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Selected Works of Wycliffe Njororai Simiyu

Bio

Professor, Health and Kinesiology

Wycliffe W. Njororai Simiyu was born, raised and educated in Kenya. Kenya is on the Eastern side of the African Continent. He graduated with a Ph.D. from Kenyatta University, Nairobi, Kenya in 2001 specializing in Physical Education and Sport. Prior to the Ph.D., he had graduated with a Bachelors and Masters in the same fields in 1985 and 1992 respectively from the same Institution. He taught at high school, community college and university levels in Kenya from 1985 to 2007, before transitioning to Wiley College, Texas, USA (2007-2012) and later at the University of Texas at Tyler since 2012.

He also served as Athletics Director (2001 to 2004) and Chair of the Department of Exercise, Recreation and Sport Science (2004 to 2007) at Kenyatta University. He served as the Lead Professor of Physical Education at Wiley College (2007 to 2012) and Interim Chair of the Department of Health and Kinesiology at UT at Tyler in spring 2013. He is an exemplary teacher. He has earned exemplary teaching and service awards in Kenya and in the US. He has published in peer review journals and presented at conferences widely on various aspects of the discipline of Kinesiology. Most importantly, he has mentored many students, both

in East Africa and USA that have progressed to become outstanding scholars around the globe.

In his spare time, he enjoys running, watching competitive Athletics, writing and reading especially sports literature, leadership, motivation and Christian inspirational writings. He is married to Dr. Fletcher Njororai of UT at Tyler for the past 31 years. They have two daughters and a son, and three grandsons. Interestingly, the first and last-born children are all Kinesiology majors!

He considers himself a dynamic, sensitive, experienced professional leader and student-centered educator. His ultimate goal is to facilitate students to discover their ultimate mission in life and to inspire them to aspire towards successful professional careers.

Research Works (87)

Article

Analysis of Kenya's performance at the Olympic Games in ...
Kenya Studies Review (2020)
Wycliffe W Njororai Simiyu

Article

Research on sports migration: an analysis of methodological procedures
Journal of Physical Education and Sport (2020)
J. R. Rojo, Wycliffe W Njororai Simiyu and F. A. Starepravo

The present study aimed at analyzing the knowledge already produced on sports migration at an international level, emphasizing the methodological ...

Article

Africa at the Football World Cup, 1934–2018: defining moments ...
Soccer & Society (2019)
Wycliffe W. Njororai Simiyu

This article looks at the memorable and defining moments that shaped the history of Africa's participation in the World Cup. ...

Article

Contextualization of Kenya's post independence sporting success
KESSA.org (2019)
Wycliffe W Njororai Simiyu

Contribution to Book

Culture of magic and sorcery in African football
Africa's Elite Football Structure, Politics, and Everyday Challenges (2019)
Wycliffe W Njororai Simiyu

African football is associated with deeply held beliefs in magic, superstition and rituals. In some cases, a team attributes match ...

Contribution to Book

Physical Activity
Rural Development Planning in Africa (2018)
F. J. Njororai and Wycliffe W Njororai Simiyu

Physical activity (PA) is a health-enhancing behaviour with many benefits to an individual. Regular PA has been shown to reduce ...

Article

Selected Demographic Characteristics of Male Basketball Players: The Case of ...
Journal of physical education and sport (2017)
Lun Li, Njororai, Wycliffe W. Simiyu, Ting Liao, et al.

Background: The sports competition of the 21st century is about talents and some key characteristics for the athletes include their ...

Article

Effects of 6-week squat, deadlift, or hip thrust training program ...

Journal of Trainology (2017)

Michael B. Zweifel, Andrew D. Vigotsky, Bret Contreras and Wycliffe W. Njororai Simiyu

Objectives: To compare the ergogenic effects of back squats, deadlifts, and hip thrusts. Design: Pilot randomized-controlled trial Methods: In order to determine ...

Article

AFC Leopards and Gor Mahia: footballing rivalry and shared political ...

Soccer & Society (2017)

Wycliffe W Njororai Simiyu

In competitive sport, especially soccer, rivalries constitute the highlight of any given season for such rivalries make for entertaining contests, ...

Article

Organizational factors influencing football development in East African countries

Soccer & Society (2017)

Wycliffe W Njororai Simiyu

The performance of association football (soccer) teams from East Africa (Kenya, Uganda and Tanzania [KUT]) in International competitions has not ...

Article

Students' perspectives on online and face-to-face components of a blended ...

Health and Kinesiology Faculty Publications and Presentations (2016)

Wycliffe W. Njororai Simiyu, Fletcher J. Njororai and Tejaswini Chanumolu

Introduction: The current higher education environment in the United States of America (USA) and worldwide is focused on providing people ...

Article

Walkability in upper east Texas cities and implications for physical ...
Health and Kinesiology Faculty Publications and Presentations (2016)
Wycliffe W. Njororai Simiyu, Fletcher J. Njororai and Billystrom Aronya Jivetti

Introduction: Physical activity is an important intervention strategy against the increasing cases of overweight and obesity in the USA and ...

Contribution to Book

Can Kenyan Women Really Perform? Women on the Sports Field ...
Kenya After Fifty: Education, Gender and Sports (2016)
F. J. Njororai and Wycliffe W Njororai Simiyu

Sport is a major sociocultural phenomenon in Kenya, and in the world as a whole. It plays a key role ...

Article

Challenges Facing Rural Youth and Young Adults and How Development ...
Youth Voice Journal (2016)
B. Jivetti, Wycliffe W Njororai Simiyu and F. J. Njororai

In Kenya, youth aged 15-24 years represent 20% of the population of which about 84% live in rural areas. Consequently, ...

Contribution to Book

Kenya at 50: Contextualization of Her Post Independence Sporting Success
Kenya After Fifty: Education, Gender and Sports (2016)
Wycliffe W Njororai Simiyu

Kenya has distinguished itself as a powerful sporting nation over the years which has in turn helped to project a ...

Article

Sustaining the legacy of Michael Bernard Kwesi Darkoh 1940-2016

African Journal of Food, Agriculture, Nutrition and Development (2016)
M. Khavesi, E. Darkoh, M. Kinyanjui, Wycliffe W Njororai Simiyu, et al.

Professor Michael Bernard Kwesi Darkoh, fondly known as “Mike” among close friends and colleagues, died on 22 July 2016 in ...

Article

College undergraduate students’ self-rating of their physical activity involvement over ...

Health and Kinesiology Faculty Publications and Presentations (2015)
Wycliffe W. Njororai Simiyu and Fletcher J. Njororai

Purpose: To establish the college undergraduate students’ self-rated physical activity involvement over a 7-day period. Methodology: The study utilized the ...

Article

Walkable scores for selected three east Texas counties: physical activity ...

Health and Kinesiology Faculty Publications and Presentations (2015)
Wycliffe W. Njororai Simiyu, Fletcher J. Njororai and Billystrom Aronya Jivetti

Introduction: Physical activity has become an important intervention against overweight and obesity cases in the USA and worldwide. One key ...

Article

Women athletes emerging from the shadow of men in Kenya ...

Sport in Society (2015)
Wycliffe W Njororai Simiyu

The academic interest in women’s roles in sports in Kenya reflects the concern to level the playing field in a ...

Article

Timing of Goals Scored in Selected European and South American ...
Health and Kinesiology Faculty Publications and Presentations (2014)

Wycliffe W. Njororai Simiyu

The purpose of this study was to analyze the timing of goals scored in various soccer leagues around Europe and ...

Contribution to Book

History and Identity of East African Football within the African ...
Identity and Nation in African Football: Fans, Community, and Clubs (2014)
Wycliffe W Njororai Simiyu

The East African countries of Kenya, Uganda, and Tanzania have carved a niche of perpetual failure to qualify for major ...

Article

Iconic Figures in African Football- from Roger Milla to Didier ...
Soccer and Society (2014)
Wycliffe W Njororai Simiyu

The rise of celebrity culture is a theme that has attracted a significant amount of attention within the realm of ...

Contribution to Book

South Africa FIFA World Cup 2010: African Players' Global Labor ...
African Football, Identity Politics and Global Media Narratives (2014)
Wycliffe W Njororai Simiyu

The football World Cup tournament represents the pinnacle of the game globally. It is the dream of a player not ...

Article

Analysis of goals scored in the 2010 world cup soccer ...
Health and Kinesiology Faculty Publications and Presentations (2013)
Wycliffe W. Njororai Simiyu

Purpose: To analyze the pattern and trends of the goals scored during the 2010 world cup soccer tournament held in ...

Article

Contextualization of Kenya's post independence sporting success

KESSA (2013)

Wycliffe W Njororai Simiyu