

Dr. JULIAH GITHANG'A

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PERSONAL STATEMENT

A progressive scholar possessing a passion for physical activity, exercise, and sports science fields of study, with an aptitude for academic/research inquiry and pedagogy. In my endeavor to stay current on the latest sports science research, am motivated towards guiding learners to grow and develop physically, cognitively, spiritually, and affectively in the acquisition of skills and values that would help develop into more responsible and self-reliant persons. It is also my commitment to making contributions and value addition to this discipline with the best, most up-to-date information and techniques that are data-driven through continuous research.

SPECIALIZATION

- Curriculum Development in Physical Education and Sports Science
- Sport Psychology
- Exercise Physiology

EDUCATION

2013-2017:	Doctor of Philosophy Physical and Health Education Applied Human Sciences Kenyatta University
2005-2008:	Masters Degree Physical and Health Education Applied Health Sciences Kenyatta University
2001-2004:	Bachelor of Education (Arts) Degree English and Physical Education Kenyatta University
2000:	Egerton University

Computer Applications Course

Certificate

1996-1999: Kambala Secondary School
KCSE

1988-1995: Kenana Primary School
KCPE

WORK EXPERIENCE

2025: KICD STAKEHOLDERS ENGAGEMENT
2022: CBC CURRICULUM DEVELOPMENT
KICD WORKSHOP VENUES
2021: CBC CURRICULUM EDITING
KICD WORKSHOP VENUES
2019: CBC CURRICULUM DESIGN AND WRITING
KICD WORKSHOP VENUES
2018 TO DATE: LECTURER
DEPARTMENT OF PHYSICAL EDUCATION, EXERCISE AND SPORTS SCIENCE
KENYATTA UNIVERSITY
2013 - 2017: ASSISTANT LECTURER/TUTORIAL FELLOW
DEPARTMENT OF PHYSICAL AND HEALTH EDUCATION
KENYATTA UNIVERSITY
2009 – 2013: KENYATTA UNIVERSITY
PART TIME LECTURER
DEPARTMENT OF EXERCISE RECREATION AND SPORTS SCIENCE

DAYSTAR UNIVERSITY
HEALTH, FIRST AID AND PHYSICAL FITNESS
PART TIME LECTURER
DEPARTMENT OF NURSING, ENGINEERING AND HEALTH SCIENCES
2010: MT. KENYA UNIVERSITY – THIKA
PHYSICAL HEALTH EDUCATION
PART-TIME LECTURER
DEPARTMENT OF EDUCATION
2008-2011: SCLP SAMAJ SCHOOL AND SAMAJ AUSTRALIAN UNIVERSITY
HEAD OF DEPARTMENT
DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS
2004: TEACHING PRACTICE
NJENGA KARUME SECONDARY SCHOOL - MOLO

RESEARCH EXPERIENCE

- Contributor Researcher in "Aerobic Fitness and Leg Muscle Power in Relation to Arterial Blood Pressure in Adolescents. Selected Topics in Pediatric Cardiology." (2025)
- Contributor Researcher in "Delphi Fitness Expert Group. The Youth Fitness International Test (YFIT) battery for monitoring and surveillance among children and adolescents: A modified Delphi consensus project with 169 experts from 50 countries and territories." (2024)
- Research Lead that explored and analysed cases in "Effects of Relaxation Exercise and Sleep Environment Modification on Stress among Institutionalized Elderly in Nairobi City, Kenya." (2017)
- Research Lead that explored "Metabolic Equivalents (METs) of the Physical Activity patterns of the elderly Kenyans in homes for the aged in Nairobi province." (2013)

PUBLICATIONS

- Danladi, M., Tavershima, K., Oluwatoyin, T. and Julia, G. (2025). Aerobic Fitness and Leg Muscle Power in Relation to Arterial Blood Pressure in Adolescents. Selected Topics in Pediatric Cardiology. DOI: 10.5772/intechopen.1009222 <https://www.intechopen.com/online-first/1219567>
- Ortega FB, Zhang K, Cadenas-Sanchez C, Tremblay MS, Jurak G, Tomkinson GR, Ruiz JR, Keller K, Nyström CD, Sacke JM, Pate R, Weston KL, Kidokoro T, Poon ET, Wachira LM, Ssenyonga R, Gomes TNQF, Cristi-Montero C, Fraser BJ, Niessner C, Onywera VO, Liu Y, Liang LL, Prince SA, Lubans DR, Lang JJ; Delphi Fitness Expert Group. The Youth Fitness International Test (YFIT) battery for monitoring and surveillance among children and adolescents: A modified Delphi consensus project with 169 experts from 50 countries and territories. J Sport Health Sci. 2024 Nov 20;14:101012. doi: 10.1016/j.jshs.2024.101012. Epub ahead of print. PMID: 39577493; PMCID: PMC11863322.. <https://doi.org/10.17605/OSF.IO/8Y6T7> <https://pubmed.ncbi.nlm.nih.gov/39577493/>
- Githang'a, J., Gitahi, T. and Mugala, H. (2019). "Effects of Relaxation Exercise and Sleep Environment Modification on Stress among Institutionalized Elderly in Nairobi City, Kenya" International Journal of Sports and Physical Education (IJSPE), vol 5, no. 4, 2019, pp. 1-7. doi: <http://dx.doi.org/10.20431/2454-6380.0504002>
- Githang'a, Julia W; Wamukoya, Edwin K; Onywera, Vincent O., (2013). Metabolic Equivalents (METs) of the Physical Activity patterns of the elderly Kenyans in homes for the aged in Nairobi province. Volume 1 No. 2. January 2013 issue page 43-49, ISSN 2070-917X

BOOK CHAPTER PUBLICATIONS

KINUTHIA, STANLEY & GITHANG'A, JULIAH. (2025). BUILDING A SUSTAINABLE FUTURE FOR SPORTS ORGANIZATIONS IN KENYA. EMERALD PUBLISHING LIMITED DOI:10.1108/978-1-83608-726-720251008.

COURSE BOOKS

Githang'a, J., Mwangi, S., Kikui, R. and Njuguna, I. (2023). Spotlight Physical Education and Sports: Learner's Book. Grade 8. Spotlight Publishers (EA) Limited.

Githang'a, J., Mwangi, S., Kikuvi, R. and Njuguna, I. (2023). Spotlight Physical Education and Sports: Teacher's Guide. Grade 8. Spotlight Publishers (EA) Limited.

Githang'a, J., Mwangi, S., Kikuvi, R. and Njuguna, I. (2022). Spotlight Physical Education and Sports: Learner's Book. Grade 7. Spotlight Publishers (EA) Limited.

Githang'a, J., Mwangi, S., Kikuvi, R. and Njuguna, I. (2022). Spotlight Physical Education and Sports: Teacher's Guide. Grade 7. Spotlight Publishers (EA) Limited.

Githang'a, J. (2023). CBC Torch Encyclopedia. Grade 6. Spotlight Publishers (EA) Limited.

CONFERENCE AND SYMPOSIA ATTENDANCE

- 2025: Kenyatta University - University of TSUKUBA and Japan Society for the Promotion of Science (JSPS) Joint International Symposium on "Endurance Running as an Effective Strategy for Youth Development and Public Wellness", Kenyatta University, 2025
- 2024: The 8th International Council for Health, Physical Education, Recreation, Sports and Dance (ICHPER-SD) Africa Conference
- 2019: Physical Activity Promotion Prototype creation. Kenyatta University in conjunction with Finland Universities
- 2018: International Colloquium on Physical Activity, Exercise and Sports Science. Kenyatta University
- 2016: 2nd International Conference on physical Activity & Sports for Health & Development in Africa. Kenyatta University
- 2015: Departmental Curriculum Workshop. Kenyatta University Conference Center
- 2007: Kenyan Draft Policy on Ageing and Physical Activity. Panafric Hotel
- 2006: Association for Health, Physical Education, Recreation, Sport and Dance (AFAHPER-SD). Kenyatta University

HONOURS AND AWARDS

- 8th ICHPER-SD Appreciation Award (2024)

PROFESSIONAL AFFILIATIONS

- Sports Medicine Society of Kenya (2024-present)

CERTIFICATIONS

- Smart Board Training (2014)
- Basic Fitness Instructor's Aerobics Course (2013)
- Advanced Fitness Instructor's Aerobics Course (2018)

PROFESSIONAL RELEVANT SKILLS

Curriculum Design and Development

HOBBIES AND INTERESTS

- Playing Tennis

- Community service
- Volunteer caregiver at Mji Wa Huruma, Runda Estate