - **First Class Honors**

b) Professional work and courses related to my area

2011: Kenyatta University
Kinanthropometry (ISAK 2)

2009: Visiting Scholar, Healthy Active Living and Obesity (HALO) Research Group

Children's Hospital of Eastern Ontario Research Institute

2007: Stellenbosch University, South Africa
Course: Kinanthropometry (ISAK 1)

2004: University of Glasgow
Course: Laboratory Techniques in Exercise Physiology, Literature review etc.

3.0 EMPLOYMENT HISTORY/ WORK EXPERIENCE/AFFILIATION

2015 to date: Associate Professor, Department of Physical Education, Exercise and Sports Science, Kenyatta University.

2010 to 2015: Senior Lecturer, Department of Recreation Management and Exercise Science, Kenyatta University.

2013-2016: Affiliate Investigator, The Healthy Active Living and Obesity Research Group (HALO), Children's Hospital of Eastern Ontario Research Institute (CHEO RI).

2010: Appointed Associate Professor, Centre for Biokinetics, Recreation and Sport Science, University of Venda, South Africa (**Declined**)

2006 -2010: Lecturer, Department of Recreation Management and Exercise Science, Kenyatta University

2006: Deputy Director, IAAF Athletics Academy, Kenyatta University

2002 - 2005: Tutorial Fellow, Department of Exercise, Recreation and Sport Science, Kenyatta University

2000 – 2002: Graduate Assistant, Department of Exercise, Recreation and Sport Science

1999-2000: Head of PE and Sports: Augustana Academy, Nairobi

4.0 4.0 ADMINISTRATIVE RESPONSIBILITIES

- **2014 to date: Registrar (Research, Innovation and Outreach) at Kenyatta University**

➤ Position Role and Responsibility

- Work very closely on a day to day basis with the Deputy Vice Chancellor (RIO) in:
 - ✓ Coordination, administration, directing and guiding the university's research vision, mission and agenda.
 - ✓ Formulation of compliance entities, policies, procedures and infrastructure

- ✓ Resource mobilization and contract negotiations
 - ✓ Implementing systems and educational programs that support research, innovation, extension and related activities.
 - ✓ Encourage and support the development and implementation of high quality research initiatives while maintaining a culture of compliance among faculty, students, and staff involved in research and related activities.
 - ✓ Setting up several research units including the Kenyatta University Innovation and Incubation hub, Directorate of Research Support and Dissemination, Africa Centre for Transformative and Inclusive Leadership, National Phytotherapeutics Research Centre, the Centre for Research Ethics and Safety among others.
- **2011 - 2013: Director, Kenyatta University Centre for International Programmes and Collaboration**
 - **Position Role and Responsibility**
 - ✓ Facilitating the establishment of local, regional and international linkages;
 - ✓ Drafting and vetting of all Memoranda of Understanding between Kenyatta University and other institutions/organizations;
 - ✓ Taking appropriate steps to keep existing linkages vibrant;
 - ✓ Developing and maintaining a database of institutions we have links with, foreign students by place of origin and Kenyatta University students on exchange in foreign Universities;
 - ✓ Sourcing for scholarships and awards from local and foreign institutions and organizations for Kenyatta University students;
 - ✓ Ensuring that the internationalization policy and strategic and Vision plan for the Centre is implemented;
 - ✓ Constantly monitoring and evaluating the achievement of the two guiding documents;
 - ✓ Any other activity as may, from time to time be delegated by the Vice-Chancellor.
 - 2008 - 2011: Coordinator/Chairman, University Website
 - 2008 to date: Member, Kenyatta University Website Advisory Board
 - 2006-2007: Acting head of department at different times
 - 2006-2007: Acting Director IAAF Athletics Academy at KU at different times

5.0 MEMBERSHIP OF UNIVERSITY COMMITTEES

- 2020: Member, University Standing Committee on Implementation of COVID 19 Protocols.
- 2020: Member, to a Committee to plan for the Production, Sale & Marketing of KU Vent Medical Ventilators & Nasopharyngeal Swabs.
- 2020: Chairman, Committee to Draft Supervision Load Policy.
- 2020: Member, 48th Graduation Ceremony Organizing Committee
- 2020: Chairperson, Appointment to a Management Board Committee
- 2020: Member, Protocol, Hospitality & Ceremonies Sub-Committee for the 10th FASU Games.2020: Member, Local Organizing Committee for the 2020 African University Games
- 2019: Member, Committee to Review the Structures of the Directorate of Capacity Development and Consultancy Services
- 2019: Member, Committee to Review the Plagiarism Policy
- 2019: Member, The Kenyatta University Master Plan Steering Committee
- 2019: Member, Contract Management Sub- Committee for the IAAF U-20 Championships 2020
- 2019: Convener, Pre-Games Symposium Sub- Committee for the IAAF U-20 Championships 2020
- 2019: Convener, Transport Sub- Committee for the IAAF U-20 Championships 2020
- 2019: Member, Protocol and Hospitality Sub- Committee for the IAAF U-20 Championships 2020
- 2019: Chair, Committee to Review and/or Restructure Council Committees
- 2019: Alternate Chair, Committee to prepare for the IAAF U-20 Championships 2020
- 2019: Member, Committee to Oversee Implementation of Approved Income Generating (IGAS) Turnaround and Restructuring Interventions
- 2019: Member, Committee to Develop a plan for Utilization of Space in the International Languages and Cultural Centre Building
- 2018: Member, Committee to plan for the Kenyatta University Annual Research and Innovation Exhibition Week.
- 2018: Member, Committee to Develop Strategies to Cope with Declining Student Population in the University
- 2018: Chairman, Subcommittee of the University Data and Knowledge Management Committee.
- 2018: Member, Committee to organize the Kenyatta University International Multidisciplinary Conference and Innovation Exhibition
- 2018: Chairman, Committee on the 6th RUFORUM 2018 Biennial Conference
- 2018: Member, University Data and Knowledge Management Committee
- 2018: Member, Gravity Propelled Engine Committee
- 2018: Member, Committee to Streamline Administration of Staff Rewards and Sanctions

- 2018: Member, Committee to plan for an Innovation Stakeholder Forum
- 2018: Member, Committee to investigate the alleged malpractices in the school of Security, Diplomacy and Peace studies
- 2018: Member, Cancer Conference Local Organizing Committee
- 2018: Member, International Conference on Water Security and Climate Change Committee
- 2017: Member, Committee on Institutional Self-Assessment
- 2017: Chairman, Sports Coaches Academy Management Committee
- 2017: Member, Library Committee
- 2017: Member, Sports Village Handing Over Committee
- 2017: Co-Chair, Committee to plan for a Half-day Children's Event as part of the IAAF U18 world Championships
- 2017: Member, Committee on Naming of Roads at Kenyatta University Hospital
- 2017: Member, Space Allocation Committee
- 2017: Chairman, KUTV and Radio Stations Board
- 2017: Member, Plagiarism Investigation Committee
- 2017: Member, University Job Evaluation Committee
- 2017: Chairman, UBORA/ABEM Grant Awards Committee
- 2017: Member, Committee to Benchmark with Teaching Research and Referral Hospitals
- 2017: Member, Golf Tournament Committee
- 2016: Member, Committee to Revise the 2014/2017 University Calendar and Student Catalogue
- 2016: Chairman, Committee to prepare a Policy on Publishing by the University Press
- 2016: Member, 2016 Green Metric World University Ranking Committee
- 2016: Member, Committee to Develop Kenyatta University Foundation Policy
- 2016: Alternate Chair, Committee to Prepare for the 2017 IAAF World Youth Athletics Championships
- 2016: Member, Committee to Operationalize the Unicity
- 2016: Member, Committee for the preparation for the Conference on Status of Higher Education in Kenya and the 4th SASA International Conference
- 2016: Chairman, 2016 Alumni Re-Union Planning Committee
- 2016: Chairman, Adopt a Community Initiative (ACI) Launch Committee
- 2016: Chairman, 40th Graduation Tribune Editorial Committee
- 2016: Chairman, Organizing Committee for the Launch of the 2016-2026 Kenyatta University Strategic and Vision Plan
- 2015: Chairman, Committee to Plan for the Co-Hosting of the 2017 World Athletics Championship
- 2015: Chairman, Committee to Write Proposals
- 2015: Chairman, 2015 Alumni Re-Union Planning Committee
- 2015: Member, Academic Board to set up a Programme to Review and Monitoring for KU-Kigali Campus
- 2015: Chairman, Kenyatta University Television (KUTV) Launch Committee
- 2015: Member, Committee to Develop the 2015-2025 University Strategic and

Vision Plan

- 2015: Member, University Ranking Committee
- 2015: Chairman, Committee to Spearhead the KU-Phoenix Assurance Group Collaboration on Facilities at the REC Centre
- 2015: Member, Committee to work with Urbasolar on the Solar-Project at Kenyatta University
- 2015: Co-Chair, Committee to plan for the 2nd International Conference on Physical Activity, Sports and Health for Development in Africa (PASHDA)
- 2015: Member, University – Industry Partnerships Board
- 2015: Member, Committee on the Launch of the KU-Story by Transcend Media Group (TMG)
- 2015: Member, Committee to Plan for the visit by senior management of the University of Juba
- 2015: Chairman, Committee to Explore Leasing of Equipment for the University Recreation Centre (Rec-Centre)
- 2014: Member, Committee on Streamlining Monitoring of Postgraduate Students Studies
- 2014: Member, Committee to Negotiate Revised Contract Terms with Ministry of Defence
- 2014: Member, Committee to Evaluate Applicants for a Commonwealth Scholarship Tenable at Kenyatta University
- 2014: Chairman, Alumni Board
- 2014: Member, Social, Print and Electronic Media Policy
- 2014: Member, KITE Scholarships Selection Committee
- 2014: Member, Website Quality Team
- 2014: Member, Research and Industrial Park Committee
- 2014: Member, Committee to Prepare for the Francophone Day on 23rd March 2014
- 2014: Member, Committee on Leadership and Management Certificate for All Graduating Students
- 2014: Member, Research and Marketing sub-Committee of the Kenyatta University Teaching Research and Referral Hospital Operationalization Committee
- 2014: Member, University Performance Contracting Committee
- 2014: Member, Committee to plan the Opening of New Administration Building and Graduate School
- 2014: Member, Subcommittee to Develop a Module on Leadership and Management
- 2014: Member, Committee to Work on the Allowances for Members of Staff
- 2014: Member, 36th Graduation Ceremony Organizing Committee
- 2014: Member, Committee to put up a Proposal on call Partnership on Regional Leadership Centre under President Obama's Young African Leaders Initiative (YALI)
- 2014: Member, University Printing and Publications Committee

- 2014: Member, Committee to Plan for the International Conference on Information Technology Applications and Management
- 2014: Member, Launch of the Chat Platform Committee
- 2014: Member, Intra Africa Exchange Programme committee
- 2014: Member, Kenyatta University Summer Programme Committee
- 2014: Member, Committee to Evaluate Applicants for a Commonwealth Scholarship Tenable at KU
- 2014: Member, University Graduation Committee
- 2013: Member, Committee to Develop Proposal for Computer Capacity Building for Primary School Teachers and Assembly Plant for the Free Primary School Laptop.
- 2013: Chairman, Committee on the Preparation of June 2013 Graduation Tribune.
- 2013: Member, Committee on Parents and Guardians Information handbook for International Students
- 2013: Committee on Collaboration between Kenyatta University and Fortis Group of Hospitals, India
- 2013: Chairman, sub-committee to Draft MOU for proposed collaboration in Glass Art Production between Kenyatta University and the Catholic Diocese of Kericho
- 2013: Member, School of Applied Human Sciences' Realization of Vision 2030 Committee
- 2013: Team to prepare for hosting of UNWomen Leadership Centre for Equal and Inclusive Governance
- 2013: Member, University Marketing Committee
- 2012: Member, KU-KARI MOU Steering Committee
- 2012: Member, Committee on the Launch of the Alumni Discount Card
- 2012: Member, Prison Programmes Committee
- 2012: Member, African Region Congress of the International Council for Health, Physical Education, Recreation, Sports and Dance (ICHPER-SD)
- 2012: Member, Youth Economic Participation Initiative Committee
- 2012: Appointment to Language and Culture Feasibility Committee
- 2012: Member, Kenyatta University Self-Assessment Committee
- 2011: Member, Kenyatta University Growing Leaders Program Committee
- 2011: Member, Committee on Establishment of a Kenyatta University Campus at Egoji
- 2011: Member, Kenyatta University Business Incubation and Innovation Centre (BIIC)
- 2011: Member, Website Team
- 2011: Member, Intra-African, the Caribbean and the Pacific (Intra-ACP) Proposal Writing Committee
- 2011: Master of Public Policy Development Committee
- 2011: Member, International Association of Universities (IAU) Annual Conference Preparation Committee
- 2011: Member, KUSA Election Appeals Committee 2011
- 2011: Member, Graduate Students' Tracer Studies Committee

- 2011: Member, University-Industry Link Case Study Project
- 2011: Member, Committee to Review Gender Policy
- 2011: Member, Rapid Result Initiative (RRI) 2nd Wave
- 2011: Member, Committee to Organize Kenyatta University Wellness and Health Walk
- 2011: School of Economics Committee
- 2011: Construction of Recreation Centre (REC-Centre) Committee
- 2011: Member, Ranking Committee
- 2011: Member, International Conference on Gender Based Violence and Sexual Harassment Committee
- 2011: Member, Regional Conference on French Organizing Committee
- 2011: Member, Committee for Lead Global Programme
- 2011: Member, Committee to Organize for a Raffle Competition
- 2011: Member, Committee on Development of Strategic Plan for Directorate of Grants Writing and Management
- 2011: Member, Team to Participate in the Launch of Kenyatta University Foundation
- 2011: Member, Committee on Employee and Customer Satisfaction Survey
- 2011: Member, Committee to Plan for Climbing Mount Kenya
- 2011: Member, Committee to Prepare a Documentary on Orphans and Vulnerable Students
- 2010: Member, Committee on Promotional Materials
- 2010: Member, AAU-AUCC University-Industry Partnership
- 2010: Member, Kenyatta University Silver Jubilee Celebrations Committee
- 2010: Member, Kenyatta University Promotional Material Committee
- 2010: LOC Member: 7th Edition of the East Africa University Games held at Kenyatta University.
- 2009: Member, Committee to prepare Environmental Proposal
- 2009: Member, Kenyatta University Sports Complex Proposal writing committee KU Sports and games
- 2009: Member, KU Sports Complex proposal writing committee
- 2009: Member, KU disability sports proposal writing committee
- 2009 to date: Member, School of Applied Human Sciences Executive Board
- 2009: Member, KU RRI on proposal processing committee
- 2009 to date: Member, KU graduation committee

6.0 COURSES TAUGHT AT BOTH UNDERGRADUATE AND POSTGRADUATE LEVEL

- i. Foundations of Sports Science
- ii. Functional Human Anatomy
- iii. Exercise Physiology
- iv. Kinanthropometry
- v. Physical Fitness and Evaluation
- vi. Nutrition and Sport Performance
- vii. Applied Exercise Physiology

- viii. Principles of Training and Conditioning
- ix. Sports Performance and Ergogenic Aids
- x. Laboratory Methods in Human Movement and Performance

7.0 POSTGRADUATE SUPERVISION

- i. **Sylvester William Onyango Hayker (H87/23270/2010)**, Determinants of Active Transportation Among 10-12 Years Old School Children in Nairobi City County, Kenya. **Graduated with a Ph.D in 2020.**
- ii. **Michael David Otieno (E88/52224/2017)**, Influence of Socio-Cultural Environment on Talent Identification for Rugby Players in Rugby Clubs in Kenya. **Graduated with a Ph.D in 2020.**
- iii. **Peter Bukhala.** Enhancing the Physical Activity Level of Learners With Intellectual Disability Through Peer Tutoring: The Case of Special Olympics Clubs in Nairobi County –Kenya. **Graduated with a PhD in 2012.**
- iv. **Sandra Kasoma-I84/10306/06:** Effect Of Regular Physical Activity on Functional Independence In The Elderly In Uganda: The Case Of The Bakateyamba Home. **Graduated with a PhD in 2011.**
- v. **Constance A. N Nsibambi - I84/10304/06:** Assessment of health-related fitness of 6 to 9 year old primary school pupils in Mukono and Wakiso districts, central Uganda. **Graduated with a PhD in 2010.**
- vi. **Francis Mundia Mwangi (H87/13314/2009).** Assessment of Lung Capacity and Pulmonary Function Parameters of Kenyan Elite Distance Runners During Maximal and Sub-Maximal Endurance Exercise Performance. **Graduated with a PhD in 2013.**
- vii. **Lucy Joy Muthoni Wachira (H87/20079/10).**Assessment of Physical Activity, Dietary Patterns and Screen time habits among children in Nairobi County, Kenya. **Graduated with a PhD in 2014.**
- viii. **Ismail Nathaniel Pangani (H87/21876/2010).**Assessment of Overweight, Obesity and Their Risk Factors Among Primary School Children In Tanzania: The Case of Dar Es Salaam City Council. **Graduated with a PhD in 2015.**
- ix. **Esther Nduku Muia (H87/13269/2009).** Prevalence of the female athlete triad among junior female long distance runners in Iten, Elgeyo-Marakwet County, Kenya. **Graduated with a PhD in 2015.**
- x. **Selina Chebet (H87/21947/2010).** Assessment of Knowledge, Attitude and Practice on Doping Among Elite Kenyan Middle and Long Distance Runners. **PhD: Graduated with a PhD in 2014.**

- xi. **Maureen Awuor Okoth** (H60/12702/2009). Assessment of Overweight, Obesity, Physical Activity and Dietary Practices among Adolescents Attending Day Secondary Schools in Kisumu East District. **Graduated with an MSc in 2013.**
- xii. **Lydia Cherono Talai**-N50/OL/15945/06: Occupational Accidents, Awareness and Prevention in Hotels within Eldoret Town. **Graduated in 2011**
- xiii. **Wandera Besweri** (2006/HD06/MSS).Assessment of Selected Physical Fitness Components of the Uganda National Soccer Team –The Cranes. **MSc.Graduated 2011.**
- xiv. **Janet Achieng Otin** (REG.NO.H60/12707/09). Overweight and Obesity among Pre-School Children in Kibera Slums in Relation to Feeding Practices and Physical Activity. **MSc. Second Year**
- xv. **Angela Wamucii Nduru**(H108/10484/08).Assessment Of Physical Activity Participation And Snacking During Recess By Children In Selected Private Primary Schools in Westlands Division, Nairobi County. **MSc. Second year**
- xvi. **Lucy Joy Wachira** –I56/13740/05: Use of Exercise Therapy in the Management of Diabetes Mellitus by adult Diabetics at Kenyatta National Hospital. **MSc. Graduated in 2008**
- xvii. **Julia Githanga**-I56/13056/05: Metabolic Equivalents for old persons living in the homes for the aged in Kenya. **MSc. Graduated in 2008**
- xviii. **Luka Waiganjo**-I56/10309/06: Assessment of Employee’s Awareness of Exercise Ergonomics in Banking Institutions in Nairobi. **MSc, Graduated in 2008.**
- xix. **Lewis Ramsey**- I56/10308/06: Management of Middle and Long Distance Athletes in Kenya. **MSc, Graduated in 2008**
- xx. **Charles Ahenda**- D53/OL/13370/04: Management of Soccer: The case study of Siaya District. **MBA: Graduated, 2008**
- xxi. **Julius Kirwa**. Managing athletes in transition. IAAF Diploma. **Finished, 2008**
- xxii. **Rehema Apio**. Hydration patterns of Ugandan Athletes. IAAF Diploma. **Finished, 2008.**
- xxiii. **Francis Njeru Karugu** (H108/CE/15681/2008). Self- Regulation of Energy Intake and Expenditure in Prevention and Management of Overweight and Obesity among University Students in Nairobi Province. **Graduated with an MSc in 2014.**

- xxiv. **Mureithi Purity Kagwiria (I56/CE/11784/2007).** Determinants of women’s participation in recreation activities in Kibera slums, Nairobi, Kenya. **Awaiting graduation with an MSc.**

8.0 CONFERENCES/ SEMINARS/ WORKSHOPS

8.1 Participation / Attendance of conference/ Workshops

2019	Kenya Academy of Sports Workshop, Naivasha, 9 th October 2019
2019	Kenya Institute of Curriculum Development (KICD), presentation on Strategies for identification and equipping institutions for the CBC pathways with special reference to Arts and Sports Pathway. 8 th October 2019
2019	Kenyatta University Biennial Research and Innovation Conference, 23 rd – 25 th October 2019
2018	2 nd Universal Health Coverage conference, Nyeri county, September 11 th – 13 th , 2018.
2018	The 3 rd International Conference on Physical Activity and Sports for Health and Development in Africa (PASHDA), The University of Ghana, Legon, Accra, Ghana, 19 th -21 st September 2018.
2018	The 5 th Obesity Africa Annual Symposium 2018 November 24, Nairobi, Kenya.
2016	2 nd International Conference on Physical Activity and Sports for Health and Development in Africa (PASHDA) Kenyatta University, Nairobi, Kenya, 21 st – 23 rd September 2016
2016	Research, Technology and Innovation Workshop for Academic Members of staff, Machakos University College, 15 th – 16 th September 2016
2016	Fourth International Annual Scientific Conference of the Society for the Advancement of Science in Africa, Kenyatta University, Nairobi, Kenya, 24 th – 26 th August 2016
2016	Universities And Research Institutions 1st Biennial Conference on the State of Higher Education in Kenya Kenyatta University, Nairobi, Kenya, 22 nd – 25 th August 2016
2016	University Data Validation Workshop, Egerton University, 27 th – 28 th June 2016.
2016	ACU Development Research Uptake in Sub-Saharan Africa(DRUSSA) Leadership and Benchmarking Conference, Reduit, Mauritius, from 25-27 April 2016
2015	3rd Federation of African Nutrition Societies Conference, Arusha, Tanzania, 28 th – 30 th May, 2015; paper presented: <i>The Balance of Nutrition and Physical Activity to Manage NCD Risk Factors</i>
2015	Research Project Meeting and SASMA Conference, Johannesburg, South Africa, 19 th – 24 th October 2015.
2014	Kenyatta University culture week seminar, October 22, 2014
2014	25 th Congress of the Nutrition Society of South Africa and the 13 th Congress of the Association for Dietetics in South Africa, Johannesburg, South Africa, September 16-19, 2014
2014	Global Summit on the Physical Activity of Children, Toronto, Canada in May

	19-22 2014.
2014	Kenya Medical Association 42 nd Annual Scientific Conference 23-26 April 2014. Watamu, Malindi, Kenya
2013	The IUNS 20th International Congress of Nutrition, held in Granada, Spain between September 15-20, 2013.
2013	Workshop on Neighbourhood Environment Walkability Scale(NEWS)-African Training held between August 19-21,2013 at Kenyatta University, Kenya
2013	Workshop on Active Transport Research Needs and Opportunities in Low- and Middle-Income Countries held between 24 th -25 th June, 2013 in Washington, DC,USA.
2013	4th Annual Ghana Physical Education & Sport Thinktank (GPEStt) International Conference held between 5 th – 7 th June, 2013 at the Ghana College of Physicians & Surgeons
2013	2 nd Ghana Congress on Exercise is Medicine held on the 4 th June, 2013 at the Ghana College of Physicians & Surgeons
2013	The 5 th East Africa Universities Pre-Games International Conference,6 th -8 th February 2013,University of Dar Es Salaam Tanzania
2012	Global Health Research Initiative: Teasdale-Corti Program Symposium hosted by the IDRC at the Ottawa Marriott Hotel, October 1-3, 2012.
2012	Non-Communicable Diseases Stakeholders Sensitization Forum: Build-Up Towards Developing a National Non-Communicable Diseases Policy Action Plan. January 9 th 2012,Hill Park Hotel, Nairobi, Kenya
2011	The Pan African University Stakeholders Curriculum Validation meeting,14 th - 18 th November, 2011, Addis Ababa, Ethiopia
2011	14 th Biennial South African Sports Medicine Congress. 18 – 20 October,2011,Sandton Convention Centre, Johannesburg, South Africa
2011	9 th Biennial Conference of the Africa Association for Health, Physical Education, Recreation, Sport and Dance (AFAHPER-SD). 13 th – 15 th September 2011,Kyambogo University, Kampala, Uganda
2011	Nestle Nutrition Institute Africa (NNIA) ISAK Level 1 And 2 Training Workshop held at Kenyatta University from January 31 st to February 4 th , 2011.
2010	The East Africa University International Pre-Games Symposium, November 16 th – 18 th ,2010.Kenyatta University, Kenya
2010	Non-Communicable Diseases Prevention and Control in Kenya: Partnership for an active-healthy nation. Non-Communicable Diseases Stakeholders Meeting To Be Held At Lenana Mount Hotel 6 th July 2010.
2010	CAMBIO 3rd Annual Obesity Short Course for Researchers. Held on February 20 to 23, 2010 in Puerto Vallarta, Jalisco, Mexico.
2009	CAMBIO 3rd Annual Obesity Short Course for Researchers. Held on November 3 to 12, 2009 in Guadalajara, Jalisco, Mexico.
2009	Workshop on Capacity Strengthening of Policy Makers and Programme Managers for Prevention & Control of Non-communicable Diseases held on 29 th April to 2nd May, 2009. Zanzibar Beach Resort, Zanzibar.
2009	Canadian National Obesity Summit held on 7-10 May 2009 in Kananaskis, Canada.
2008	IUHPE/CDC 5th Annual Seminar On Cardiovascular Health Promotion And

	Chronic Disease Epidemiology Paradise Holiday Resort, Bagamoyo, Tanzania, 20-30 July 2008
2007	International conference on childhood obesity and physical activity held June, 24 th -27 th , 2007 in Toronto, Canada
2007	Sports Management and Nutrition Clinic held on 16 th April 2007. at Kenyatta University
2006	The American College of Sports Medicine Scientific meeting, June, 2-5 2006, in Denver, USA
2005	The American College of Sports Medicine Scientific meeting, June 1-4, 2005 in Nashville, Tennessee, USA

8.2 Presentation of papers at academic and professional conferences

Presenter(s)	Title of Paper presented
Vincent Onywera	<i>Towards promotion of physical activity for good health and long life.</i> A paper presented during the 5 th Obesity Africa Annual Symposium 2018 November 24, Nairobi, Kenya.
Vincent Onywera	<i>Thinking Globally and Acting Locally: The Need to Promote Physical Activity to Preserve Africa's Pride.</i> A keynote presentation made during the 3 rd International Conference on Physical Activity and Sports for Health and Development in Africa (PASHDA) held at The University of Ghana, Legon, Accra, Ghana from 19 th - 21 st September 2018.
Vincent O. Onywera , Richard Larouche, Adewale L. Oyeyemi, Antonio Prista, Kingsley K. Akinroye, Sylvester Heyker, George E. Owino and Mark S. Tremblay	<i>Development and convergent validity of new self-administered questionnaires of active transportation in three African countries: Kenya, Mozambique and Nigeria.</i> A paper presented during the 3 rd International Conference on Physical Activity and Sports for Health and Development in Africa (PASHDA) held at The University of Ghana, Legon, Accra, Ghana from 19 th - 21 st September 2018.
Vincent Onywera	<i>Non-Communicable Diseases Risk Factors- Physical Activity.</i> A paper presented during the second universal health coverage conference held at the green hills hotel, Nyeri county, September 11 – 13, 2018.
Vincent Onywera and Mark Tremblay	<i>Towards Addressing the Physical Activity Transition in Africa; The KIDSCAN Research Alliance.</i> A paper presented during the 2 nd International Conference on Physical Activity and Sports for Health and Development in Africa (PASHDA) Kenyatta University, 21 st – 23 rd September 2016
Vincent Onywera	<i>Strategic partnership for enhanced research, innovation and uptake in Africa: The KIDSCAN Research Alliance.</i> A paper presented during the Fourth

	International Annual Scientific Conference of the Society for the Advancement of Science in Africa, Kenyatta University, Nairobi, Kenya, 24 th – 26 th August 2016
Vincent Onywera	<i>Facilitating Research Through E-resources and How to Write a Publishable Paper: From the Title to Reference.</i> Papers presented during the Research, Technology and Innovation Workshop for Academic Members of staff, Machakos University College, 15 th – 16 th September 2016
Vincent Onywera	<i>Strategic partnership for enhanced research, innovation and uptake in Africa: The KIDSCAN Research Alliance.</i> Paper presented during the Commission For University Education In Collaboration With: Universities And Research Institutions 1st Biennial Conference On The State Of Higher Education In Kenya Kenyatta University, Nairobi, Kenya, 22 nd – 25 th August 2016
Vincent Onywera	<i>Facilitating Research through e-resources,</i> Elsevier Science and Technology e-resources forum, Kenyatta University, Nairobi, Kenya 9 th August 2016.
Vincent Onywera	<i>Fanning the old flame: Towards promoting and supporting sports culture in Kenya</i> KNATCOM, UNESCO and Kenyatta University's Culture symposium, Kenyatta University, 3 rd – 5 th August 2016
James Sallis, Adewale Oyeyemi, Vincent Onywera , Kingsley Akinroye, Sandra Kasoma, Rufus Adedoyin, Tracy Kolbe-Alexander, Mark Tremblay. In Symposium: Measuring Physical Activity Environments in Africa: NEWS-Africa.	<i>NEWS-Africa: Developing a Built Environment Survey Measure for Africa.</i> In Symposium: Measuring Physical Activity Environments in Africa: NEWS-Africa. Presented during the International Society of Behavioral Nutrition and Physical Activity. Cape Town, South Africa. June 9, 2016.
Vincent Onywera	<i>Towards promotion of physical activity for healthy living: The Need For An Intersectoral Approach.</i> A keynote paper delivered at the University of Mauritius on 20 th November 2015.
Vincent Onywera	<i>Physical Activity Programs among School Children in Kenya.</i> A paper presented at the African Population and Health Research Centre on 25 th November, 2015
Vincent Onywera	<i>Exercise is Medicine in Kenya: Prospects and promise.</i> A paper presented during the SASMA 2015 Congress at the Sandton Convention Centre in Johannesburg on 20-22 October 2015.
Vincent Onywera	<i>New and emerging cultural trends: the need for</i>

	<i>healthy, active lifestyles in order to protect Kenya's sporting excellence and promote health and wellbeing.</i> A paper presented during the Kenyatta University culture week seminar, October 22 nd 2014.
Vincent Onywera	<i>Is Africa ready for the current Physical Activity Transition?</i> A paper presented at the JOINDAF2014 Conference, The Pedagogical University, Maputo, Mozambique, September 18 th -19 th 2014.
Vincent O.Onywera , Lucy J. Wachira , Stella K. Muthuri and Mark S. Tremblay	<i>The ISCOLE study: Methods and preliminary results from Kenya.</i> 25th Congress of the Nutrition Society of South Africa and the 13th Congress of the Association for Dietetics in South Africa to be held in Johannesburg on September 16-19, 2014
Tremblay MS, Boyer C, Muthuri SK, Wachira L-J, Onywera VO , Longmuir PE, Okinda F, Leduc G, Chaput J-P.	<i>Comparison of child physical literacy scores between Canada and Kenya.</i> Canadian Society for Exercise Physiology Annual Scientific Conference (St. John's), October, 2014.
Lucy-Joy M. Wachira, Stella K. Muthuri, Mark S. Tremblay, Vincent O. Onywera.	<i>Association Between BMI and Percent Body Fat Status and Screen-Based Sedentary Activity of Kenyan Urban School Children: Results From ISCOLE-Kenya.</i> Presented at the Global Summit on the Physical Activity of Children, Toronto, Canada, Journal of Physical Activity and Health 2014; 11(Supp 1): S126-S198.
Stella K. Muthuri, Lucy-Joy M. Wachira, Vincent O. Onywera , Mark S. Tremblay.	<i>Socioeconomic Differences in Objectively Measured Overweight/Obesity and Physical Activity in Kenyan School Children: Results from ISCOLE-Kenya.</i> Presented at the Global Summit on the Physical Activity of Children, Toronto, Canada, Journal of Physical Activity and Health 2014; 11(Supp 1): S126-S198.
Francis O. Odindo, Stella K. Muthuri, Lucy-Joy M. Wachira, Vincent O. Onywera , Mark S. Tremblay.	<i>Assessment of Health Related Physical Fitness and Motor Skill Ability of 9-11 Year Old School Children in Nairobi County, Kenya.</i> Poster presentation at the Global Summit on the Physical Activity of Children, Toronto, Canada, , Journal of Physical Activity and Health 2014; 11(Supp 1): S126-S198.
Stella K. Muthuri, Lucy-Joy M. Wachira, Vincent O. Onywera , Mark S. Tremblay.	<i>Overweight/Obesity Transitions over Time in Sub Saharan Africa's School Children: Results from a Systematic Review.</i> Abstract submitted to and presented at the PASHDA Conference, Maputo, Mozambique (March 2014).
Stella K. Muthuri, Lucy-Joy M. Wachira, Mark S. Tremblay, Vincent O. Onywera.	<i>Kenya's 2014 Report Card on the Physical Activity and Body Weight of Children and Youth.</i> Poster presentation at the Global Summit on the Physical Activity of Children, Toronto, Canada (May 2014).
Vincent Onywera	<i>The physical activity transition: Is there a perfect dose</i>

	<i>to address the rising cases of NCDs in Kenya?</i> A paper presented at the Kenya Medical Association 42 nd Annual Scientific Conference 23-26 April 2014. Watamu, Malindi, Kenya
Vincent O.Onywera	<i>Obesity and poverty in nutrition transition.</i> A paper presented at the Mount Saint Vincent University, Halifax, Canada on November 19,2013.
Vincent O.Onywera	<i>Can Kenya continue with we her long distance athletic prowess in the face of the emerging physical activity transition?</i> A paper presented at the Georgia Institute of Technology, Atlanta, USA on November 15,2013.
Vincent O.Onywera , Lucy J. Wachira , Stella K. Muthuri and Mark S. Tremblay	<i>The ISCOLE study: Methods and preliminary results from Kenya. A paper presented at the International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE) symposium during the IUNS 20th International Congress of Nutrition held in Granada, Spain on September 15-20, 2013.</i>
Peter T. Katzmarzyk, Timothy S. Church, Jean-Philippe Chaput,Gang Hu, Anura Kurpad, Estelle V. Lambert, José Maia, Victor Matsudo, Tim Olds, Vincent Onywera , Olga L. Sarmiento, Martyn Standage, Mark S. Tremblay, Catrine Tudor-Locke and Pei Zhao	<i>The International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE). A paper presented at the International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE) . A paper presented at a symposium during the IUNS 20th International Congress of Nutrition held in Granada, Spain on September 15-20, 2013.</i>
Kamau, J.W, Onywera, V.O and Wanderi. M.P,	<i>Towards addressing physical activity and nutrition transition challenges to promote overall health in Africa. A paper presented during the LARASA National Congress 16th-19th September 2013 in Johannesburg, South Africa.</i>
Onywera VO , Tremblay MS	<i>Receding physical activity patterns in Africa: A call to action.</i> Ghana Physical Education and Sport Think Tank and Exercise Medicine Ghana (CPEStt-EMG) Annual Conference (Accra, Ghana), June, 2013.
Wachira LJ, Muthuri SK, Onywera VO , Tremblay MS	<i>The International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE) Kenya: Protocols, Experiences, and Advice for African Countries.</i> Ghana Physical Education and Sport Think Tank and Exercise Medicine Ghana (CPEStt-EMG) Annual Conference (Accra, Ghana), June, 2013.
Vincent Onywera	<i>Can we address the emerging physical activity transition challenge in order to promote sporting excellence in East Africa.</i> A presentation made at the 5 th East Africa Universities Pre-Games International Conference,6 th -8 th February 2013,University of Dar Es Salaam Tanzania
Sheel AW, Foster GE, Koehle MS,	<i>Pulmonary gas exchange and the mechanics of</i>

Dominelli PB, Mwangi F, Onywera VO , Boit MK, Tremblay JC and Boit C.	<i>breathing during exercise in Kenyan runners.</i> A presentation made at the Canadian Society for Exercise Physiology Annual Meeting, Regina, 2012. Applied Physiology, Nutrition and Metabolism 37:S34, 2012.
Vincent O. Onywera , Juan L. Taylor, Ian Janssen, Mark S. Tremblay	<i>Localizing global strategies to promote physical activity and health: the 2011 Kenyan healthy active kids report card.</i> A presentation made during the Global Health Research Initiative: Teasdale-Corti Program Symposium hosted by the IDRC at the Ottawa Marriott Hotel, October 1-3, 2012.
Vincent O. Onywera	<i>Saving current and future generations through strategic partnerships: The childhood physical inactivity and obesity challenge in Kenya.</i> A presentation made at the CHEO Research Rounds Series, Ottawa, Canada on Friday 5 th 2012
Mwangi, FM., Onywera, VO. , Boit, M., Foster, GE., Koehle, MS., Tremblay, J., Boit, C. & Sheel, AW.	<i>Pulmonary Function of Kenyan Elite Distance Runners at Rest and During Sub-maximal and Maximal Endurance Exercise:</i> Presented at the 2012 pre-Olympics Games scientific convention, the International Convention on Science, Education and Medicine in Sport (ICSEMIS 2012) held in Glasgow, United Kingdom, on July 19 – 24, 2012.
Bukhala, PW., Onywera, VO. , Mwangi, FM. & Mwangi, JW.	<i>Assessment of Physical Fitness Levels among Children with Intellectual Disabilities in Nairobi County, Kenya:</i> Presented at the 2012 pre-Olympics Games scientific convention, the International Convention on Science, Education and Medicine in Sport (ICSEMIS 2012) held in Glasgow, United Kingdom, on July 19 – 24, 2012.
M.S. Tremblay, R.C. Colley, V.O. Onywera , M.P. Rodríguez Martínez, J. López Taylor.	<i>Process and success of releasing “Report Cards” for health promotion and advocacy: experiences from Canada, Mexico and Kenya.</i> Presentation at the World Congress on Public Health held in Addis Ababa, Ethiopia, 2012.
Vincent O. Onywera and Caleb Mireri.	<i>Non-communicable disease prevention in Africa: challenges and opportunities for increasing physical activity levels and active transport in Kenya.</i> Presented at an IDRC Sponsored session entitled, <i>Mobilizing intersectoral action for non-communicable disease prevention: Examples from Sub-Saharan Africa</i> during the World Congress on Public Health held in Addis Ababa, Ethiopia, 2012.
V.O. Onywera , M. Héroux, E. Jáuregui Ulloa, K.B. Adamo, J. López Taylor, I. Janssen, M.S. Tremblay.	<i>Adiposity and physical activity among children in countries at different stages of the physical activity transition: Canada, Mexico and Kenya.</i> Presentation at the World Congress on Public Health held in Addis Ababa, Ethiopia, 2012.

Onywera Vincent	<i>Physical Activity is Medicine.</i> Commonwealth Medical Association (CMA) International Conference on Non-Communicable Diseases: Diabetes, Obesity and Healthy Living.15 th -17 th September 2011, Sarova Panafric Hotel, Nairobi, Kenya
Onywera Vincent	<i>Regional initiatives for physical activity and health in children through sport:</i> The Kenyan Healthy Active Kids Report Card.14 th Biennial South African Sports Medicine Congress. 18 – 20 October,2011,Sandton Convention Centre, Johannesburg, South Africa
Onywera Vincent	<i>Kenya's 2011 Report Card on the physical activity and body weight of children and youth.</i> 9 th Biennial Conference of the Africa Association for Health, Physical Education, Recreation, Sport and Dance (AFAHPER-SD). 13 th – 15 th September 2011,Kyambogo University, Kampala, Uganda
Muthoni Lucy Joy and Onywera Vincent Ochieng	Factors affecting participation in physical activity and adherence to exercise programmes by persons living with diabetes. 9 th Biennial Conference of the Africa Association for Health, Physical Education, Recreation, Sport and Dance (AFAHPER-SD). 13 th – 15 th September 2011, Kyambogo University, Kampala, Uganda.
Wandera.B,R.Ddumba, V.Onywera ,C.N Nsibambi and A.Thompson	<i>Trunk flexibility levels of Uganda National Football team-The Cranes.</i> 9 th Biennial Conference of the Africa Association for Health, Physical Education, Recreation, Sport and Dance (AFAHPER-SD). 13 th – 15 th September 2011,Kyambogo University, Kampala, Uganda.
Constance A.N Nsibambi,E.Wamukoya,P.Wanderi and V.Onywera	<i>Cardiovascular fitness and involvement of pupils in physical activities in central Uganda.</i> 9 th Biennial Conference of the Africa Association for Health, Physical Education, Recreation, Sport and Dance (AFAHPER-SD). 13 th – 15 th September 2011, Kyambogo University, Kampala, Uganda
Vincent Onywera	<i>Emerging obesity and inactivity forecasting 'double-edged sword' of infectious and chronic diseases in Kenya.</i> The World Confederation of Physical Therapists Congress 20 th - 23 rd June, 2011, Amsterdam, Netherlands
Vicki Lambert,Cathy Drapper and Vincent Onywera	<i>The African Physical Activity Network (AFPAN): A call to action and way forward.</i> The East Africa University International Pre-Games Symposium, November 16 th – 18 th ,2010.Kenyatta University, Kenya
Onywera,V.	Childhood obesity and Physical Inactivity threat in Africa: Appearances and disappearances. African Society for Pediatric and Adolescent Endocrinology

	(ASPAE) 1 st Annual Scientific Conference: Demystifying Pediatric Endocrine Problems in Africa. May 31 st –June 2 nd ,2010.Sarova Panafric Hotel, Nairobi, Kenya
Peter Bukhala, Elizabeth Bressan, Vincent Onyvera	Effects of a two week peer tutor guided sports camp on the social and motor skill activity level of learners with and without intellectual disabilities. <i>European Congress of Adapted Physical Activity (EUCAPA 2010)</i> . Jyväskylä, Finland. May 6-8, 2010.
Vincent Onyvera	<i>Nutrition transition, physical activity and their impact in school children in Kenya</i> .XII Congreso Internacional Avances en Medicina Hospitales Civiles 2010.Guadalajara, Jalisco. Mexico. February, 25-27, 2010.
Vincent O. Onyvera ,Kristi B. Adamo, Andrew W. Sheel, Michael K. Boit, Judith N. Waudu, W-M Wong, Mark S. Tremblay	<i>Emerging evidence of the physical activity transition in Kenya</i> . The 17th Biennial Conference of the International Society for Comparative Physical Education and Sport, Kenyatta University, Nairobi, Kenya. June 6-8, 2010.
T.J. Saunders, M. Lloyd, E. Knight, V. Onyvera , M.S. Tremblay	<i>Urban Kenyan children are no more active than their Canadian peers</i> . Presentation at the North American Society for Pediatric Exercise Medicine Conference (Niagara-on-the-Lake), 2010.
V. Onyvera , M. Boit, J. Waudu, M.S. Tremblay, K. Adamo, W. Wong A.	<i>Childhood obesity and physical inactivity threat in Kenyan: The time for action is now!</i> 8th International Conference on Urban Health, Nairobi, Kenya.2009
M.S. Tremblay, K. Adamo, V. Onyvera , A.W. Sheel, M. Boit, J. Waudu, W. Wong (Abstract accepted)	<i>Fitness Levels of Urban verses Rural Kenyan Children: Emerging Evidence of the 'Physical Activity Transition'?</i> Presentation at the European Pediatric Work Physiology Meeting (Le Touquet, France), 2009.
K.B. Adamo, A.W. Sheel, V. Onyvera , J. Waudu, M. Boit, W-M Wong, M.S. Tremblay	Is there evidence for the Nutrition/Physical Activity Transition in Kenya? A KIDS-CAN Research Alliance-pilot study
Onyvera Vincent	<i>Learning from the best to curb the worst: Towards addressing the child obesity threat in Kenya</i> . Children's Hospital of Eastern Ontario Research Institute. Pediatric Grand Rounds: August 19, 2009.
K.B. Adamo, A.W. Sheel, V. Onyvera , J. Waudu, M. Boit, W-M. Wong, and M. Tremblay	<i>Is there evidence for the Nutrition/Physical Activity Transition in Kenya? A KIDS-CAN Research Alliance-pilot study</i> . Canadian Obesity Network's- National Obesity Summit held in May in Kananaskis, Alberta.2009.
Onyvera Vincent	The role of physical activity in the management of

	NCD's: <i>What is being done and what else can be done.</i> Paper presented at a Workshop on Capacity Strengthening of Policy Makers and Programme Managers for Prevention & Control of Non-communicable Diseases held on 29 th April to 2nd May, 2009. Zanzibar Beach Resort, Zanzibar.
K.B. Adamo, A.W. Sheel, V. Onywera , J. Waudu, M. Boit, W.-M. Wong, M.S. Tremblay	<i>Is there evidence for the nutrition and physical activity transition in Kenya? A KIDS-CAN Research Alliance pilot study.</i> A paper presented on the Canadian National Obesity Summit held on 7-10 May 2009 in Kananaskis, Canada.
Mark S. Tremblay, Kristi Adamo, Vincent Onywera , Bill Sheel, Mike Boit and Judith Waudu	<i>Kenyan International Study –Canadian Activity Needs Research Alliance.</i> A paper presented at the conference on childhood obesity and physical activity held June, 24 th -27 th , 2007 in Toronto, Canada
Onywera V	<i>The female athlete triad.</i> A paper presented at a Sports Management and Nutrition Clinic held on 16 th April 2007. at Kenyatta University
Fudge B, C Easton, D Kingsmore, F Kiplamai, V Onywera , K Westerterp, B Kayser, T Noakes, YP Pitsiladis.	<i>Hydration Status and Drinking Behaviours of Elite Kenyan Endurance Runners During Intense Training Prior to Competition.</i> A paper presented during the ACSM Scientific meeting, June, 2-5 2006, in Denver, USA
Scott RA, RH Wilson, W Goodwin, V Onywera , M Boit, YP Pitsiladis	<i>Mitochondrial DNA Lineages and Haplotype Diversity of Elite Kenyan Athletes.</i> A paper presented during the ACSM Scientific meeting, June, 2-5 2006, in Denver, USA
Onywera, V.O. , Scott, R.A., Boit, M.K., Pitsiladis, Y.P	<i>Demographic Characteristics Of Elite Kenyan Endurance Runners.</i> A paper presented during the ACSM Scientific meeting, June 1-4, 2005, in Nashville Tennessee, USA
Fudge, B., Westerterp, K, Kiplamai, F., Onywera, V.O. , Boit, M.K., Pitsiladis, Y.P.	<i>Evidence Of Negative Energy Balance In Elite Kenyan Endurance Runners During Intense High-altitude Training.</i> A paper presented during the ACSM Scientific meeting, June 1-4, 2005, in Nashville Tennessee, USA
Scott, R.A., Moran, C., Wilson, R.H., Onywera, V.O. , Boit, M.K., Goodwin, W.H., Montgomery, H., Pitsiladis, Y.P.	<i>ACE Genotype Is Not Associated With Elite Endurance Athlete Status in Kenyans.</i> A paper presented during the ACSM Scientific meeting, June 1-4, 2005, in Nashville Tennessee, USA
Yang, N., Macarthur, Wolde B., Onywera, V.O. , Boit, M.K., Wilson, R.H., Scott, R.A., Boit, M.K., Pitsiladis, Y.P., North, K.	<i>ACTN3 Genotype Is Not Associated With Elite Endurance Athlete Status In Ethiopians And Kenyans.</i> A paper presented during the ACSM Scientific meeting, June 1-4, 2005, in Nashville Tennessee, USA

8.0 SYMPOSIA / WORKSHOP/CONFERENCE ORGANIZATION

- i. Secretary, Kenyatta University Biennial Research and Innovation Conference, Kenyatta University, 23rd – 25th October 2019.
- ii. Chairman LOC, Committee on the 6th RUFORUM 2018 Biennial Conference, KICC, 22nd – 27th October 2018.
- iii. Co-Organizer: 1st International colloquium in physical education, Exercise and Sports Science, Kenyatta University, 8th November 2018.
- iv. Coordinator: Scientific workshop and launch of the adolescent food atlas, Kenyatta University, 9th November 2018.
- v. Chairman LOC: 2nd International Conference on Physical Activity and Sports for Health and Development in Africa (PASHDA) Kenyatta University, Nairobi, Kenya, 21st – 23rd September 2016
- vi. Committee Member: Fourth International Annual Scientific Conference of the Society for the Advancement of Science in Africa, Kenyatta University, Nairobi, Kenya, 24th – 26th August 2016
- vii. Committee Member: Universities and Research Institutions 1st Biennial Conference on the State of Higher Education in Kenya Kenyatta University, Nairobi, Kenya, 22nd – 25th August 2016
- viii. Co-Coordinator: Workshop on the ‘Assessment of physical activity and active transport among school children in Eastern, Western and Southern regions of Africa: the case of Kenya, Nigeria, and Mozambique’ held in September 18th – 22nd Maputo, Mozambique.
- ix. Coordinator: The NEWS-Africa Training Workshop, held in August 19-21, 2013 at Kenyatta University, Nairobi, Kenya.
- x. Scientific Committee: *Physical Activity and Sports for Health and Development in Africa*. Maputo, Mozambique, March 25-29, 2014.
- xi. Mark Tremblay, **Vincent Onywera**, Shuichi Obuchi and Esko Malkia. Global physical activity transitions: Emerging measurement and therapeutic opportunity? The World Confederation of Physical Therapists Congress 20th - 23rd June, 2011, Amsterdam, Netherlands.
- xii. Coordinator, Nestle Nutrition Institute Africa (NNIA) ISAK Level 1 and 2 Training Workshop held at Kenyatta University from January 31st to February 4th, 2011.

- xiii. Chairman LOC, 2010 *East Africa University Pre-Games International Symposium* held at Kenyatta University, Nairobi, Kenya on the 16th - 18th November, 2010.
- xiv. Chair of Scientific Program Committee and Local Organizing Committee member: 17th Biennial Conference of the *International Society for Comparative Physical Education and Sport* (ISCPES), Nairobi/Kenya 6-8 June 2010
- xv. Deputy symposium Director: The IAAF/KU Symposium to coincide with the 35th edition of the IAAF World Cross Country Championships, Mombasa, Kenya, 19th-24th March 2007. Title: Nutrition for athletic performance.
- xvi. Deputy Symposium Organizer: “East African Running: A Cross Discipline Perspective”, Glasgow, 15th May 2004. 1st International Centre for East African Running Science (ICEARS).

9.0 Research Publications

- 1) Lucy-Joy Wachira, Stella Muthuri, Sophie Ochola, **Vincent Onywera** & Mark Tremblay (2021) Association between dietary behaviours and weight status of school children: results from the International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE) -Kenya, Child and Adolescent Obesity, 4:1, 1-22, DOI: [10.1080/2574254X.2020.1842014](https://doi.org/10.1080/2574254X.2020.1842014)
- 2) Julia K. Zakrzewski-Fruer, Fiona B. Gillison, Mark S. Trambley, **V. Onywera**. “Association between breakfast frequency and physical activity and sedentary time: a cross-sectional study in children from 12 countries” *BMC Public Health* (2019) 19:222
- 3) Qian Xiao, MPH, Jean-Philippe Chaput, Timothy Olds, Mikael Fogelholm, Gang Hu, MD, Estelle V. Lambert, Carol Maher, Jose Maia, **Vincent Onywera**, Olga L. Sarmiento, Martyn Standage, Mark S. Tremblay, Catrine Tudor-Locke, Peter T. Katzmarzyk, “Sleep characteristics and health-related quality of life in 9- to 11-year-old children from 12 countries” for the ISCOLE Research Group, Elsevier, Journal of National Sleep Foundation, Nov. 2019.
- 4) Vitti, Ambra, Pantelis T. Nikolaidis, Elias Villiger, **Vincent Onywera**, and Beat Knechtle. "The “New York City Marathon”: participation and performance trends of 1.2 M runners during half-century." *Research in Sports Medicine* (2019): 1-17.
- 5) Barreira T.V., S.T. Broyles, C. Tudor-Locke, J.-P. Chaput, , M. Fogelholm, G. Hu, R. Kuriyan, E.V. Lambert, C. Maher, J. Maia, T. Olds, **V. Onywera**, O.L. Sarmiento, M. Standage, M.S. Tremblay, and P.T. Katzmarzyk for the ISCOLE Research Group. Epidemiological transition in physical activity and sedentary time in children. *Journal of Physical Activity and Health* 2019.

- 6) **Onywera VO**, Larouche R, Oyeyemi AL, Prista A, Akinroye KK, Heyker S, Owino GE, Tremblay MS. Development and convergent validity of new self-administered questionnaires of active transportation in three African countries: Kenya, Mozambique and Nigeria. *BMC public health*. 2018 Dec;18(1):1018.
- 7) Esther Anono, Hanna Walsh, Noora Kanerva, David Mubasu, Victor Mubasu, Victor Okoth, Bill Clinton, Aliisa Hyvonen, Sophie Ochola, Maijaliisa Erkkola, **Vincent Onywera**, Mikael Fogelholm, “Photographic Food Atlas for Kenyan Adolescents (9-14 years). KENFIN-EDURA Project. 2018
- 8) Wachira LM, Muthuri SK, Ochola SA, **Onywera VO**, Tremblay MS. Screen-based sedentary behaviour and adiposity among school children: Results from International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE)-Kenya. *PloS one*. June 2018;13(6):e0199790.
- 9) Chaput JP, Barnes JD, Tremblay MS, Fogelholm M, Hu G, Lambert EV, Maher C, Maia J, Olds T, **Onywera V**, Sarmiento OL. Inequality in physical activity, sedentary behaviour, sleep duration and risk of obesity in children: a 12-country study. *Obesity Science & Practice*. April 2018.
- 10) Silva DA, Chaput JP, Katzmarzyk PT, Fogelholm M, Hu G, Maher C, Olds T, **Onywera V**, Sarmiento OL, Standage M, Tudor-Locke C, Tremblay MS. Physical Education Classes, Physical Activity, and Sedentary Behavior in Children. *Medicine and science in sports and exercise*. 2018 May;50(5):995-1004.
- 11) Mugo JW, **Onywera V**, Waudo J, Otieno OG. Functionality of Elderly Persons: A Comparison Between Institutionalized and Non-Institutionalized Elderly Persons in Nairobi City County, in Kenya. *World Journal of Public Health*. 2018 Mar 23;3(1):9.
- 12) Chaput JP, Barnes JD, Tremblay MS, Fogelholm M, Hu G, Lambert EV, Maher C, Maia J, Olds T, **Onywera V**, Sarmiento OL. Inequality in Physical Activity, Sedentary Behavior, Sleep Duration, and Risk of Obesity in Children: A 12-Country Study. *Obesity Science & Practice*.
- 13) Chaput JP, Tremblay MS, Katzmarzyk PT, Fogelholm M, Mikkilä V, Hu G, Lambert EV, Maher C, Maia J, Olds T, **Onywera V**. Outdoor time and dietary patterns in children around the world. *Journal of Public Health*. 2018 Apr 19.
- 14) Chaput JP, Barnes JD, Tremblay MS, Fogelholm M, Hu G, Lambert EV, Maher C, Maia J, Olds T, **Onywera V**, Sarmiento OL. Thresholds of physical activity associated with obesity by level of sedentary behaviour in children. *Pediatric obesity*. 2018 Mar 24.

- 15) Larouche R, Mire EF, Belanger K, Barreira TV, Chaput JP, Fogelholm M, Hu G, Lambert EV, Maher C, Maia J, Olds T, **Onywera V**, Sarmiento OL, Standage M, Tudor-Locke C, Katzmarzyk PT, Tremblay MS. Relationships between outdoor time, physical activity, sedentary behavior and obesity in children: a 12-country study. *American Journal of Public Health*.
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- xv. Qiao Y., J. Ma, Y. Wang, P.T. Katzmarzyk, J.P. Chaput, M. Fogelholm, W.D. Johnson, R. Kuriyan, A. Kurpad, E.V. Lambert, C. Maher, J. Maia, V. Matsudo, T. Olds, **V. Onywera**, O.L. Sarmiento, M. Standage, M.S. Tremblay, C. Tudor-Locke, T.S. Church, P. Zhao and G. Hu. Birth weight and childhood overweight: A 12-country study. 1st International Congress on Childhood Obesity and Hypertension (COH), Beijing, China, May 2015.
- xvi. Vepsäläinen H., V. Mikkilä, M. Erkkola, S.T. Broyles, J.-P. Chaput, G. Hu, R. Kuriyan, A. Kurpad, E.V. Lambert, C. Maher, J. Maia, V. Matsudo, T. Olds, **V. Onywera**, O.L. Sarmiento, M. Standage, M.S. Tremblay, C. Tudor-Locke, P. Zhao, T.S. Church, P.T. Katzmarzyk and M. Fogelholm. Association between home and school food environments and dietary behaviours among 9-11 year-old children in 12 countries. *International Conference on Diet and Activity Methods*. Brisbane, Australia, September 2015.
- xvii. Tremblay MS, Boyer C, Muthuri SK, Wachira L-J, **Onywera V.O**, Longmuir PE, Okinda F, Leduc G, Chaput J-P. Comparison of child physical literacy scores between Canada and Kenya. *Applied Physiology, Nutrition, and Metabolism* 39(S1):S45-46, 2014.
- xviii. Katzmarzyk P.T., T. Church, J.-P. Chaput, G. Hu, A. Kurpad, E.V. Lambert, J. Maia, V. Matsudo, T. Olds, **V. Onywera**, O.L. Sarmiento, M. Standage, M.S. Tremblay, C. Tudor-Locke and P. Zhao. The International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE). *Journal of Science and Medicine in Sport* 15; 6 (Supplement): 62. Fourth International Congress on Physical Activity and Public Health. Sydney, Australia, October 2012.
- xix. Sheel AW, Foster GE, Koehle MS, Dominelli PB, Mwangi F, **Onywera V. O**, Boit MK, Tremblay JC and Boit C. Pulmonary gas exchange and the mechanics of breathing during exercise in Kenyan runners. Canadian Society for Exercise

- Physiology Annual Meeting, Regina, 2012. Applied Physiology, Nutrition and Metabolism 37:S34, 2012.
- xx. **Onywera Vincent.** Regional initiatives for physical activity and health in children through sport: The Kenyan Healthy Active Kids Report Card.14th Biennial South African Sports Medicine Congress. 18 – 20 October, 2011,Sandton Convention Centre, Johannesburg, South Africa.
- xxi. **Onywera Vincent.** Kenya's 2011 Report Card on the physical activity and body weight of children and youth. 9th Biennial Conference of the Africa Association for Health, Physical Education, Recreation, Sport and Dance (AFAHPER-SD). 13th – 15th September 2011,Kyambogo University, Kampala, Uganda
- xxii. Muthoni Lucy Joy and **Onywera Vincent Ochieng.** Factors affecting participation in physical activity and adherence to exercise programmes by persons living with diabetes. 9th Biennial Conference of the Africa Association for Health, Physical Education, Recreation, Sport and Dance (AFAHPER-SD). 13th – 15th September 2011,Kyambogo University, Kampala, Uganda.
- xxiii. Wandera.B, R. Ddumba, **V. Onywera**, C.N Nsibambi and A. Thompson. Trunk flexibility levels of Uganda National Football team-The Cranes. 9th Biennial Conference of the Africa Association for Health, Physical Education, Recreation, Sport and Dance (AFAHPER-SD). 13th – 15th September 2011,Kyambogo University,Kampala,Uganda .
- xxiv. Constance A.N Nsibambi, E.Wamukoya, P.Wanderi and **V. Onywera.** Cardiovascular fitness and involvement of pupils in physical activities in central Uganda. 9th Biennial Conference of the Africa Association for Health, Physical Education, Recreation, Sport and Dance (AFAHPER-SD). 13th – 15th September 2011,Kyambogo University, Kampala, Uganda.
- xxv. Saunders TJ, Lloyd M, Knight E, **Onywera V. O**, and Tremblay MS (Submitted).Urban Kenyan Children Are No More Active Than Their Canadian Peers. North American Society for Pediatric Exercise Medicine and the European Group for Pediatric Work Physiology at Niagara-on-the-Lake
- xxvi. **Onywera,V.** Childhood obesity and Physical Inactivity threat in Africa: Appearances and disappearances. African Society for Paediatric and Adolescent Endocrinology (ASPAE) 1st Annual Scientific Conference: **Demystifying Pediatric Endocrine Problems in Africa**.Pg.10 May 31st –June 2nd,2010.Sarova Panafric Hotel, Nairobi, Kenya
- xxvii. **Onywera O. Vincent**, Adamo B. Kristi, Sheel W. Andrew, Boit K. Michael,Waudo N. Judith, Wong M.Wai, Tremblay S. Mark. Emerging evidence of the physical activity transition in Kenya. *17th Biennial Conference of the International Society for Comparative Physical Education and Sport (ISCPE)*.June, 2010, Nairobi, Kenya.

- xxviii. K.B. Adamo, A.W. Sheel, **V. Onywera**, J. Waudo, M. Boit, W.-M. Wong, M.S. Tremblay. Is there evidence for the nutrition and physical activity transition in Kenya? A KIDS-CAN Research Alliance pilot study. **Applied Physiology, Nutrition and Metabolism** 34:267-268, 2009.
- xxix. Mark S. Tremblay, Kristi Adamo, **Vincent Onywera**, Bill Sheel, Mike Boit and Judith Waudo Kenyan International Study –Canadian Activity Needs Research Alliance. A paper presented at the conference on childhood obesity and physical activity held June, 24th-27th, 2007 in Toronto, Canada
- xxx. Fudge B, C Easton, D Kingsmore, F Kiplamai, **V. Onywera**, K Westerterp, B Kayser, T Noakes, YP Pitsiladis. Hydration Status and Drinking Behaviours of Elite Kenyan Endurance Runners During Intense Training Prior to Competition. American College of Sports Medicine, Annual Meeting, Denver, USA, June, 2006.
- xxxi. Scott RA, RH Wilson, W Goodwin, **V. Onywera**, M Boit, YP Pitsiladis. Mitochondrial DNA Lineages and Haplotype Diversity of Elite Kenyan Athletes. American College of Sports Medicine, Annual Meeting, Denver, USA, June, 2006.
- xxxii. **Onywera, V.O.**, Scott, R.A., Boit, M.K., Pitsiladis, Y.P. Demographic Characteristics of Elite Kenyan Endurance Runners. American College of Sports Medicine, Annual Meeting, Nashville, Tennessee, USA, June 1-4, 2005.
- xxxiii. Fudge, B., Westerterp, K, Kiplamai, F., **Onywera, V.O.**, Boit, M.K., Pitsiladis, Y.P. Evidence of Negative Energy Balance in Elite Kenyan Endurance Runners During Intense High-altitude Training. American College of Sports Medicine, Annual Meeting, Nashville, Tennessee, USA, June 1-4, 2005.
- xxxiv. Scott, R.A., Moran, C., Wilson, R.H., **Onywera, V.O.**, Boit, M.K., Goodwin, W.H., Montgomery, H., Pitsiladis, Y.P. ACE Genotype Is Not Associated With Elite Endurance Athlete Status in Kenyans. American College of Sports Medicine, Annual Meeting, Nashville, Tennessee, USA, June 1-4, 2005.
- xxxv. Yang, N., Macarthur, Wolde B., **Onywera, V.O.**, Boit, M.K., Wilson, R.H., Scott, R.A., Boit, M.K., Pitsiladis, Y.P., North, K. ACTN3 Genotype Is Not Associated With Elite Endurance Athlete Status In Ethiopians And Kenyans. American College of Sports Medicine, Annual Meeting, Nashville, Tennessee, USA, June 1-4, 2005.

13.0 SCIENTIFIC REPORTS

- i. Esther Anono, Hanna Walsh, Noora Kanerva, David Mubasu, Victor Okoth, Bill Clinton, Aliisa Hyvönen, Sophie Ochola, Maijaliisa Erkkola, **Vincent Onywera** and Mikael Fogelholm. Photographic Food Atlas For Kenyan Adolescents (9 - 14 Years), 2018.

- ii. **Vincent O Onywera**, Stella K Muthuri, Sylvester Hayker, Lucy-Joy M Wachira, Florence Kyallo, Robert O Mang'eni, Peter Bukhala, Caleb Mireri. Kenya's 2016 Report Card on the Physical Activity and Body Weight of Children and Youth, Apr 2016.
- iii. Stella Muthuri, Lucy Wachira, Mark Tremblay, **Vincent Onywera**. Kenya's 2014 Report Card on the Physical Activity and Body Weight of Children and Youth, Apr 2014.
- iv. **Vincent Onywera**, Mark Tremblay, Rachel Colley, Kristi Adamo, Stella Muthuri. Kenya's 2011 Report Card on the Physical Activity and Body Weight of Children and Youth, May 2011.

14.0 BOOK

- i. Elvis Onyango, Lucy-Joy Wachira, Yasmin Goodwin, Luka Waiganjo, Victor Okoth, **Vincent Onywera** (*In Press*). Physical Education and Fundamental Movement Skills for Early Year (Pre-School to Grade 3). *A teachers' guide and collection of activities for teaching fundamental movement skills*

15.0 EXTERNAL EXAMINATION

- 2017 to date: External Examiner, Department of Sports Science, Kyambogo University, Uganda.
- 2015 - 2018: External Examiner, Department of Physical Education and Sports Science, Bindura University of Science Education, Bindura, Zimbabwe.
- 2012 -2016: External Examiner, Department of Physical Education and Sports Science, School of Education, University of Dar es Salaam, Tanzania.
- 2012 - 2014: External Examiner: Department of Physical Education and Sports, University of Nairobi

16.0 THESIS EXAMINATION

I have examined thesis for the following candidates:

- i. External Examiner for Melkamu Dugassa Kassa: PhD Thesis entitled, "*Health Information and Physical Exercise for non-communicable disease prevention in the Ethiopian Healthcare system*"

- ii. External Examination Report for Aldeam Leroy Faceys' Thesis entitled: *The Use of Lactate as a Novel Indicator of Metabolic Dysfunction and Type 2 Diabetes Mellitus in Athletics and Non-Athletics.*
- iii. External Examination Report for Karani Magutah's Phd Thesis entitled, "Comparison Of Cardiorespiratory Fitness Between Short And Long Bouts Of Moderate Intensity Exercise In Sedentary Kenyan Adults Aged At Least 50 Years"
- iv. Festus Kaino Kiplamai: Ph.D Thesis entitled, "*Prevalence of type II diabetes and its risk factors in relation to physical activity and dietary practices among the Luo and the Kipsigis of the Lake Victoria basin.*"
- v. Kalyan Kumar: Ph.D Thesis entitled, "*Analysis of the effect of aerobic training and detraining on the blood lipid profile among youngmen in India*"
- vi. Mrs.Kristen M. Konkol: Ph.D Thesis entitled, "*Salivary Biomarkers Of Mucosal Immunity And Sympathetic Activation In Children: Effects Of Body Composition, Cardio-Respiratory Fitness And Exercise.*"
- vii. Lilian Adhiambo Aballa: M.SC Thesis entitled, "*Prevalence of obesity and factors influencing its occurrence among school aged children in Nairobi Province*"
- viii. Mbochi Regina Wambui's: M.Sc Thesis entitled, "*Overweight and obesity prevalence and associated socio-economic factors, physical activity and dietary intake among women in Nairobi Province, Kenya.*"
- ix. Johan Pretorius: M.Sc Thesis entitle: "*A Comparative Study Of Maximal Oxygen Uptake In Wheelchair Male Athletes*"
- x. Daga Makaza: M.Phil Thesis Entitled, "*Body composition, somatotype, physical-physiological performance and playing ability of male Zimbabwean league basketball players.*"
- xi. Daniel T Goon: D. Tech. Thesis entitled, "*A Principal components analysis of anatomical fat patterning in South African children.*"

17 CONSULTANCY

- i. Consultancy worth USD,12,000 Funded by The United Nations Educational, Scientific and Cultural Organization (UNESCO) in 2014 to conduct a desk review of existing literature, policies and guidelines issued by public authorities on national anti-doping frameworks and provisions.

- ii. Consultancy worth USD.4,0000 Funded by The Kenya National Commission entitled,“*Training of Trainers (TOTs) on anti-doping within the East Africa Community (EAC)*”.

18.0 NETWORKING AND COLLABORATION WITH EXTERNAL ORGANIZATIONS

I have research and academic collaborations with the following academic institutions and organizations:

- i. Healthy Active Living and Obesity (HALO) Research Group, Children’s Hospital of Eastern Ontario Research Institute (CHEORI) where we collaborated on a project called Kenyan International Development Study – Canadian Activity Needs Research Alliance (KIDS-CAN)
- ii. International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE)
- iii. Copenhagen Muscle Research Centre
- iv. Canada-Mexico Battling Childhood Obesity (CAMBIO)
- v. Assessment of physical activity and active transport among school children in Eastern, Western and Southern Regions of Africa (The PAAT Study).
- vi. Building higher education and research capacity to address the physical activity and nutrition transition in Kenya: the Kenya-Finland education and research alliance (KENFIN-EDURA).
- vii. The Kenya healthy diet and active Lifestyle Infrastructure for the Next generation (Kenya-LINX). The project aims at integrating social, exercise and health sciences, education and engineering disciplines to quantify the features and quality of physical activity for health and wellness.
- viii. The International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE) Research Group whose aim is to is to determine the relationship between lifestyle characteristics and obesity in a large multi-national study of children, and to investigate the influence of behavioural settings, and physical, social and policy environments on the observed relationships from over 14

- countries from six major regions of the world (Africa, Asia, Europe, Latin America, North America and the Pacific)
- ix. The African Higher Education Leadership in Advancing Inclusive Innovation for Development project (AHEAD). A partnership between 4 HEIs from Europe (Romania, Poland, UK, and Italy), 1 SME from Bulgaria, 5 HEIs from Kenya, 2 HEIs from Tanzania and 3 HEIs from Uganda. The project seeks to enhance the management, governance, teaching, research and evaluation capacities of Partner Country HEIs in view of enabling them to implement the knowledge triangle and better integrate their research, education and innovation functions in support of innovation for sustainable development and inclusive growth.
 - x. The Knowledge, Integration and Transparency in Education (KITE) project. A capacity building project funded by the European union to support staff and student academic mobility in the African, Caribbean and Pacific countries of Cameroon, Republic of Congo, Burundi, Kenya, Namibia, Ivory Coast, Nigeria, Gambia, Cape Verde, Senegal, Dominican Republic, Guyana, Fiji, Papua New Guinea and Coordinated by Masaryk University in the Czech Republic.

19.0 PROJECT / RESEARCH GRANTS

S/No.	Researcher	Year	Title	Granting Body	Funding US\$/CAN \$/€
1.	Gareth Stratton, Vincent Onywera , Joy Wachira, George Owino, Sinead Brophy, Huw Summers and Nils Swindell.	2019-2021	Kenya healthy diet and active Lifestyle Infrastructure for the NeXt generation (Kenya-LINX)	British Academy	£299,429
2.	Mikael Fogelholm and Vincent Onywera	2017-2020	Building higher education and research capacity to address the physical activity and nutrition transition in Kenya: the Kenya-Finland education and research alliance (KENFIN-EDURA)	Ministry for Foreign Affairs of Finland	€ 517,500

3.	Vincent Onywera	2016-2017	Active Cities As Catalysts For Well-Being In Africa: The Case Of Nairobi, Accra And Johannesburg	The International Olympic Committee(IOC) through the Advanced Olympic Research Grant Programme	\$ 19,500
4.	Vincent Onywera, Mark Tremblay and Richard Larouche	2013	Assessment of physical activity and active transport among school children in eastern, western and southern regions of Africa: the case of Kenya, Mozambique and Nigeria.	International Development Research Centre (IDRC)	\$ 449,200
5.	Vincent Onywera and Mark Tremblay	2012	Assessment of physical activity and active transport among school children in Sub-Saharan Africa: Development of a research framework	International Development Research Centre (IDRC)	\$16,000
6.	Vincent Onywera	2012	Travel grant to enable me attend the 13th World Congress on Public Health in <i>Addis Ababa</i> , Ethiopia from 23-27 April 2012.	International Development Research Centre (IDRC)	\$1,970
7.	Vincent Onywera and Mark Tremblay	2011-2014	International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE).	Pennington Biomedical Research Centre.	\$ 140,000
8.	A.W. Sheel, B. Wilson J. Rupert V. Onywera	2009-11	Kenyan running: lungs, genes, sport and peace	Martha Piper Research Fund	\$25,000
9.	Onywera	2011	Support to attend the	UCT/IUHPE	\$ 2,000

	Vincent		14 th Biennial South African Sports Medicine Congress. 18 – 20 October, 2011, Sandton Convention Centre, Johannesburg, South Africa.		
10.	Vincent Onywera , Mark Tremblay, Stella Muthuri and Lucy Joy Wachira	2011	Assessment of selected Non-Communicable Disease risk factors among school-aged children in Kenya	African Initiative	\$ 10,000 (Declined)
11.	Vincent Onywera , Mark Tremblay, Ian Jansen and Juan Lopez	2010-2011	Strengthening CAMBIO - KIDS-CAN Collaboration to fight childhood obesity in Canada, Mexico and Kenya through joint research, publication and related academic activities.	CAMBIO – Teasdale-Corti Research Team on Childhood Obesity (Canada –Mexico)	\$ 7,000.
12.	Andrew William Sheel, Brian Wilson, James Rupert and Vincent Onywera	2010-2011	Kenyan Running: Lungs, Genes, Sport and Peace	The University of British Columbia Martha Piper Research Fund	\$ 25,000
13.	Onywera Vincent	2009	Visiting scholar grant	HALO Research Group, Children’s Hospital of Eastern Ontario Research Institute; University of Ottawa, Kenyatta University	\$ 13,000
14.	Onywera Vincent	2008	Kinanthropometry Centurion Kit	Ross Craft President’s Mini Grant	\$ 5,000
15.	Mark S.	2007-	Kenyan International	Canadian	\$ 25,000

	Tremblay, Kristi Adamo, Vincent Onywera , Bill Sheel, Mike Boit and Judith Waudo	2008	Development Study- Canadian Activity Needs Research Alliance(KIDS- CAN)	Institutes of Health Research	
16.	Mike Boit, V.Onywera , F.Kiplamai and G.Theuri	2007	Mombasa International Athletics Conference (Co-Investigator)	Mombasa International Athletics Conference	\$ 11,300
17.	Mike Boit and V.Onywera , F.Kiplamai and G.Theuri	2007	IAAF	IAAF Elite Coach Course for Anglophone Africa	\$11,300
18.	Mike Boit, V.Onywera , F.Kiplamai and G.Theuri (Co-investigator)	2007	IAAF	IAAF Elite Coach Course for Anglophone Africa	\$15,000
19.	Barry W. Fudge, Klaas R. Westerterp, Festus K. Kiplamai, Vincent O. Onywera , Michael K. Boit, Bengt Kayser and Yannis P. Pitsiladis	2005	An application of state-of-the-art technologies to the study of elite east African runners: The effects of an ACSM recommended fluid replacement strategy on thermoregulation and running performance in elite Kenyan distance runners.	SUUNTO Oy, Vantaa, Finland	€3,000
20.	Vincent O. Onywera , Barry W. Fudge, Klaas R. Westerterp, Festus K. Kiplamai, Michael K. Boit, Bengt Kayser and Yannis P. Pitsiladis	2005	Demographic characteristics of elite Kenyan endurance runners	The Royal Society Small Project Grant	€1,050
21.	Barry W. Fudge, Klaas R. Westerterp, Festus K. Kiplamai,	2004	Could a hypocaloric diet be responsible for the success of Kenyan endurance runners in world	The Carnegie Trust of Scotland	€750

	Vincent O. Onywera, Michael K. Boit and Yannis P. Pitsiladis		athletics?		
22.	Njororai, S, Andanje, M and Onywera, V	2004- 2005	Factors Affecting the Growth and Development of Soccer in East Africa	<i>FIFA</i>	\$17,000

20.0 PROFESSIONAL, NATIONAL AND INTERNATIONAL RECOGNITION

- i. Kenyatta University, Vice Chancellor's Exemplary performance award 2012
- ii. Appointed to the Board of Director of the Alpha Upsilon Chi: The international honor society for Health, Physical Education, Recreation, Sport and Dance:2012-To-date.
- iii. Distinguished Researcher - Listed among the top 50 distinguished researchers at Kenyatta University in September 2007.
- iv. Secretary, Kenya Anti-Doping Agency (KADA): 2009-2010
- v. **Invited Speaker:** Workshop on Capacity Strengthening of Policy Makers and Programme Managers for Prevention & Control of Non-communicable Diseases held on 29th April to 2nd May, 2009. Zanzibar Beach Resort, Zanzibar.
- vi. **Invited Speaker:** Sports Management and Nutrition Clinic, Kenyatta University, Department of Sports and Games.16th April 2007.
- vii. **Invited Speaker:** Kenyatta University Postgraduate Seminar, 30th March, 2007.
- viii. **Invited speaker:** Possible Explanations of the Success of Kenyan Endurance Runners; Nature or Nurture – 8th March, 2003, University of Glasgow.
- ix. **Invited speaker:** Lifestyle habits of members of the Health and Fitness Centre of Kenyatta University. The 1st International Scientific Congress of EFAHAPER-SD, December 13th-19th, 2001, Kampala, Uganda
- x. **Invited speaker:** Controlling the Spread of HIV/AIDS through Sports. The 1st International Scientific Congress of EFAHAPER-SD, December 13th – 19th, 2001, Kampala, Uganda.

21.0 REVIEWER/EDITORIAL BOARD

- i. 2013 to date: Global Health Promotion
- ii. 2013 to date: Anthropology Open Access journal
- iii. 2013 to date: South African Journal of Education
- iv. 2013 to date: National Research Foundation of South African
- v. 2012 to date: Applied Physiology, Nutrition, and Metabolism
- vi. 2012 to date: Annals of Human Biology
- vii. 2011 to date: Journal of the International Society of Sports Nutrition
- viii. 2010 to date: International Journal of Obesity
- ix. 2010 to date: WHO 2010 Global Recommendations on Physical Activity for Health.
- x. 2010 to date: Journal of Physical Activity and Health(JPAH)
- xi. 2008 to date: Editorial Board, African Journal of Applied Human Sciences
- xii. 2007 to date: African Journal of Education Studies
- xiii. 2007 to date: Journal of Health, Physical Education, Recreation, Sport, and Dance (EAJHPER-SD).
- xiv. 2005 to date: International Council for Health, Physical Education, Recreation, Sport, and Dance (ICHPER·SD) Journal of Research.
- xv. 2003 to date: East African Journal of Health, Physical Education, Recreation, Sport, and Dance (EAJHPER-SD)

22.0 MEMBERSHIP TO PROFESSIONAL BODIES

S/No	Name of professional body
1.	Member, International Physical Activity and the Environment Network (IPAN)
2.	Member, American College of Sports Medicine(ACSM)
3.	Member, International Union for Health Promotion and Education(IUHPE)
4.	Member, Consortium for Non-communicable Diseases (NCD) Prevention and Control in sub-Saharan Africa (CNCD-Africa)
5.	Member, International Council for Health, Physical Education, Recreation, Sport and Dance (ICHPER·SD) Research.
6.	Member, African Physical Activity Network(AFPAN)
7.	Member, Canadian Obesity Network
8.	Founder member, Kenya International Development Study-Canadian Activity Needs (KIDS-CAN)Research Alliance
9.	Member, Africa Association of Health, PE, Recreation, Sport and Dance-(AAHPERSD)
10.	Member, the Non-Communicable Diseases Alliance in Kenya (NCDAK)

23.0. Referees

Available on request