

## DEPARTMENT OF CURRICULUM AND EDUCATION MANAGEMENT



**Name of Staff:** Ms. Miriam Kiptui

**Designation/Rank:** Tutorial Fellow/Assistant Lecturer

**Laikipia University:** School of Education

**Email:** mkiptui@laikipia.ac.ke

**Google Scholar:** Miriam Kiptui

**Research Gate:** [Miriam Kiptui](#)

### **Educational Background/Qualification:**

- PhD in Biomedicine – Physical Activity and Sports (Ongoing), University of Granada, Spain
- MSc in Sports Medicine and Health Science; The Chinese University of Hong Kong, Hong Kong SAR, China, 2014
- MSc in Sports Science (Course work only), Kenyatta University, Kenya, 2011
- B.A in Human Kinetics, Trinity Western University, Canada, 2006

### **Brief Auto-biography**

Miss Miriam Kiptui began her career as a fitness instructor at a Women's gym in Canada after her undergraduate studies, this she did for two years. She came back to Kenya and registered for MSc in Sports Science (Exercise Physiology emphasis) at Kenyatta University of which she finished her course work. She then got to work as a Graduate Assistant at Kenyatta University while she was working on her thesis project under the supervision of Professor Mike Boit. She attended the Chinese University of Hong Kong when an opportunity came up and deferred her studies at Kenyatta University. Upon receiving an MSc in Sports Medicine and Health Science, she became a part-time lecturer at Laikipia University for a year. Later she became a Tutorial Fellow; she still holds this position currently.

## **Research Interest**

- Prevention of Running Injuries among Kenyan long-distance runners
- Promotion of effective movement/physical activity
- Healthy Lifestyle Interventions

## **Publications**

Work in progress

## **Conferences Attended**

Did a presentation titled "*A surveillance study of the Training Habits and Running Injuries Patterns of the Urban Swaras Running Club members*" during the 4TH Laikipia University International Conference (2018).

## **Workshops & Seminars**

Was part of a team that conducted a Basic Skills Training workshop for Nyahururu Athletes in 2019.