

# Dr. Benson Gathoni- SUMMARIZED CURRICULUM VITAE

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## **1.0: PERSONAL INFORMATION**

**Name** Benson Ndungu Gathoni  
**Gender** Male  
**Languages** English, Kiswahili (Written and spoken)  
**Present Address** P.O. Box 918 – 00232, Ruiru  
**Email:** benson.gathoni@dkut.ac.ke

## **RESUME**

A skilled lecturer, trainer, and educator in physical education and sport science. A trainer of trainers' instructors in outdoor education and activities. With several years of experience, a taekwondo educator/instructor, sports coach, and mentor. A results-oriented individual, team player, and highly analytical leader who can work with little or no supervision and deliver work results.

## **TEACHING OF PHYSICAL EDUCATION & SPORTS**

I have taught physical education and sports at Meru Teachers Training College, Mt. Kenya University, and Kenyatta University as the Ruiru Campus Games Tutor. Currently, Dedan Kimathi University Sports and Games Department Head.

## **COACHING AND TRAINING**

In various institutions, I have interacted with students, coaching and training them in sports such as netball, taekwondo, hockey, handball, floor ball and volleyball.

## **OUTDOOR AND TAEKWONDO INSTRUCTOR**

In addition, I received taekwondo training and instruction course with KUKKIWON (taekwondo head quarter), and with Korea Police National University. I have instructed students during practice and competition. The Mt. Kenya School of Adventure and Leadership also offered a successful leadership development program, which I successfully completed. After finishing the course, I was hired as an on-call instructor. I gained expertise and rose to the position of senior instructor after instructing the following officers:

- Army cadet officers
- First AP cadet officers
- Kenya Revenue Authority Senior Staff
- Immigration staff.

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## 2.0 QUALIFICATIONS

### 2.1 Academic Qualifications

| No. | COURSE                                                     | INSTITUTION                    | RESULT                                        | YEAR      |
|-----|------------------------------------------------------------|--------------------------------|-----------------------------------------------|-----------|
| 1   | <b>PhD</b> (Physical Education & Sports)                   | University of Nairobi          | Thesis writing and graduation certificate     | 2019-2022 |
| 2   | <b>Masters of Science</b> (Recreation & Sports Management) | Kenyatta University            | Thesis writing and graduation certificate     | 2007-2018 |
| 3   | <b>Bachelor of Education</b> (P.E. and Kiswahili)          | Kenyatta University            | 2 <sup>nd</sup> Class Honors (Upper Division) | 2004-2007 |
| 4   | <b>Primary Teacher( P1)</b> Certificate Kamwenja           | Kamwenja TTC                   | 18 points                                     | 1995-1997 |
| 5   | <b>Grade 5 Theory of music</b>                             | Royal Academy of Music         | Certificate ABRSM grade 5                     | 1995-1997 |
| 6   | <b>KCSE Certificates</b>                                   | Murera Sec School              | C+                                            | 1989-1994 |
| 7   | <b>KCPE Certificates</b>                                   | Githunguri Ranching Pry School | 454 marks                                     | 1981-1989 |

### 2.2 OTHER COURSES

| COURSE                                                     | INSTITUTION                               | RESULT                           | YEAR/       |
|------------------------------------------------------------|-------------------------------------------|----------------------------------|-------------|
| <b>Gender and disability mainstreaming</b>                 | Dedan kimathi university                  | Proficiency                      | <b>2023</b> |
| E-learning workshop                                        | Dedan kimathi university                  | Proficiency                      | 2022        |
| Peer counselling and stress management                     | Dedan kimathi university                  | Proficiency                      | 2020        |
| First Aid Course                                           | St John's Ambulance                       | Certificate                      | 2017        |
| pedagogical skills in high education teaching and learning | Mt Kenya University                       | Certificate of Training          | 2017        |
| International Practical refereeing course in Handball      | Kenya Handball Federation                 | National Referee License Grade 1 | 2013        |
| International Practical Coaching in Netball                | Kenya Netball Federation                  | Coaching Certificate             | 2011        |
| Bachelor of Education (Bed) <b>TSC 381179</b>              | Kenyatta University                       | Degree                           | 2007        |
| Outdoor Leadership Development Course                      | MT Kenya School of Adventure & Leadership | Outdoor leadership Certificate   | 2005-2005   |
| Kenya Roll Ball Federation Refereeing & Coaching           | Kenya Roll Ball Federation                | Coaching Certificate             | 2011        |
| Kenya Wood ball Federation Refereeing & Coaching           | Kenya Wood Ball Federation                | certificate                      | 2011        |

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|-----------------------------------------------------------|------------------------|------------------------|-----------|
| Kenya Teachers College Sport Association:<br>Hockey Coach | KTCSA                  | certificate            | 2010      |
| Pole Vault Judge                                          | KTCSA                  | Certificate            | 2009      |
| COMPUTER operation                                        | job mark               | Certificate            | 2003      |
| School Based Teacher Development Course                   | Ministry of Education  | Certificate            | 2003      |
| Primary teachers certificates (TSC 381179)                | Kamwenja TTC           | Certificates 18 Points | 1995-1997 |
| Grade 5 Theory of Music (ABRSM)                           | Royal Academy of Music | Grade 5 Certificate    | 1995-1997 |

### 3.0 EMPLOYMENT HISTORY

2023: to Date : Lecturer Kenyatta university  
 2012 to 2023: Head of Department Dedan Kimathi University sports and games  
**Duties:** preparing an all-inclusive sports program and sports activities

2019 to Nov.to Date: **Part time Lecturer;** Dedan Kimathi University  
**Duties** Teaching: Introduction to Kinesiology, Taekwondo 1, and Taekwondo  
 2. School of Business Management & Economics; Bsc security  
 management & criminology

2010 to 2012 : Kenyatta University  
**Duties** : **In-charge Sports and Games KU Ruiru Campus**

2010 to 2012 : Kenyatta University  
**Duties** : **In-charge Sports and Games KU Ruiru Campus**

2010 to 2012 : Mt. Kenya University  
**Duties** : **PART-TIME Associate Faculty: PE and Sports**

2007 – 2010 : Meru Teachers Training College  
**Duties** : **P.E/ Games Tutor, Assistant game coordinator, Netball  
 And Hockey Coach**

2005 – 2012 : Mt. Kenya School of Adventure and Leadership  
**Duties** : **Senior Instructor: On-call instructor outdoor pursuit/  
 Leadership**

### 4.0 ADMINISTRATIVE RESPONSIBILITIES & APPOINTMENTS TO UNIVERSITY COMMITTEES.

**.Dedan Kimathi University and Kenyatta university**

#### **.4.1.0. Kenyatta university**

**2024- to Date:** Selected to be coordinator Continues Education  
 Programme (CEP).

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**2024- To Date:** selected to be coordinator marketing & exhibition

## 4.1.1 Dedan Kimathi University of Science & Technology

**2015 to 2023**                      **Head of Department** Sports & Games Dekut

2022 to 2023:                      **Secretary** Dedan Kimathi University SACCO 2021 to

2022:                                  **Vice chairman** Dedan Kimathi University SACCO

2012 to 2022:                      **Chairman** DeKUT staff Fitness club

2015 to 2023:                      **Chairman** KUSA-Central Conference

2014 to 2016:                      **Chairman** Procurement committee sports Equipment 2012

to 2023:                              **Patron** to various clubs

## 4.1 CONFERENCES/SEMINARS/WORKSHOPS/TRAINING

| No. | WORKSHOP/SEMINAR/CONFERENCES /TRAINING                                  | INSTITUTION                  | RESULT      | YEAR/DATES |
|-----|-------------------------------------------------------------------------|------------------------------|-------------|------------|
| 1.  | Physical Education and Sports Science Symposium                         | Kibabii University           | Certificate | 2023       |
| 2.  | Black belt                                                              | DeKUT/Taekwondo federation   | certificate | 2022       |
| 3.  | Red belt( 3 <sup>rd</sup> level)                                        | DeKUT/Taekwondo federation   | certificate | 2021       |
| 4.  | Arrest & Defense skill Seminar/Training                                 | DeKUT/ Korea National police | certificate | 2019       |
| 5.  | Pomsae seminar                                                          | DeKUT/Kukkiwon               | certificate | 2019       |
| 6.  | African Sports Management Course                                        | Mt Kenya university          | certificate | 2018       |
| 7.  | Pedagogical Skills In High Education Teaching And Learning              | Mt Kenya University          | Certificate | 2018       |
| 8.  | EAUG Pre Games Symposium 11 <sup>th</sup> Edition                       | University Of Dodoma         | -           | 2018       |
| 9.  | World Under 18 Pregame International Symposium                          | <b>Kenyatta University</b>   | Certificate | 2017       |
| 10  | Disability Mainstreaming Training Work Shop                             | Dedan Kimathi University     | Certificate | 2016       |
| 11  | The 7 <sup>th</sup> edition of the FASU Games Pre-scientific Conference | University of Nairobi        | -           | 2014       |
| 12  | EAUG Pre Games Symposium 7 <sup>th</sup> Edition                        | Kenyatta University          | Certificate | 2010       |
| 13  | Physical Education Workshop For Lectures From TTC                       | Ministry Of Education        | Certificate | 2009       |

## 5.0 RESEARCH AND PUBLICATIONS

### 5.1 Articles in Peer - Reviewed Journals

1. Gathoni, B., Wanjira, J., & Mucheke, C. (2024). Enhance Kenya University Undergraduate Employability Through Team Sports Participation: University Students Athletes. *International Journal of Humanity and Social Sciences*, 2(1), 74-82.
2. Gathoni, B., Munayi, S., Kimatai, R. J., & Njuno, A. N. (2024). Influence of Taekwondo Training as a Martial Art Sport on Enhancing Mental Wellness of Security Officers in Kenya.

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3. Gathoni, B. N. (2022). *Perceptions of Student Athletes and Sports Officers on the Effects of Online Betting in Kenyan Universities* (Doctoral dissertation, University of Nairobi).
4. Gathoni, B., Munayi, S. P., & Chumba, J. (2022). Recreation Activities that have the Greatest Negative Environmental Impact on Environmental Resource Attributes in National Parks of Central Kenya. *European Journal of Sociology*, 5(1), 1-8.
5. Gathoni, B., Munayi, S. P., & Wanjira, J. (2022). Impact of Recreation Activities in the National Parks in the Central Kenya Region on Vegetation, Soil, Water and Wild Game. *Journal of Environment*, 2(1), 1-18.
6. Gathoni, B., Rintaugu, E. G., & Munayi, S. 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.
7. Mugweru, M., Munayi, S., Chumba, J., & Gathoni, B. (2022). Determinants Affecting the Teaching of Physical Education to Learners with Different Kinds of Disabilities-P. E Teacher Preparedness. *African Journal of Education and Practice*, 8(5), 64-73.
8. Munayi, S. P., & Gathoni, B. (2022). WHAT EXACTLY ARE WE TEACHING IN PHYSICAL EDUCATION-THE CASE OF THE SYLLABUS FOR THE LEARNERS WITH INTELLECTUAL CHALLENGES IN KENYA.
9. Jakinda, R., Munayi, S., Chumba, J., & Gathoni, B. (2022). Effective Teaching of Physical Education to Learners with Visual Disability: A Literature Review. *Journal of Education and Practice*, 6(4), 48-55.
10. Benson, G. N., Munayi, S. P., Wanjira, J., & Inyega, J. (2021). Examining the Effects of Online Sports Betting on the Perceived Economic Wellbeing of Student-Athletes. *International Journal of Research in Business and Social Science* (2147-4478), 10(7), 242-248.
11. Benson, G. N., Munayi, S., & Wanjira, J. (2021). Investigating the Effects of Online Sports Betting on the Perceived Social Wellbeing of Student Athletes. *International Journal of Business Ecosystem & Strategy* (2687-2293), 3(2), 62-72.
12. Gathoni, B. N. (2022). *Perceptions of Student Athletes and Sports Officers on the Effects of Online Betting in Kenyan Universities* (Doctoral dissertation, University of Nairobi).

### **6.0 RESEARCH AND UNPUBLISHED WORK**

1. *Late Night Online Sports Betting On Sleep Pattern And Well Being Of University Students Athletes.*
2. *Consequences of Burnout Among Coaches, Physical Education, Exercise Science and Sports Management Lectures in Kenya Public Universities.*

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## 6.1 MASTERS SUPERVISION

### 6.1.2 On going

1. **Victor Omata B214-03-0026/21:** Drivers of Procurement Fraud Among Public National Referral Hospitals in Nairobi County, Kenya.
2. **Alex Maloba B214-03-0080/2019:** Home Security Systems And Dwellers' Perceived Safety:A Study Of Westlands Sub-County, Nairobi City County, Kenya.
3. **Kalla Ibrahim Wario B214-03-0103/2021:** Effect of Police Response to Homicide Case Clearance Rates in Kajiado West Sub County, Kajiado County, Kenya.
4. **John N. Nzangya B214-03-0032/2023:** Effectiveness of Artificial Intelligence in Counterterrorism Strategies In Kenya. Nairobi County Directorate of Criminal Investigation's Bomb Disposal Unit.
5. **Julius Mutembei Laban B214-03-0002/2022:** Analyzing Factors Affecting Outdoor Homicide Case Solvability in Kenya; Nairobi County.
6. **Anthony Ndung`U Nduta B214-03-0019/2023:** Effect of Police Performance On Public Perceived Quality Life in Embakasi Sub County, Nairobi County, Kenya.
7. **Everlyne Mwongeli Nyamasyo B214-03-0009/2023:** Cross Sectional Investigation of Sexual Harassment and Reporting Behavior of Male Nurses In Public Hospitals in Kenya,

## REFEREES:

### 1. Dr. Simon Munayi (Ph.D)

Senior Lecturer

Department of Physical Education and Sport University of Nairobi

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### 2. Dr. Benson Ongarora (Ph.D)

Senior Lecturer

Dedan Kimathi University of Technology

Former Director; Directorate of Students welfare

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### 3. Dr. Teresa Waithera (Ph.D.)

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