

CURRICULUM VITAE

NAME: ELVIS ONYANGO OKOTH

DESIGNATION: TUTORIAL FELLOW

**DEPARTMENT: PHYSICAL EDUCATION EXERCISE AND SPORTS
SCIENCE**

SUMMARY ACHIEVEMENTS SINCE LAST APPOINTMENT

- Initiation of fitness testing facilitation at Kenyatta university human performance lab for international schools BTEC students.
- Participated in finalization of Grade 9 physical education and sports curriculum design at Kenya Institute of Curriculum Development.
- Participated in Cardiorespiratory fitness and body composition survey of first responders in Muranga county, Kenya.
- Participated in the Training of Trainers programme on Global integrity and Education organised by the United Nations Office on drugs and crime.
- Formulating and implementation of the gym management system and inventory management system that have improved the day to day running of the gyms.
- Initiation of fitness assessments and facilitation to external clients as a new revenue stream for the University.
- Reduction of gym maintenance costs through development of internal maintenance and repair procedures.
- Internally fabricating gym equipment through the University's Estates Department.
- Increase in gym subscriptions that have led to a rise in revenue for the University.
- Successfully organising sporting events such as the KU Run, Soccer 7 Aside tournament, Body building competition and cross fit competition during Kenyatta University Culture week festivals from 2019 to 2022.

PROFFESIONAL ACADEMIC QUALIFICATIONS

QUALIFICATION	INSTITUTION	YEAR
Doctorate degree in Exercise and Sports science	Kenyatta University	Ongoing
MSc Exercise and Sports Science (Ongoing)	Kenyatta University	2023
Lucozade training on Sports Science	GlaxoSmithKline Academy of Sports nutrition, hydration and endurance	2012
Fitness instructor level 1	Life Fitness Academy (LFA)	2010
BSc. Exercise and sports science	Kenyatta University	2009

SEMINARS /WORKSHOPS ATTENDED SINCE LAST APPOINTMENT

1. Kenya Academy of Sports workshop on development of sports academy curriculum April 2024 at Machakos.
2. Kenya institute of curriculum development workshop on rationalization of CBC curriculum December 2023 at Naivasha.
3. Presented a paper on the Status of Participation in Physical Activity by Employees in Kenyan Universities at Onsite Fitness Centres in Kenya at the 6th international interdisciplinary conference IIC6 held at University of Eldoret from 4th to 6th September 2019
4. Participated in the International research symposium in physical education, exercise and sports science. Held at Kenyatta University on 25th June 2019
5. Facilitated students from Vijana Amani Pamoja through a Sports Management course at Kenyatta University, from 15th April – 8th May 2019.
6. Participated in the international colloquium in physical education, exercise and sports science held at Kenyatta University on 8th November 2018.
7. Participated in the world under 18 Athletics championship pre- games international symposium held at Kenyatta University on 10th -11th July 2017.
8. Participated in the organisation of the IAAF Athletics for a better world, kid's athletics event and Nanairo Ekiden on 16th July 2017.
9. Participated in the 2nd international conference on physical activity and sports for health and development in Africa held at Kenyatta University from 21st to 23rd September 2016.

PROJECTS AND COLLABORATIONS PARTICIPATED IN

1. Currently participating in Kenya Finland Education Research Alliance (KENFIN EDURA) from 2018 to present – part of project involves development of educational material in physical education and sports.
2. Participation in the organisation of the 2013 standard chartered Nairobi Marathon as the Health and fitness Advisor.
3. Volunteer –Exercise physiologist consultant at Mathare youth Sports Association from 2007 – 2010.
4. Volunteer – Special Olympics Kenya from 2006 – 2009

APPOINTMENT TO UNIVERSITY COMMITTEES /AWARDS/COMMUNITY SERVICE

1. Appointed to the culture week planning committee 2020
2. Appointed to the FASU scientific committee in 2022
3. Appointed to the FASU technical committee in 2022
4. Appointment to committee to organize children's event during the World Under 20 championships 2020
5. Appointed to the Sports engineering committee in 2018
6. Appointed to the PASHDA conference organizing committee 2016

WORK EXPERIENCE (ADD BRIEF DESCRIPTION OF DUTIES ASSIGNED)

Date from	Designation	Terms of service
2023	Tutorial-fellow department of physical education, exercise and sports science	➤ Teach in the department of physical education exercise and sports science
2017 to 2023	Teaching assistant at the department of physical education, exercise and sports science	➤ Teaching assistant - Department of Physical Education, Exercise and Sports Science
April 2015 to present	Health and Fitness centre manager	➤ Supervise day to day gym operations. ➤ Schedule gym staff roster. ➤ Formulate and enforce gym safety guidelines ➤ Ensure gym machines and equipment are in good state of repair. ➤ Initiate requisition of gym equipment, spare parts and servicing. ➤ Spearhead marketing of the gym/department and its programmes ➤ Fitness assessment facilitation at the Human performance Lab.
October 2013 to March 2015	Senior Fitness instructor Tribe Hotel Gym	➤ Oversee the smooth running of the gym

		➤ Make sure members subscriptions are up to date ➤ Marketing the gym to potential members ➤ Fitness consultant, to teach and demonstrate proper exercise regimens ➤ Formulation and developing of exercise workout plans for hotel clients ➤ Organization of team building and exercise activities for staff.
May 2010 to October 2013	Fitness instructor Tribe Hotel Gym	➤ Formulation and developing of exercise workout plans for hotel clients ➤ Help clients come up with proper realistic fitness goals ➤ Perform health related components fitness testings. ➤ To educate and spread awareness on the importance of exercise and proper nutrition ➤ Help clients recover from muscular injuries through proper exercise rehabilitation ➤ Create an exciting and safe environment for clients to enjoy themselves ➤ Ensuring existing equipment is in good working order.
2006 to 2010	Volunteer fitness instructor Mathare Youth Sports Association (MYSA)	➤ Rehabilitation and prevention of sports injuries for the MYSA soccer teams ➤ Tournament first aider ➤ Consultancy in sports nutrition and human performance for the MYSA football teams ➤ Performance of skill related fitness testing for players ➤ Evaluation and interpretation of fitness testing results ➤ Developing of workout programmes as per fitness testing results

		➤ Sports facility management
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REFEREES

1. Dr.Yasmin Goodwin , Former Lecturer Department of Physical Education, Exercise and Sports Science
E-mail: jygoodwin@gmail.com
2. Dr. Jane Kamau, Senior Lecturer Department of Physical Education, Exercise and Sports Science
E-mail:Jaynekamau012@gmail.com
Kamau.jane@ku.ac.ke
3. Dr.Gitahi theuri – Lecturer Department of Physical Education, Exercise and Sports Science
E-mail:theuri.gitahi@ku.ac.ke
Alternate email: physiologygeek@gmail.com