

CURRICULUM VITAE

EDINAH SABIRI MOGAKA

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PERSONAL INFORMATION

Gender: Female
Marital status: Married
Languages: English, Kiswahili, Gusii

CAREER OBJECTIVE

To facilitate persons, achieve their cognitive, physical, social and economic wellbeing through participation in healthy physical and experiential activities.

ACADEMIC BACKGROUND

- January 2019** Doctor of Philosophy (PhD) in Sports Science, **Masinde Muliro University of science and technology**, Ongoing
- 2015-2018** Master of Science (MSc) in Health Promotion & Sports Science, **Masinde Muliro University of science and technology**
- 2003-2007** Bachelor of Science (BSc) Sports Science, Second Class Upper, **Kenyatta University**
- 1998-2001** K.C.S.E ('O' Level), Grade: B plain, **Lanet High School**,

PROFESSIONAL TRAININGS UNDERTAKEN

1. Research Grants & Contracts Management & Intellectual Property Rights Training (2021)- **SARIMA through the BRECCIA project**
2. Certificate of merit (2020), Exercise Therapy and conditioning course- **Masinde Muliro University of Science and technology**
3. Certificate of merit (2020), Goal ball coaching and referees' clinic- **Masinde Muliro University of Science and technology**
4. Foundations of Bioethics certificate course (2019), **Kenya Medical Research Institute**
5. Research Methodology certificate course (2019), **Kenya Medical Research Institute**
6. ISO 9001:2015 transition, change and impact awareness training for implementers, certificate of attendance (2018)-**Masinde Muliro University of Science and technology**
7. International Team Physician (ITPC) certificate of Attendance (2017)-**American college of sports medicine**
8. First aid skills certificate- **St. Johns Ambulance/Kenya red cross**
9. E-learning and Moodle training, certificate of completion (2015)- **Masinde Muliro University**
10. Basic national netball coaching, certificate of Merit (2013)-**Kenya netball federation**

11. Level One Anthropometrist accreditation Certificate (2011)-**International Society for the Advancement of Kinanthropometry**
 12. Incident Command System One, Two and Advanced (2009)- **Mt. Kenya School of adventure**
 13. Certificate in Training of Trainers and presentational Skills (2008)-**Kenya Institute of management**
 14. Basic football coaching, certificate of attendance (2008)- **Kenya national sports institute**
 15. Basic Outdoor and leadership Instructor's course, certificate of completion (2007)- **Mt. Kenya School of adventure**
 16. Certificate of merit, Basic Fitness Instruction (2005)- **Kenyatta university**
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WORK EXPERIENCE

1) ASSISTANT LECTURER, Health Promotion and Sports Science Department, Masinde Muliro University of Science and Technology (July 2021 to Date)

Responsibilities

- Teaching
- Examination Coordinator for diploma in health promotion and sports administration programs- **Successfully coordinated moderation of examinations and results for 2018/2019 & 2019/2020 academic year, uploaded all the marks on the ERP system and students can access provisional transcripts on their portals**
- Welfare coordinator

2) INSTRUCTOR, Health Promotion and Sports Science Department, Masinde Muliro University of Science and Technology (January 2013 to Date)

Responsibilities

- Instructing practical units to BSc (Health Promotion & Sports Science), BEd (physical education) and Diploma at the department. The units include exercise and chronic diseases, first aid, sports injury management, fitness evaluation and exercise prescription, Volleyball, Netball, Outdoor education and leadership- **Successfully imparted practical and life skills to students across all years.**
- Conduct aerobics sessions to university staff, students and people from the outside community. **Was able to recruit up to 50 clients per session to attend aerobics sessions on an improvised aerobics studio- improvement in fitness and health was realized**
- Examination Coordinator for diploma in health promotion and sports administration programs- **Successfully coordinated moderation of examinations and results for 2018/2019 & 2019/2020 academic year, uploaded all the marks on the ERP system and students can access provisional transcripts on their portals**

- In charge of designing, implementing and managing physical therapy programs to client with medical conditions and sports injuries in and outside the university. **Been able to rehabilitate seventy-six (76) clients with medical conditions, occupation deformities and sports injuries to full recovery through exercise therapy and ensured well managed client files.**
- In charge of life skill training through outdoor education to youth in the university and the community run by the department. **Noted improvement in self-esteem, leadership, teamwork and motivation skills among children and youth who have attended the program.**
- Volunteer in research projects at the Department-**Volunteered in collecting data for international classification of athletes with disability, sitting volleyball national trials, fitness status of the university staff and the yearly fourth year research projects at the department.**

TEACHING IN OTHER DEPARTMENTS

- **Department of Human nutrition and dietetics**, Part-time instructor/Tutorial fellow to take students through Lifeskills, Outdoor and experiential education course. **Responsibility: Teach lifeskills and leadership skills.** Instructed, set, administered and marked exams and graded students for four years
- **Department of medical laboratory Sciences**, Part-time tutorial fellow/Instructor in First aid and safety education course. **Responsibility: Teach first aid skills.** Instructed, set, administered and marked exams and graded students for four years
- **Department of Optometry and Vision Sciences**, Part-time tutorial fellow in **basic life support and emergency care course.** **Responsibility: Teach and enhance first aid and basic life support skills.** Taught, set, administered and marked exams and graded students for two years
- **Department of Public Health**, Part-time tutorial fellow/Instructor in First aid and emergency medicine/Introduction to disaster management courses **Responsibility: Teach first aid, survival incident management skills.** Taught, set, administered and marked exams and graded students four two years
- **Masinde Muliro University of science and technology, Kakuma campus**, Physical education and sports facilitator for students undertaking diploma in primary education. Instructed, set, administered and marked exams and graded students

3) INSTRUCTOR, Physical and Health Education Department: Kenyatta University (July 2011–Dec 2012)

Responsibilities

- Conducting aerobics
- Scheduling and supervising exercise workouts in the student and staff gymnasium

- Conducting physical fitness testing, evaluation and prescribing exercises to university students and staff and persons from the surrounding community, with and without medical conditions
- Conducting physical therapy sessions and monitoring progress of client within and outside university with medical conditions and sports/occupation injuries

4). TRAINER, Mt. Kenya School of Adventure and leadership (October 2007- to Date).

Responsibilities

- Designing and conducting leadership and teambuilding programs
- Designing and facilitate lifeskills programs to youth groups
- Facilitating leadership and teambuilding programs.
- Teaching incident command system to various groups to enhance disaster management
- Writing course and participants' reports.

Participants handled- All Disciplined forces, Kenya Revenue Authority, Immigration, administration offices, universities, colleges, secondary school students and corporate groups

ADDITIONAL RESPONSIBILITIES:

February 2020: Appointed as a member of Guest guiding committee for Inter-Disciplinary International Conference 2020, MMUST

January 2019: Appointed as a Diploma examination coordinator, Health Promotion and Sports Science department, MMUST

6th September,2018 Appointed as the electoral committee chairperson for Integrity Club students Election, MMUST

2nd October, 2017: Appointed as a committee member of organizing committee for first Pan African international research congress Aon knowledge generation and dissemination, organized by Masinde Muliro University of Science Technology.

8th May, 2017: Appointed as one of the mentors to students undertaking Bachelor of Science (Health Promotion and Sports Science)

29th August, 2015: Appointed as a treasure for Health Promotion and Sports Science Department, welfare committee

29th August, 2015: Appointed as in charge of Rehabilitation and documentation for ISO Certification, Department of Health Promotion and Sports Science.

13th May, 2013: Welfare committee member, School of Health Sciences, MMUST

Dec 16th-21st 2010: Selected as a member of local organizing committee for 7th edition of East Africa games

CONFERENCES ATTENDED AND PRESENTED

1. 3rd International sports medicine conference organized by Sports Medicine Society of Kenya at AMREF university In February 2020. Discussion Theme: Collegiate Athlete

2. International Pan African congress conference Organized by Masinde Muliro University of Science and Technology in June 2018, Royal swiss hotel Kisumu

Paper presented

Barriers to Sports Participation Amongst Women Teacher Trainees from Refuge Backgrounds: A Case of Kakuma Refugee Camp

3. 2nd International Conference on Physical Activity and Sports for Health and Development in Africa (PASHDA) in September 21st -23rd 2016, Kenyatta University, Kenya

Paper presented

Benefits of Exercise to Expectant Mothers as Perceived by Nursing Students in Selected Medical Training Colleges in Kakamega County, Kenya

4. International Convention on Science, Education and Medicine in Sport (ICSEMIS) Conference, 31st August - 4th September 2016, Santos, Brazil

Paper presented

Determinants of Participation in Physical Activity among School Going Adolescents with Disabilities in Kakamega County, Kenya

5. 10th MMUST International Conference on Health, 24th - 26th May 2016, Masinde Muliro University of Science & Technology, Kenya

Paper presented

Knowledge and Attitude towards Prenatal Exercise among Expectant Women from Selected Health Facilities, Kakamega County, Kenya.

6. East Africa Athletics and social sciences international conference, 29th June-1st July 2015, Addis Ababa University, Ethiopia.

Paper presented

Physical Activity Levels among School Going Adolescents with Disabilities in Kakamega County, Kenya

PUBLICATIONS

1. **Edinah Sabiri**, Oloo Micky Olutende, Issah K. Wabuyabo, & Vurigwa Esther. (2018) "Knowledge and Attitude towards Prenatal Exercise among Expectant Women from Selected Health Facilities, Kakamega County, Kenya." *Journal of Physical Activity Research*, vol. 3, no. 1 (2018): 55-59. DOI: <https://doi.org/10.12691/jpar-3-1-9>
2. Oloo Micky Olutende, Jasper Situma Wekesa, **Edinah Sabiri Mogaka** and Issah Wabuyabo Kweyu. (2018). "Discriminant Analysis of Anthropometric and Biomotor Variables Among Groups of Male University Athletes in Three Sports." *European*

3. **Mogaka, E.**, Bukhala, P., & Nguka, G. (2017). Determinants of Physical Activity Participation among Adolescents with Disabilities in Kakamega County, Kenya. *IOSR* 4(4), 42-52. <https://doi.org/10.9790/6737-04044252>
4. Oloo Micky Olutende, Issah Kweyu & Edna Sabiri (2017). Exercise and chronic diseases. *International Research Journal of Science and Research*,6(10),588-599.Available online at <https://www.ijrsr.net/archive/v6i10/v6i10.php> <https://doi.org/10.21275/ART20177057>.
5. Oloo M. O., Jasper S. W., **Edinah, S.M.**, Kweyu, I.W. (2017). "Effects of aerobic exercise on mood state of university students. A quasi-experimental approach". *International Journal of Current Research*,9, (11),61107-61112.Available online at <http://www.journalcra.com/article/effects-aerobic-exercise-mood-state-university-students-quasi-experimental-approach>
6. Waiganjo Luka Boro, Issah Kweyu, Bukhala Peter, Elizabeth Mse, Roselyne Odiango, **Edinah Sabiri**, Jasper Wekesa (2016). Prevalence of Cumulative Trauma Disorders among Computer Work Station Users in Kakamega County, Kenya. *Asian Journal of Applied Sciences* Volume 04, Issue 05, 1057-1063.

FIELD BASED RESEARCH EXPERIENCE

- July 2020-Date:** Co- Principle Investigator (CO-PI) on a university funded project On combating COVID-19 through advocacy, physical activity and balanced dietary intake among adolescents with disabilities in Kakamega county.
- 25th-26th February 2017:** Research Assistant Involved in Data collection on national athletes during National Para Volley Competitions Held at Masinde Muliro University of Science and Technology
- 24th Nov-8th Dec 2013:** Research assistant involved in Assessment and data collection for international Paralympic Committee Athletes Classification research Project Held at Moi international Sports Complex

PROFESSIONAL SEMINARS AND WORKSHOPS

- 20th-21st Sep 2019:** Participated in a two-day workshop on optometry giving sight medical training organized by Masinde Muliro University of Science & Technology and special Olympics
- 7th-8th Dec 2018:** Participated in a two-day workshop on Boccia for coaches and educators organized by Masinde Muliro University of Science and Technology and Miguel university, Spain

- 2nd to 5th May 2017:** Participated in a workshop on grounding personal research, Grant proposal writing and post graduate student supervision organized by university of Venda (South Africa) and Masinde Muliro University of Science and Technology.
- 5th April 2017:** Chaired a session during careers week annual event for school of public health, biomedical science and technology session, MMUST
- 26th to 29th May 2016:** Attended and presented on challenges in disability sports during the African disability workshop in Dar es salaam, Organized by University of Kentucky (USA) and African disability Academy in Tanzania.
- 16th to 18th Nov 2010:** Participated in 2010 East Africa University Pre-Games International Symposium held at Kenyatta university.

COMMUNITY OUTREACH

- November 2020** Through the department, planning to provide sports injury management services to a Youth football tournament being run in Kakamega County as requested by students in the department of Health The Barasa Foundation. Sixty students from Promotion and sports science & St. Johns Ambulance will be involved
- April 2020-Date** Mwiwala community fitness. Performed fitness assessment and Running aerobics sessions at Mwiwala Primary School at 6.00 a.m. to 7.00 a.m. Achieved enhanced fitness for the Mwiwala community aged from 18-60 years old during the COVID-19 Pandemic
- December 2019:** Facilitated Life-Skills training through Kenya Confederation of Catholic Bishops for Adolescents and youth living with HIV/AIDS. Imparted self-awareness, leadership and teamwork skills to adolescents and youth from Nine counties (Bungoma, Busia, Kakamega, Vihiga, Siaya Kisumu, Kisii, Nyamira & Homebay)
- January 2017-Date:** Member of Kakamega deliverance church, Health department- Involved in running health assessment to church members and the surrounding communities & running aerobics sessions for ladies' department
- January 2014-Date:** Through the department, I have run physical therapy programs to client with medical conditions and sports injuries from

communities around university. Some of the conditions handled include Stroke, Diabetes, Hypertension, Arthritis, Lumbago, Sickle cell anemia and expectant mothers

MEMBERSHIP AFFLIATION

2010 to DATE: Member of professional trainers' association of Kenya (PTAK)
Membership No: 0719

NOV 2008-DATE: Volunteer and stakeholder at St. Johns ambulance, MMUST chapter.

PERTINENT INFORMATION

Hobbies: Exercising, reading motivational books and volunteering in community activities.

Adaptability: Excellent

REFEREES

Prof. Peter Bukhala

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Masinde Muliro University of Science and Technology
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