

# CURRICULUM VITAE

## PERSONAL INFORMATION

<b>NAME:</b>	<b>Monday Omoniyi MOSES, PhD</b>
Profile	He is a Sports and Exercise Physiologist with requisite scientific skills acquired over time as a career academician having ardent research interest in optimal health, wellness, fitness, and athletic performance through physical activity, exercise and sports participation in both the athletic and non-athletic population.
Current Rank	Senior Lecturer, Department of Physiotherapy and Sports Science, Faculty of Allied Health Sciences, College of Health Sciences, Kwame Nkrumah University of Science and Technology, Kumasi, Ghana
Postal Address and Contact	<ul style="list-style-type: none"><li>• Department of Physiotherapy and Sports Science, Faculty of Allied Health Sciences, College of Health Sciences, Kwame Nkrumah University of Science and Technology, Kumasi, Ghana</li><li>• Email Address: momoses@knust.edu.gh, moniy152002@yahoo.com</li><li>• Mobile: +233547336905</li><li>• Scopus ID: 57193639995</li><li>• Orcid: <a href="https://orcid.org/0000-0001-5785-9551">https://orcid.org/0000-0001-5785-9551</a></li></ul>
Nationality	Nigerian

## 1. EDUCATION

### (a) Academic Degrees earned with dates

**Table 1.**

<b>Academic Degrees</b>	<b>Dates</b>
Ph.D. (Exercise Physiology)	July, 2012
M.Ed. (Exercise Physiology)	January, 2003
B.Ed. (Physical and Health Education)	May, 2000
National Certificate in Education (Mathematics and Economics)	December, 1995
Senior Secondary School Certificate	October/November, 1990
Junior Secondary School Certificate	May/June, 1987
Primary School Leaving Certificate	May/June, 1984

### (b) Institutions attended with dates

**Table 2.**

<b>Institutions</b>	<b>Dates</b>	<b>Degree/Certificates</b>
University of Ibadan, Ibadan, Oyo State	2005-2012	Ph.D. (Exercise Physiology)
University of Ibadan, Ibadan, Oyo State	2001-2003	M.Ed. (Exercise Physiology)
University of Ibadan, Ibadan, Oyo State	1996-2000	B.Ed. (Physical and Health Education)
Tai Solarin College of Education, Ijebu-Ode, Ogun State	1991-1995	National Certificate in Education (Mathematics and Economics)
Ayila High School, Ayila, Waterside, Ogun State	1988-1990	Senior Secondary School Certificate
Community High School, Ayede, Waterside, Ogun State	1985-1987	Junior Secondary School Certificate
All Saints RCM School, Ayede, Waterside, Ogun State	1979-1984	Primary School Leaving Certificate

### Additional Certifications

- Physical Therapy Certificate, Continuing Medical Education, Medscape, LLC, 370 Seventh Avenue, Suite 1101, New York, NY 10001-3967
- Level 2 Anthropometrist, International Society for the Advancement of Kinanthropometry (ISAK) Technician-Full Profile
- Coaching Certificate in Athletics, University of Ibadan, Ibadan, Oyo State

### Professional Affiliations

- Ghana Association of Sports and Exercise Medical Sciences 2020 - date
- Asian Exercise & Sport Science Association (AESAs) 2016 - date
- American Society of Exercise Physiology (ASEP) 2015 - date
- American College of Sports Medicine (ACSM) 2015 - date
- International Society for Development and Sustainability 2014 - date
- University Teachers' Association of Ghana 2013 - date
- International Council for Health, Physical Education, Recreation, Sports and Dance (ICHPER-SD) 2009 - date
- Nigeria Association for Physical, Health education, Recreation, Sports and Dance (NAPHER-SD) 2003 - date
- Nigeria Association of Sports Science and Medicine (NASSM) 2003 - date

j. Emergency, Crisis, Disaster, Safety, Environmental and Risk Management Institute  
2005 - date

## 2. UNIVERSITY TEACHING AND OR RESEARCH EXPERIENCE WITH DATES

### A. (i) Academic ranks held

- i. Senior lecturer: August, 2017 - date
- ii. Lecturer: November, 2013 – July, 2017

### (ii) Subjects/Courses taught

**Table 3 (a) First Semester Credit Hour**

<b>Programme (Class)</b>	<b>Semester 1 Course Code, Title</b>	<b>Credit Hours</b>
Sports and Exercise Science (Year 3)	SES 361, Physiology of Aging	3
	SES 391, Drug Use & Sports Performance	2
	SES 395, Emergency Health Care	3
Sports and Exercise Science (Year 4)	SES 493, Workplace Health Promotion	2
<b>Total First Semester Credit Hour (2017/2018-2018/2019 Academic Years)</b>		<b>10</b>
Physiotherapy and Sports Science (Year 2)	PSM 253, Drugs and Sports	3
Physiotherapy and Sports Science (Year 3)	EST 355, Principles of Exercise Prescription	3
	EST 363, Scientific Principles of Sports Training	2
	EST 357, Strength and Conditioning Training	2
Sports and Exercise Science (Year 3)	SES 361, Physiology of Aging	3
Sports and Exercise Science (Year 4)	SES 493, Workplace Health Promotion	3
Faculty of Educational Studies (PhD)	PPSE 715, Sports Nutrition	3
<b>Total First Semester Credit Hour (2019/2020-2020/2021 Academic Years)</b>		<b>19</b>
<b>Grand Total First Semester Credit Hour (10 + 19)</b>		<b>29</b>

**Table 3(b). Second Semester Credit Hour**

<b>Programme (Class)</b>	<b>Semester 2 Course Code, Title</b>	<b>Credit Hours</b>
Sports and Exercise Science (Year 2)	SES 252, Tests and Measurements in SES	2
	SES 254, Scientific Methods of Training	2
Sports and Exercise Science (Year 3)	SES 352, Research Methods in SES	2
	SES 362, Physiology of Strength Development	2
Sports and Exercise Science (Year 4)	SES 476, Computer Applications in Sports	2
	SES 484, Management of Recreational Facility	3
	SES 492, Tapping and Wrapping of Athletic Injuries	3
<b>Total Second Semester Credit Hour (2017/2018-2018/2019 Academic Years)</b>		<b>16</b>
Physiotherapy and Sports Science (Year 2)	PSM 254, Sports and Exercise Physiology	3
Physiotherapy and Sports Science (Year 3)	PSM 357, Drug Use and Sports Performance	2

Sports and Exercise Science (Year 3)	SES 362, Physiology of Strength Development	2
Sports and Exercise Science (Year 4)	SES 492, Taping and Wrapping of Athletic Injuries	3
<b>Total Second Semester Credit Hour (2019/2020-2020/2021 Academic Years)</b>		<b>10</b>
<b>Grand Total Second Semester Credit Hour (16 + 10)</b>		<b>26</b>

- i. I teach **Drugs and Sports** to the 2<sup>nd</sup> year students in the Department of Physiotherapy and Sports Science.
- ii. I teach **Principles of Exercise Prescription** to the 3<sup>rd</sup> year students in the Department of Physiotherapy and Sports Science.
- iii. I teach **Scientific Principles of Sports Training** to the 3<sup>rd</sup> year students in the Department of Physiotherapy and Sports Science.
- iv. I teach **Strength and Conditioning Training** to the 3<sup>rd</sup> year students in the Department of Physiotherapy and Sports Science.
- v. I teach **Physiology of Aging** to the 3<sup>rd</sup> year students in the Department of Sports and Exercise Science.
- vi. I teach **Workplace Health Promotion** to the 4<sup>th</sup> year students in the Department of Sports and Exercise Science.
- vii. I teach **Sports Nutrition** to the PhD students in the Faculty of Educational Studies
- viii. I teach **Sports and Exercise Physiology** to the 2<sup>nd</sup> year students in the Department of Sports and Exercise Science
- ix. I teach **Physiology of Strength Development** to the 3<sup>rd</sup> year students in the Department of Sports and Exercise Science.
- x. I teach **Tapping and Wrapping of Athletic Injuries** to the 4<sup>th</sup> year students in the Department of Sports and Exercise Science.

## **B. Supervision of Students' Project Work/Theses/Research After My Last Promotion in 2017**

### **Bachelor (BSc) Sports and Exercise Science**

1. **Acheampong, I. K. (2017):** Effects of Combined and Conventional Exercise Training on the Biochemical Responses of Stroke Survivors in Kumasi, Ghana.
2. **Essaw, E. (2017):** Physical Activity Patterns and Dietary Habits of Undergraduate Students.

3. **Donkor, C. (2017):** Assessment of Physiological and Flexibility Components of Second Cycle Female Students in Kumasi.
4. **Owusu, L. (2017):** Motivational Factors for Sports Participation and Career Selection of Student-Athletes in Kwame Nkrumah University of Science and Technology, Kumasi.
5. **Kyere, E.O. (2017):** Prevalence of Musculoskeletal Disorders and Exercise Participation of Professional Long-Distance Drivers in Ghana.
6. **Deku, D.P. (2018):** Effects of Duration of weight Lifting on Anthropometric, Physiological and Biochemical Characteristics of Weight lifters in Kwame Nkrumah University of Science and Technology, Kumasi.
7. **Asamoah, R. (2018):** Physical Activity Involvement as Correlates of Demographic Profile of Elite and Middle Second Cycle School Students.
8. **Doku, A.O. (2018):** Physiological, Anthropometric and Balance Skill Responses of Healthy Bankers to Fitness Training.
9. **Boakye, F. (2018):** Foot Posture, Core Stability and Body Composition in Overweight and Obese Individuals.
10. **Tiguridaane, I.A. (2018):** Awareness and Adherence to Exercise Delivery Code of Conducts by Fitness and Wellness Practitioners in Ghana.
11. **Ansu Gyeabour, E. (2019):** Therapeutic Exercise Effects on Body Composition, Flexibility and Balance of Spinal Subluxed Patients Receiving Chiropractic Treatment.
12. **Nanevi, W. Y. (2019):** Assessment of the Functional Ability and Stability of the Lower Extremity and Body Composition of Rehabilitative Spondylolisthesis Patients.
13. **Boateng, R. J. (2019):** Knowledge, Attitude and Practice of Physical Activity Counselling among Healthcare Providers.
14. **Sarpong, P. (2019):** Responses of Anthropometric and Physiological Parameters of Obese Children to *Ampe* Exercise Programme.
15. **Yamoah, M. (2020):** Effect of *Ampe* Exercise Programme on the Quality of Life and Risk of Fall of the Elderly.
16. **Duodu, S. L. (2020):** Screen Time Activities as Correlates of Health-Related Variables and Academic Performance of Children in Urban Schools.
17. **Akumba, B. S. (2020):** National Rugby, University Rugby and Soccer Players: Comparison of Physiological Profile and Motor Performance Ability.

18. **Owusu, L. A. (2020):** Assessment of Anthropometric, Physiological and Static Muscle Strength of A-University Cadets and Non-Cadets.
19. **Sarfo S.O. (2020):** Evaluation of Health and Performance Attributes of Divisional Football Players in Ashanti Region.

#### **Completed MPhil Project Supervised**

1. **Kluboito, Y. (2017):** Acute effects of energy drink consumption on physiological responses and physical performance variables of university athletes.
2. **Mensah, T.K. (2017):** Analysis of Anthropometric and Motor Performance Variables of Soccer Players in GUSA Games.

#### **C. Other Professionally Related experience**

I belong to notable professional bodies as stated (SN 1) where I participated in various organised series trainings of modular lectures on How to peer review article; How to prepare a proposal for a review article; Transparency in Peer Review; How to secure funding - ECR edition; Diseases ailing research – and how to cure them; How to produce highly visible research: Useful tips for researchers; How to prepare your manuscript; Structuring your article correctly; and tips for writing a truly terrible review organised by Elsevier Publishing Campus. I continue to update myself on sports physical therapy and Rehabilitation summit, and physiotherapy training and treatment programme.

### **3. DETAILS OF RESEARCH, PROJECTS OR EXHIBITIONS UNDERTAKEN SINCE THE LAST PROMOTION IN 2017**

#### **A. (i). Research Activities completed with dates**

**August, 2017- July,2018**

1. Effects of Combined and Conventional Exercise Training on the Biochemical Responses of Stroke Survivors in Kumasi, Ghana.
2. Physical Activity Patterns and Dietary Habits of Undergraduate Students.
3. Assessment of Physiological and Flexibility Components of Second Cycle Female Students in Kumasi.

4. Motivational Factors for Sports Participation and Career Selection of Student-Athletes in Kwame Nkrumah University of Science and Technology, Kumasi.
5. Prevalence of Musculoskeletal Disorders and Exercise Participation of Professional Long-Distance Drivers in Ghana.
6. Acute effects of energy drink consumption on physiological responses and physical performance variables of university athletes.
7. Analysis of Anthropometric and Motor Performance Variables of Soccer Players in GUSA Games.



**August,2018- July,2019**

8. Effects of Duration of Weightlifting on Anthropometric, Physiological and Biochemical Characteristics of Weight lifters in Kwame Nkrumah University of Science and Technology, Kumasi.
9. Physical Activity Involvement as Correlates of Demographic Profile of Elite and Middle Second Cycle School Students.
10. Physiological, Anthropometric and Balance Skill Responses of Healthy Bankers to Fitness Training.
11. Foot Posture, Core Stability and Body Composition in Overweight and Obese Individuals.
12. Awareness and Adherence to Exercise Delivery Code of Conducts by Fitness and Wellness Practitioners in Ghana.

**August,2019 - July,2020**

13. Therapeutic Exercise Effects on Body Composition, Flexibility and Balance of Spinal Subluxed Patients Receiving Chiropractic Treatment.
14. Assessment of the Functional Ability and Stability of the Lower Extremity and Body Composition of Rehabilitative Spondylolisthesis Patients.
15. Knowledge, Attitude and Practice of Physical Activity Counselling among Healthcare Providers.
16. Responses of Anthropometric and Physiological Parameters of Obese Children to *Ampe* Exercise Programme.

**August,2020- July,2021**

17. Effect of *Ampe* Exercise Programme on the Quality of Life and Risk of Fall of the Elderly.
18. Screen Time Activities as Correlates of Health-Related Variables and Academic Performance of Children in Urban Schools.
19. National Rugby, University Rugby and Soccer Players: Comparison of Physiological Profile and Motor Performance Ability.
20. Assessment of Anthropometric, Physiological and Static Muscle Strength of A-University Cadets and Non-Cadets.

21. Evaluation of Health and Performance Attributes of Divisional Football Players in Ashanti Region.

**(ii). On-going research project**

1. Effect of *ampe* exercise programme on aerobic endurance of obese adolescents.
2. Menstrual cycle and athletic performance: A survey among Female University Athletes in Ghana.
3. Knowledge, Usability and Impact of Wearable Fitness Devices among Community Exercisers in Ghana.
4. Incidence of Non-steroidal anti-Inflammatory Drugs Usage among University Athletes and Non-Athletes.

**B) Publications arising out of research undertaken after my last promotion**

**i. Refereed journal papers with exact references**

1. Owusu Ansa, E. O., Mprah, K. W., **Moses, M. O.**, Owusu, I., & Acheampong, E. (2021). Effect of Community-Based Functional Aerobic Training on Motor Performance and Quality of Life of Children with Spastic Cerebral Palsy. *Ethiopian Journal of Health Sciences*, 31(2):381-392. DOI: <http://dx.doi.org/10.4314/ejhs.v31i2.21>
2. Owusu, G. O, Tieru, D.E., & **Moses, M. O.** (2020). Determinants of Patients' Satisfaction with Musculoskeletal Dysfunction and Stroke Physiotherapy Health Care: Community-Based Evidence. *Journal of African Health Sciences*, 33(4): 44 – 55. <http://203963-Article-Text-509822-1-10-20210215-2>
3. Dwomoh, E., & **Moses, M. O.** (2020). Job-Related Activity Patterns, Health Status and Absenteeism-Related Factors of Star-Rated Hotels Staff. *European Journal of Tourism, Hospitality and Recreation*, 10(3), 274-285. DOI: <https://doi.org/10.2478/ejthr-2020-0024>
4. Mensah, T., **Moses, M.O.**, & Domfeh, C. (2020). Anthropometric and Motor Performance Characteristics of Male Soccer Players in Public Universities. *Central European Journal of Sport Sciences and Medicine*, 32(4): 15–26 15. DOI: 10.18276/cej.2020.4-02
5. Boateng, R. J., **Moses, M. O.**, Gyeabour, E. A., & Nanevi, W. Y. (2020). Physical Activity Counseling Knowledge, Attitudes and Practices of Healthcare Providers. *African Journal for Physical Activity and Health Sciences (AJPHEs)*,26(4):375-392. DOI: <https://doi.org/10.37597/ajphes.2020.26.4.3>
6. **Moses, M.O.**, Emikpe, A.O., Moses, M.K., & Emikpe, B.O. (2020). Combating COVID-19 Lockdown Inactivity in the African Population: Use of Cultural Practices and One

Health Approach. *Nigerian Journal of Physiological Sciences*, 35 (1): 4 – 9. PMID: 33084622

7. **Moses, M.O.**, Afrifa, D., Asamoah, M. A., Sarpong, P., Sarpong, E., Appiah, P. O., & Akoto, F. (2020). *AMPE* Exercise Programme Has Positive Effects on Anthropometric and Physiological Parameters of School Children: A Pilot Study. *Ethiopian Journal of Health Sciences*, 30(1):143-146 DOI: 10.4314/ejhs.v30i1.18
8. Osei, F., **Moses, M. O.**, Pambo, P., Baffour-Awuah, B., Asamoah, B., Afrifa, D., Appiah, E. J., Akwa, L.G. & Obour, A. (2020). Changes in cardiovascular parameters of a-university football athletes associated with short duration pre-tournament training. *Scientific African*, 8, e00285. <https://doi.org/10.1016/j.sciaf.2020.e00285>
9. Tetteh, A. A., & **Moses, M. O.** (2020). Evidence of Hypertension in Healthy Children and Its Association with Body Composition and Aerobic Capacity. *ACTIVE: Journal of Physical Education, Sport, Health and Recreation*. 9(2):116-121. DOI:10.15294/active.v9i2.38474
10. Afrifa, D., Nsiah, K., Appiah, C. A., & **Moses, O. M.** (2020). Dietary Intake and Body Composition Characteristics of National Football League Players. *International Journal of Sport Studies for Health*, 3(1); e104103. DOI: 10.5812/intjssh.104103
11. Appiah, E. J., **Moses, M. O.**, Alhaji, M., Baffour-Awuah, B., Asamoah, B., Akwa, L. G., & Osei, F. (2019). Physiological, anthropometric profiles and motor performance of urban and rural primary school pupils. *Gazzetta Medica Italiana - Archivio per le Scienze Mediche*, 178(5):249-255. DOI: 10.23736/S0393-3660.18.03829-9
12. Doku, A.O., **Moses, M.O.**, Acheampong, I.K., Gyamfi, I., Agbavor, C., Akwa, L.G., Osei, F., Appiah, E.J., Tiguridaane, I.A. & Deku, P.D-G., (2019). Physiological, anthropometric parameters, and balance skill response of healthy bankers to fitness training. *Journal of Exercise Rehabilitation*, 15(2): 242-248. DOI: 10.12965/jer.1836572.286
13. Essaw, E., **Moses, M. O.**, Afrifa, D., Acheampong, I.K., Mensah, W., & Owusu, L. (2019). Physical activity patterns and dietary habits of undergraduate students. *Baltic Journal of Health and Physical Activity*, 11(1): 115-123. DOI: 10.29359/BJHPA.11.1.12
14. **Moses, M.O.**, Bohulu, A.S., Tetteh-Opai, A.A., Afrifa, D., Donkor, C., Essaw, E., Yaw, O.R., Among, J., Abban, E. & Acheampong, I.K. (2019). Physiological and Motor Performance Parameters of Female Athlete and Non-Athlete Students in a Ghana

University: A Comparative Pilot Study. *Zahedan Journal of Research in Medical Sciences*, 21(2):e85975. DOI: 10.5812/zjrms.85975

15. Acheampong, I.K., **Moses, M. O.**, Baffour-Awuah, B., Essaw, E., Mensah, W., Afrifa, D., & Owusu, L. (2018). Effectiveness of combined and conventional exercise trainings on the biochemical responses of stroke patients. *Journal of Exercise Rehabilitation*, 14(3):473-480. DOI: 10.12965/jer.1836200.100
16. Afrifa, D., Nsiah, K., Afriyie, A.C. & **Moses, M.O.** (2019). Incidence of Cardiovascular Disease Risk Factors Among Football Players in Ashanti Region of Ghana. *International Journal of Sport Studies for Health*. 2(2); e98153. DOI: 10.5812/intjssh.98153
17. Owusu, L., **Moses, M.O.**, Owosu-Boateng, C., Acheampong, I.K., Essaw, E., Moses, M.K., & Mensah, W. (2018). Motivational factors for sports participation and career selection of university student-athletes. *Journal of Physical Education Research*, 5(IV), 25-32. ISSN: Print-2394 4048, Online-2394 4056
18. Yifieyeh, A. C., Duduyemi, B. M., Kumahor, E., Kotoku, E., **Moses, M. O.**, Fefemwole, P., & Akwetey, F.M. (2018). Future Postgraduate Choices of First and Final Year Clinical Students in Ghana. *Central African Journal of Public Health*, 4(1): 7-11. DOI: 10.11648/j.cajph.20180401.12
19. **Moses, M. O.**, Asamoah, R., Doku, A.O., Afrifa, D., Asamoah-Mensah, A., Deku, P. D-G., Tiguridaane, I.A. (2018). Health Implications of Physical Activity Participation of Second Cycle School Students. *Journal of Physical Education, Sport, Health and Recreation*, 7(3), 146-151. DOI <https://doi.org/10.15294/active.v7i3.26692>
20. Yifieyeh, A.C., Duduyemi, B.M., Kumahor, E., Kotoku, E., **Moses, M.O.**, Fefemwole, P., & Akwetey, F.M. (2018). Career Aspirations of Medical Students and Medical Interns in Ghana. Is there a difference? *Borno Medical Journal*, 15(1): 89-94. DOI:10.31173/bomj.bomj\_87\_15
21. Baffour-Awuah, B., Addai-Mensah, O., **Moses, M. O.**, Mensah, W., Ibekwe, B.C., Essaw, E., & Acheampong, I.K. (2017). Differences in Haematological and Biochemical Parameters of Athletes and Non-Athletes. *Journal of Advances in Medicine and Medical Research*, 24(12): 1-5. DOI <https://doi.org/10.9734/JAMMR/2017/38217>
22. **Moses, M. O.**, Osei, F. Appiah, E.J., Obour, A., Akwa, L.G., Baffour-Awuah, B., Asamoah, B., Sarpong, P.A., Adams, C., & D'Onofrio, R. (2017). Examining and

comparing the health and performance indices of university undergraduate students according to year of study and gender. *Journal of Exercise Rehabilitation*, 13(4):405-412. DOI: 10.12965//jer.1735006.503.

23. Obour, A., **Moses, M. O.**, Baffour-Awuah, B., Asamoah, B., Sarpong, P. A., Osei, F., Akwa, L.G., & Appiah, E.J. (2017). Differences in Physical, Physiological and Motor Performance Traits between Volleyball and Basketball Athletes in a University in Ghana. *Nigerian Journal of Physiological Sciences*. 32(1): 27-31. PMID: 29134974
24. Asuako, B., **Moses, M. O.**, Eghan, B. A., & Sarpong, P. A. (2017). Fasting Plasma Glucose and Lipid Profiles of Diabetic Patients Improve with Aerobic Exercise Training. *Ghana Medical Journal*, 51(3):120 – 127. PMCID: PMC5870228, PMID: 29622823
25. Akwa, L.G., **Moses, M.O.**, Emikpe, A.O., Baffour-Awuah, B., Asamoah, B., Addai-Mensah, O., Annani Akollor, M., Osei, F., & Appiah, E.J. (2017). Lipid profile, cardiorespiratory function and quality of life of postmenopausal women improve with aerobic exercise. *Journal of Human Sport and Exercise*, 12(3), 698-709. DOI: <https://doi.org/10.14198/jhse.2017.123.14>
26. Abass, A.O., **Moses, M.O.**, & Asuako, B. (2017). Aerobic Exercise Causes Changes in Cardiorespiratory Fitness and Body Mass Index of Diabetic Patients. *Journal of Nigeria Association of Sport Science and Medicines*, XVIII: 27-33.
27. **Moses, M. O.** & Oye, K. E. (2017). Exercise Participation Behaviour Regulation and Musculoskeletal Disorders among Selected Long-Distance Drivers in Ghana. *Journal of Human Kinetics and Sport Science*, 2(1): 1-10
28. Yayra, K., Babalola, J.F., & **Moses, M. O.** (2017). Effect of short-term consumption of energy drink on physiological responses and physical performance variables of athletes in UCC Ghana. *Journal of Department of Health, Physical Education and Recreation, Sports and Dance*, 10:58-75
29. **Moses, M. O.**, Sarpong, P.A., Segede, J.K., Appiah, E.J., Osei, F., & Akwa, L.G. (2017). Perception of Track and Field Athletes on the Use of Cryotherapy in Injury Management in Ashanti Region of Ghana. *American Scientific Research Journal for Engineering, Technology, and Sciences*, 28:215-224.

**i. Published conference papers with exact references**

1. Gyamfi, I., Afrifa, D., Doku, A.O., Sackey, S.A., & **Moses, M. O.** (2019). Designing pragmatic local content drowning prevention approaches in Ghana. World Conference on Drowning Prevention, 8<sup>th</sup>-10<sup>th</sup> October, WCDP 2019 held in Durban, South Africa (*Oral presentation-Abstract 11.6 CONCURRENT*).
2. **Moses, M. O.**, Osei, F., Baffour-Awuah, B., Asamoah, B., Appiah, E.J., & Akwa, L.G. (2017). Modifications in Haematological Indices of University Athletes Following Soccer Competition. 13<sup>th</sup> International Society of Exercise and Immunology (ISEI) Symposium on Training of our immune system for health and performance 11<sup>th</sup>–14<sup>th</sup> July, 2017, Faculty of Sport Science & Physical Education, University of Coimbra, Coimbra, Portugal (*Poster Session A, Abstract No. P01.*)

**c). Contributions in co-authored publications**

After my last promotion to Senior Lecturer, I have published few original research articles in high quality peer-reviewed and indexed in high impact factor journals where twelve (12) were selected **for external assessment**. Although all my articles were collaboratively published, I took most of the initiative and demonstrated leadership skills in the study designs, study implementations, data analyses, writing and revising critically for important intellectual content, response to reviewers’ queries, ascertained final approval of the versions published, and **served as the corresponding author for eleven (91.7%)** of the articles selected **publications for external assessment** (SN 5, ii,) except the fourth. In addition, apart from the fourth and tenth, **I mentored younger scholars in ten (83.3%)** of all the articles selected. My contributions to the co-authored selected publications are chronologically presented in tabular form.

**Table 4.**

<b>S/N</b>	<b>Indicators for Assessment- Publications</b>	<b>Percentage Contributions</b>
1.	Owusu Ansa, E. O., Mprah, K. W., <b>Moses, M. O.</b> , Owusu, I., & Acheampong, E. (2021). Effect of Community-Based Functional Aerobic Training on Motor Performance and Quality of Life of Children with Spastic Cerebral Palsy. <i>Ethiopian Journal of Health Sciences</i> , 31(2):381-392. DOI: <a href="http://dx.doi.org/10.4314/ejhs.v31i2.21">http://dx.doi.org/10.4314/ejhs.v31i2.21</a>	I involved in the study design, study implementation, data analysis, writing of the manuscript, response to queries, approval of the final version published, and served as the corresponding author. <b>(Percentage Contribution = 40%)</b>

2.	Owusu, G. O., Tieru, D.E., & <b>Moses, M. O.</b> (2020). Determinants of Patients' Satisfaction with Musculoskeletal Dysfunction and Stroke Physiotherapy Health Care: Community-Based Evidence. <i>Journal of African Health Sciences</i> , 33(4): 44 – 55. <a href="http://203963-ArticleText-509822-1-10-20210215-2">http://203963-ArticleText-509822-1-10-20210215-2</a>	I involved in the study design, study implementation, data analysis, writing of the manuscript, response to queries, approval of the final version published, and served as the corresponding author. <b>(Percentage Contribution = 40%)</b>
3.	Boateng, R. J., <b>Moses, M. O.</b> , Gyeabour, E. A., & Nanevi, W. Y. (2020). Physical Activity Counseling Knowledge, Attitudes and Practices of Healthcare Providers. <i>African Journal for Physical Activity and Health Sciences (AJPHEs)</i> ,26(4):375-392. DOI: <a href="https://doi.org/10.37597/ajphes.2020.26.4.3">https://doi.org/10.37597/ajphes.2020.26.4.3</a>	I initiated the study and its' design. I mentored younger scholars in study implementation, data collection and analysis, writing of the manuscript, response to queries, approval of the final version published, and served as the corresponding author. <b>(Percentage Contribution = 70%)</b>
4.	<b>Moses, M.O.</b> , Emikpe, A.O., Moses, M.K., & Emikpe, B.O. (2020). Combating COVID-19 Lockdown Inactivity in the African Population: Use of Cultural Practices and One Health Approach. <i>Nigerian Journal of Physiological Sciences</i> , 35 (1): 4 – 9. PMID: 33084622	I was involved in the study design significantly, study implementation, data collection and analysis, writing of the manuscript, response to queries, and approval of the final version published. <b>(Percentage Contribution = 50%)</b>
5.	<b>Moses, M.O.</b> , Afrifa, D., Asamoah, M. A., Sarpong, P., Sarpong, E., Appiah, P. O., & Akoto, F. (2020). AMPE Exercise Programme Has Positive Effects on Anthropometric and Physiological Parameters of School Children: A Pilot Study. <i>Ethiopian Journal of Health Sciences</i> , 30(1):143-146. DOI: 10.4314/ejhs.v30i1.18	I initiated the study and its' design. I mentored younger scholars in study implementation; made significant contribution to data acquisition, analysis, and interpretation; drafting the work and revising it critically for important intellectual content; and ascertain final approval of the version published. Applicant also served as the corresponding author. <b>(Percentage Contribution = 70%)</b>
6.	Osei, F., <b>Moses, M. O.</b> , Pambo, P., Baffour-Awuah, B., Asamoah, B., Afrifa, D., Appiah, E. J., Akwa, L.G. & Obour, A. (2020). Changes in cardiovascular parameters of a-university football athletes associated with short duration pre-tournament training.	I made significant contributions to the study design; data acquisition, analysis, and interpretation; drafting and revising it critically for important intellectual content; ascertained final approval of the version published. Applicant also



	<i>Scientific African</i> , 8, e00285. <a href="https://doi.org/10.1016/j.sciaf.2020.e00285">https://doi.org/10.1016/j.sciaf.2020.e00285</a>	served as the corresponding author. <b>(Percentage Contribution = 40%)</b>
7.	Appiah, E. J., <b>Moses, M. O.</b> , Alhaji, M., Baffour-Awuah, B., Asamoah, B., Akwa, L. G., & Osei, F. (2019). Physiological, anthropometric profiles and motor performance of urban and rural primary school pupils. <i>Gazzetta Medica Italiana - Archivio per le Scienze Mediche</i> , 178(5):249-255. DOI: 10.23736/S0393-3660.18.03829-9	I initiated the study and its' design. I mentored younger scholars in study implementation, data collection and analysis, writing of the manuscript, response to queries, approval of the final version published, and served as the corresponding author <b>(Percentage Contribution = 50%)</b> .
8.	Doku, A.O., <b>Moses, M.O.</b> , Acheampong, I.K., Gyamfi, I., Agbavor, C., Akwa, L.G., Osei, F., Appiah, E.J., Tiguridaane, I.A. & Deku, P.D-G., (2019). Physiological, anthropometric parameters, and balance skill response of healthy bankers to fitness training. <i>Journal of Exercise Rehabilitation</i> , 15(2): 242-248. DOI: 10.12965/jer.1836572.286	I initiated the study and its' design. I mentored younger scholars in study implementation, data collection and analysis, writing of the manuscript, response to queries, approval of the final version published, and served as the corresponding author. <b>(Percentage Contribution = 50%)</b> .
9.	Acheampong, I.K., <b>Moses, M. O.</b> , Baffour-Awuah, B., Essaw, E., Mensah, W., Afrifa, D., & Owusu, L. (2018). Effectiveness of combined and conventional exercise trainings on the biochemical responses of stroke patients. <i>Journal of Exercise Rehabilitation</i> , 14(3):473-480. DOI: 10.12965/jer.1836200.100	I initiated the study and its' design. I mentored younger scholars in study implementation, data collection and analysis, writing of the manuscript, response to queries, approval of the final version published, and served as the corresponding author. <b>(Percentage Contribution = 50%)</b> .
10.	Baffour-Awuah, B., Addai-Mensah, O., <b>Moses, M. O.</b> , Mensah, W., Ibekwe, B.C., Essaw, E. & Acheampong, I.K. (2017). Differences in Haematological and Biochemical Parameters of Athletes and Non-Athletes. <i>Journal of Advances in Medicine and Medical Research</i> , 24(12): 1-5. DOI <a href="https://doi.org/10.9734/JAMMR/2017/38217">https://doi.org/10.9734/JAMMR/2017/38217</a>	I was significantly involved in the study design, study implementation, data collection and analysis, writing of the manuscript, response to queries, approval of the final version published, and served as the corresponding author. <b>(Percentage Contribution = 40%)</b> .
11.	<b>Moses, M. O.</b> , Osei, F. Appiah, E.J., Obour, A., Akwa, L.G., Baffour-Awuah, B., Asamoah, B., Sarpong, P.A., Adams, C., & D'Onofrio, R. (2017). Examining and	I initiated the study and its' design. I mentored younger scholars in study implementation, data collection and analysis, writing of

	comparing the health and performance indices of university undergraduate students according to year of study and gender. <i>Journal of Exercise Rehabilitation</i> , 13(4):405-412. DOI: 10.12965//jer.1735006.503.	the manuscript, response to queries, approval of the final version published, and served as the corresponding author. <b>(Percentage Contribution = 70%).</b>
12.	Obour, A., <b>Moses, M. O.</b> , Baffour-Awuah, B., Asamoah, B., Sarpong, P. A., Osei, F., Akwa, L.G., & Appiah, E.J. (2017). Differences in Physical, Physiological and Motor Performance Traits between Volleyball and Basketball Athletes in a University in Ghana. <i>Nigerian Journal of Physiological Sciences</i> . 32(1): 27-31. PMID: 29134974	I initiated the study and its' design. I mentored younger scholars in study implementation, data collection and analysis, writing of the manuscript, response to queries, approval of the final version published, and served as the corresponding author <b>(Percentage Contribution = 60%).</b>

#### **4. CONFERENCES/SEMINARS AND WORKSHOPS AT WHICH PAPERS WERE READ AFTER MY LAST PROMOTION IN 2017**

- i. World Conference on Drowning Prevention, 8<sup>th</sup>-10<sup>th</sup> October, WCDP 2019 held in Durban, South Africa (*Oral presentation- Abstract 11.6 CONCURRENT*).
- ii. 13th International Society of Exercise and Immunology (ISEI) Symposium Training our immune system for health and performance 11<sup>th</sup>–14<sup>th</sup> July, 2017, Faculty of Sport Science & Physical Education, University of Coimbra, Coimbra, Portugal (Poster Session A, Abstract No. P01.).
- iii. International Council for Health Physical Education, Recreation, Sports and Dance, Africa Regional Virtual Seminar on Post Covid 19, Business Continuity Plan in the Teaching of PHE in Africa, 16<sup>th</sup> June, 2020.
- iv. 8<sup>th</sup> College of Health Sciences, KNUST, & 12<sup>th</sup> Convention of Biomedical Research in Joint Scientific Conference, held in KNUST, 30<sup>th</sup> July – 1<sup>st</sup> August, 2019.
- v. International Conference on Sports Physical Therapy and Rehabilitation, held in Accra, 2<sup>nd</sup>-3<sup>rd</sup> March, 2018.
- vi. 6<sup>th</sup> International Council for Health Physical Education, Recreation, Sports and Dance, Africa Regional Congress, Winneba, July 24<sup>th</sup> – 27<sup>th</sup>, 2018.

#### **5. LIST OF PUBLICATIONS**

### **i. Peer- Reviewed Publications with exact references**

1. Owusu Ansa, E. O., Mprah, K. W., **Moses, M. O.**, Owusu, I., & Acheampong, E. (2021). Effect of Community-Based Functional Aerobic Training on Motor Performance and Quality of Life of Children with Spastic Cerebral Palsy. *Ethiopian Journal of Health Sciences*, 31(2):381-392. DOI: <http://dx.doi.org/10.4314/ejhs.v31i2.21>
2. Osei, O. G., Tieru, D.E., & **Moses, M. O.** (2020). Determinants of Patients' Satisfaction with Musculoskeletal Dysfunction and Stroke Physiotherapy Health Care: Community-Based Evidence. *Journal of African Health Sciences*, 33(4): 44 – 55. <http://203963-ArticleText-509822-1-10-20210215-2>
3. Dwomoh, E., & **Moses, M. O.** (2020). Job-Related Activity Patterns, Health Status and Absenteeism-Related Factors of Star-Rated Hotels Staff. *European Journal of Tourism, Hospitality and Recreation*, 10(3), 274-285. DOI: <https://doi.org/10.2478/ejthr-2020-0024>
4. Mensah, T., **Moses, M.O.**, & Domfeh, C. (2020). Anthropometric and Motor Performance Characteristics of Male Soccer Players in Public Universities. *Central European Journal of Sport Sciences and Medicine*, 32(4): 15–26 15. DOI: 10.18276/cej.2020.4-02
5. Boateng, R. J., **Moses, M. O.**, Gyeabour, E. A., & Nanevi, W. Y (2020). Physical Activity Counseling Knowledge, Attitudes and Practices of Healthcare Providers. *African Journal for Physical Activity and Health Sciences (AJPHES)*,26(4):375-392. DOI: <https://doi.org/10.37597/ajphes.2020.26.4.3>
6. **Moses, M.O.**, Emikpe, A.O., Moses, M.K., & Emikpe, B.O. (2020). Combating COVID-19 Lockdown Inactivity in the African Population: Use of Cultural Practices and One Health Approach. *Nigerian Journal of Physiological Sciences*, 35 (1): 4 – 9. PMID: 33084622
7. **Moses, M.O.**, Afrifa, D., Asamoah, M. A., Sarpong, P., Sarpong, E., Appiah, P. O., & Akoto, F. (2020). AMPE Exercise Programme Has Positive Effects on Anthropometric and Physiological Parameters of School Children: A Pilot Study. *Ethiopian Journal of Health Sciences*, 30(1):143-146. DOI: 10.4314/ejhs.v30i1.18
8. Osei, F., **Moses, M. O.**, Pambo, P., Baffour-Awuah, B., Asamoah, B., Afrifa, D., Appiah, E. J., Akwa, L.G. & Obour, A. (2020). Changes in cardiovascular parameters of a-university football athletes associated with short duration pre-tournament training. *Scientific African*, 8, e00285. <https://doi.org/10.1016/j.sciaf.2020.e00285>

9. Tetteh, A. A., & **Moses, M. O** (2020). Evidence of Hypertension in Healthy Children and Its Association with Body Composition and Aerobic Capacity. *ACTIVE: Journal of Physical Education, Sport, Health and Recreation*. 9(2):116-121. DOI:10.15294/active.v9i2.38474
10. Afrifa, D., Nsiah, K., Appiah, C. A., & **Moses, M. O**. (2020). Dietary Intake and Body Composition Characteristics of National Football League Players. *International Journal of Sport Studies for Health*, 3(1); e104103. DOI: 10.5812/intjssh.104103
11. Appiah, E. J., **Moses, M. O.**, Alhaji, M., Baffour-Awuah, B., Asamoah, B., Akwa, L. G., & Osei, F. (2019). Physiological, anthropometric profiles and motor performance of urban and rural primary school pupils. *Gazzetta Medica Italiana - Archivio per le Scienze Mediche*, 178(5):249-255. DOI: 10.23736/S0393-3660.18.03829-9
12. Doku, A.O., **Moses, M.O.**, Acheampong, I.K., Gyamfi, I., Agbavor, C., Akwa, L.G., Osei, F., Appiah, E.J., Tiguridaane, I.A. and Deku, P.D-G., (2019). Physiological, anthropometric parameters, and balance skill response of healthy bankers to fitness training. *Journal of Exercise Rehabilitation*, 15(2): 242-248. DOI: 10.12965/jer.1836572.286
13. Essaw, E., **Moses, M. O.**, Afrifa, D., Acheampong, I.K., Mensah, W., & Owusu, L. (2019). Physical activity patterns and dietary habits of undergraduate students. *Baltic Journal of Health and Physical Activity*, 11(1): 115-123. DOI: 10.29359/BJHPA.11.1.12
14. **Moses, M.O.**, Bohulu, A.S., Tetteh-Opai, A.A., Afrifa, D., Donkor, C., Essaw, E., Yaw, O.R., Ampong, J., Abban, E. and Acheampong, I.K. (2019). Physiological and Motor Performance Parameters of Female Athlete and Non-Athlete Students in a Ghana University: A Comparative Pilot Study. *Zahedan Journal of Research in Medical Sciences*, 21(2):e85975. DOI: 10.5812/zjrms.85975
15. Acheampong, I.K., **Moses, M. O.**, Baffour-Awuah, B., Essaw, E., Mensah, W., Afrifa, D., & Owusu, L. (2018). Effectiveness of combined and conventional exercise trainings on the biochemical responses of stroke patients. *Journal of Exercise Rehabilitation*, 14(3):473-480. DOI: 10.12965/jer.1836200.100
16. Afrifa, D., Nsiah, K., Afriyie, A.C. & **Moses, M.O**. (2019). Incidence of Cardiovascular Disease Risk Factors Among Football Players in Ashanti Region of Ghana. *International Journal of Sport Studies for Health*. 2(2): e98153. DOI: 10.5812/intjssh.98153

17. Owusu, L., **Moses, M.O.**, Owosu-Boateng, C., Acheampong, I.K., Essaw, E., Moses, M.K., & Mensah, W. (2018). Motivational factors for sports participation and career selection of university student-athletes. *Journal of Physical Education Research*, 5(IV), 25-32. ISSN: Print-2394 4048, Online-2394 4056
18. Yifieyeh, A. C., Duduyemi, B. M., Kumahor, E., Kotoku, E., **Moses, M. O.**, Fefemwole, P., & Akwetey, F.M. (2018). Future Postgraduate Choices of First and Final Year Clinical Students in Ghana. *Central African Journal of Public Health*, 4(1): 7-11. DOI: 10.11648/j.cajph.20180401.12
19. **Moses, M. O.**, Asamoah, R., Doku, A.O., Afrifa, D., Asamoah-Mensah, A., Deku, P. D-G., Tiguridaane, I.A. (2018). Health Implications of Physical Activity Participation of Second Cycle School Students. *Journal of Physical Education, Sport, Health and Recreation*, 7(3), 146-151. DOI <https://doi.org/10.15294/active.v7i3.26692>
20. Yifieyeh, A. C., Duduyemi, B. M., Kumahor, E., Kotoku, E., **Moses, M. O.**, Fefemwole, P., & Akwetey, F.M. (2018). Career Aspirations of Medical Students and Medical Interns in Ghana. Is there a difference? *Borno Medical Journal*, 15(1): 89-94. DOI:10.31173/bomj.bomj\_87\_15
21. Baffour-Awuah, B., Addai-Mensah, O., **Moses, M. O.**, Mensah, W., Ibekwe, B.C., Essaw, E., & Acheampong, I.K. (2017). Differences in Haematological and Biochemical Parameters of Athletes and Non-Athletes. *Journal of Advances in Medicine and Medical Research*, 24(12): 1-5. DOI <https://doi.org/10.9734/JAMMR/2017/38217>
22. **Moses, M. O.**, Osei, F. Appiah, E.J., Obour, A., Akwa, L.G., Baffour-Awuah, B., Asamoah, B., Sarpong, P.A., Adams, C., & D'Onofrio, R. (2017). Examining and comparing the health and performance indices of university undergraduate students according to year of study and gender. *Journal of Exercise Rehabilitation*, 13(4):405-412. DOI: 10.12965//jer.1735006.503.
23. Obour, A., **Moses, M. O.**, Baffour-Awuah, B., Asamoah, B., Sarpong, P. K., Osei, F., Akwa, L.G., & Appiah, E.J. (2017). Differences in Physical, Physiological and Motor Performance Traits between Volleyball and Basketball Athletes in a University in Ghana. *Nigerian Journal of Physiological Sciences*. 32(1): 27-31. PMID: 29134974
24. Asuako, B., **Moses, M. O.**, Eghan, B. A., & Sarpong, P. A. (2017). Fasting Plasma Glucose and Lipid Profiles of Diabetic Patients Improve with Aerobic Exercise

- Training. *Ghana Medical Journal*, 51(3):120 – 127. PMID: PMC5870228, PMID: 29622823
25. Akwa, L.G., **Moses, M.O.**, Emikpe, A.O., Baffour-Awuah, B., Asamoah, B., Addai-Mensah, O., Annani Akollor, M., Osei, F., & Appiah, E.J. (2017). Lipid profile, cardiorespiratory function and quality of life of postmenopausal women improve with aerobic exercise. *Journal of Human Sport and Exercise*, 12(3), 698-709. DOI: <https://doi.org/10.14198/jhse.2017.123.14>
  26. Abass, A.O., **Moses, M.O.**, & Asuako, B. (2017). Aerobic Exercise Causes Changes in Cardiorespiratory Fitness and Body Mass Index of Diabetic Patients. *Journal of Nigeria Association of Sport Science and Medicines*, XVIII: 27-33.
  27. **Moses, M. O.** & Oye, K. E. (2017). Exercise Participation Behaviour Regulation and Musculoskeletal Disorders among Selected Long-Distance Drivers in Ghana. *Journal of Human Kinetics and Sport Science*, 2(1): 1-10.
  28. Yayra, K., Babalola, J.F., & **Moses, M. O.** (2017). Effect of short-term consumption of energy drink on physiological responses and physical performance variables of athletes in UCC Ghana. *Journal of Department of Health, Physical Education and Recreation, Sports and Dance*, 10:58-75.
  29. **Moses, M. O.**, Sarpong, P.A., Segede, J.K., Appiah, E.J., Osei, F., & Akwa, L.G. (2017). Perception of Track and Field Athletes on the Use of Cryotherapy in Injury Management in Ashanti Region of Ghana. *American Scientific Research Journal for Engineering, Technology, and Sciences*, 28:215-224.
  30. **Moses, M.O.**, Boateng, A. K & Osei, F. (2016). Sports Injuries and Therapeutic Patterns in Physiological Footballers. *American Journal of Sports Science*, 4(6): 105-111.
  31. **Moses, M.O.** & Duduyemi, B.M. (2016). Sport Participant, Anthropometric and physiological Profiles of University Athletes. *Nigeria Journal of Physiological Science*.31 (1):063-069.
  32. **Moses, M. O.** & Minkah, S. (2016). Health and Motor Related Fitness Components of Primary School Children Aged 6-10. *Journal of Nigeria Association of Sport Science and Medicines*, XVII, 127-136.

33. Nutakor, F.K. & **Moses, M. O.** (2016). Bilateral Lower Limb Paralysis Rehabilitation: A Case Study of Muscle Action Exercises Approach. *International Journal of Health Sciences and Research*, 6 (12):383 – 387.
34. Abass, A.O. & **Moses, M. O.** (2016). Health and Wellness Lifestyle of Private Industrial Workers in Kumasi, Ghana. *International Journal of Science Culture and Sports*. 4(3):304-314.
35. **Moses, M.O.**, Sarpong, P.A., & Osei, C.B. (2015). Physiological and skill fitness differences of professional footballers: Position of Play. *European Journal of Sports and Exercise Science*, 4(3):1-7.
36. Osei, F., D'Onofrio, R. & **Moses, M. O.** (2015). Kibler's Test as a Functional Pre-Physical Examination Asymmetries of the Scapula in Overhead Game Athletes: A Field Test. *Ita J Sports Reh Po*; 2(4): 382- 396. DOI: 10.17385/ItaJSRP.015.3009
37. Diji, A. K. A., **Moses, M. O.**, Asante, E., Agyeman, Y. N., Duku, J., & Agyeiwaa, S. A. (2015). Life with Female Partners after Mastectomy: The Perception of Ghanaian Men. *International Journal of Applied Science and Technology*, 5(4): 112-127.
38. **Moses, M.O.** & Osei, F. (2015). Gender Disparity in Anthropometric and Fitness Characteristics of University Students. *Ghana Journal of Health Physical Education Recreation Sports and Dance*, 8: 144-158.
39. **Moses, M.O.**, Duduyemi, B.M., Abass A.O. & Falola, K.O (2015). Muscle Tendon Elasticity Efficiency of University Athletes. *International Journal of Current Microbiology and Applied Sciences*, 4(1): 394-403.
40. **Moses, M. O.**, Oguntuyo, A. & Adedugbe, B. O. (2015). Nutritional Practices, Leisure Activities and Wellness Lifestyles of University Undergraduates. *Journal of Research in National Development*, 13 (2) Chapter 23. ISSN 1596-8303. [www.transcampus.org/journal](http://www.transcampus.org/journal); [www.ajol.info/journals/jorind](http://www.ajol.info/journals/jorind)
41. Adjei, J.A., **Moses, M.O.**, Nutakor, F.K., & Gyinaye, A.J. (2015). Sports Injuries and Injury Management Techniques among Domestic Athletes in Kumasi. *International Journal of Sports Science and Fitness*, 5(1): 31-41.
42. **Moses, M.O.**, Nyampong, P. O., Segede, J. K., & Amponsah, R. (2014). Effect of Aerobic Exercise Training on Physiological Parameters of Rehabilitative Stroke Patients. *International Journal of Tropical Disease & Health*, 4(11): 1179-1190.

43. **Moses, M.O.** & Abass, A.O. (2014). Effects of Two Modes of exercise trainings on cardiovascular characteristics of pupils in Ibadan. *Journal of Nigeria Association of Sports Science and Medicine*, XV: 175-184.
44. **Moses, M. O.**, Owusu, G. O., & Banlow, E. (2014). Effects of Progressive Resistance Exercise Training on Low Back Pain Conditions of Miners in Ghana. *International Journal of Applied Exercise Physiology*, 3(1): 21-28.
45. Adedugbe, B. O., **Moses, M. O.** & Abass, A.O. (2014). Physiological Profiles of Officers and Men of the Nigerian Armed Forces in Lagos, Nigeria. *Scholars Journal of Applied Medical Sciences*, 2(1A): 96-103.
46. **Moses, M. O.** & Oladapo, R. Y. (2013). Health and Wellness Lifestyles of Nigerian Women League Football Players. *International Journal of Economy, Management and Social Sciences*, 2(11): 939-944.
47. **Moses, M.O.**, Onyezere, J.O. & Abass, A.O. (2013). Post-Exercise Cardiovascular Status of Pupils in Ibadan. *Journal of Capacity Development in Behavioural Sciences*, 1: 94-106.
48. Abass, A.O. & **Moses, M. O.** (2013). Effects of Aerobic and Progressive Resistance Exercise on Body Composition of Primary Schools Children in Ibadan, Nigeria. *British Journal of Education, Society and Behavioural Science*. 3(2): 163-173.
49. **Moses, M.O.**, Lokoyi, O.L.O. & Falola, K.O. (2012). Health Risk Behavioural Factors among Secondary School Students: A Challenge to Life Expectancy. *International Greener Journal of Medical Sciences*, 2 (2): 033-037.
50. Odelola, J.O, **Moses, M.O.** & Lokoyi, O.L.O. (2012). Challenges of Integrating Recreational Activities into the School Programme of the Special Needs Children. *Journal of Education, Tanzania*. 1: 129-144.
51. Abayomi, A.O. & **Moses, M.O.** (2012). Physical Activity and Health Risk Behaviours among Colleges of Education Students. *International Greener Journal of Educational Research*, 2 (1): 001-008
52. Odelola, J.O., **Moses, M.O.** & Lokoyi, O.L.O. (2011). Challenges of Integrating Recreational Activities into the School Programme of the Special Needs Children. *Education Journals* 1 (Paper 8), 129-144
53. Abass, A.O., **Moses, M.O.**, Alabi, E.F., Adedugbe, B.O., Falola, K.O. & Abayomi, A.O. (2011). Relationships between Bio-Physiological Parameters and Speed performance of



- Nigerian FIFA Referees. *Journal of Physical Education and Sports Management*, 2(6): 58-61.
54. **Moses, M.O.** & Falola, K.O. (2011). Emotion-focused Stress Coping Strategies of Para-soccer Athletes. *International Journal of Sports Sciences and Fitness*, 1 (2): 123-134.
  55. Falola, K.O. & **Moses, M.O.** (2010). Mental Imagery: An Enhancement Tool for Peak Performance in Sports. *Journal of Community Psychology*, 1: 83-92.
  56. **Moses, M.O.**, Falola, K.O. & Abayomi, A.O. (2009). Injury Prevention Techniques among Tertiary Institution Athletes. *Journal of Educational Foundations and Management*, 7(1): 97-105.
  57. **Moses, M. O.** & Abayomi, A.O. (2009). Human Movements Education as Aid to Children's Cognitive Development. *Journal of Physical Education and Research*, XIV (1): 2090-2097.
  58. Falola, K.O. & **Moses, M.O.** (2007). Psychological Therapy Influencing Injury Recovery in Athletes' Rehabilitation. *Journal of Human Kinetics, Health and Environment Education*. 2 (1): 114-120.
  59. Babalola, J.F., & **Moses, M.O.** (2005). Evaluation of the Cardiorespiratory Fitness of Elite Male Soccer Players Using Heart Rate and Blood Pressure Measurements. *Journal of Sports management and Educational Research*, 1(2): 168-175.
  60. Abass, A.O. & **Moses, M.O.** (2005). Comparison of Flexibility Characteristics of University Physical and Health Education Students. *West Africa Journal of Physical and Health Education*, 9(2): 55-59.

## ii. Copies of Selected publications for External Assessment

1. Owusu Ansa, E. O., Mprah, K. W., **Moses, M. O.**, Owusu, I., & Acheampong, E. (2021). Effect of Community-Based Functional Aerobic Training on Motor Performance and Quality of Life of Children with Spastic Cerebral Palsy. *Ethiopian Journal of Health Sciences*, 31(2):381-392. DOI: <http://dx.doi.org/10.4314/ejhs.v31i2.21>
2. Owusu. G. O., Tieru, D.E., & **Moses, M. O.** (2020). Determinants of Patients' Satisfaction with Musculoskeletal Dysfunction and Stroke Physiotherapy Health Care: Community-Based Evidence. *Journal of African Health Sciences*, 33(4): 44 – 55. <http://203963-Article Text-509822-1-10-20210215-2>

3. Boateng, R. J., **Moses, M. O.**, Gyeabour, E. A., & Nanevi, W. Y. (2020). Physical Activity Counseling Knowledge, Attitudes and Practices of Healthcare Providers. *African Journal for Physical Activity and Health Sciences (AJPHEs)*, 26(4):375-392. DOI: <https://doi.org/10.37597/ajphes.2020.26.4.3>
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**6. RECORD OF SERVICES TO COMMUNITY (UNIVERSITY / NATIONAL / INTERNATIONAL)**

**Table 5. Record of Services to Community (University/National/International) with dates after my last promotion in August 2017**

S/N	Activities	Date
	(a). Services to the University Community (KNUST)	
1.	Head of Department, Department of Physiotherapy and Sports Science	August 01, 2018 - date
2.	PhD Course Coordinator, Faculty of Educational Studies.	August 10, 2020 till date
3.	Member, Journal of Science and Technology (JUST) Editorial Committee - College of Health Science Representative.	January 22, 2017 – July, 2019
4.	Member, KNUST Sports Union Board.	January 21, 2021 - date
5.	Member, Inter-Professional Education and Training Committee, College of Health Sciences.	February, 2021 - date
6.	Member, College of Health Sciences Committee to Review Proposal to Mount Masters Programme in Occupational and Environmental Health and Safety by the School of Public Health	February 6 – March 2, 2017
7.	Member, Development of Curriculum of Doctor of Education/Doctor of Philosophy Programmes in Science, Mathematics, ICT and English Education.	June 11-15, 2019 - date
8.	Member, Reconstituted College of Health Sciences Strategic Plan Monitoring and Implementation Committee.	April 15, 2021 - date
9.	Member, FAHS Welfare Fund Ad-Hoc Committee.	October 17, 2017 - November 17, 2017
10.	Member, Committee to Investigate Illegal Fees Charged by Staff of the Department of Nursing.	February 8 -25, 2019
11.	Member, FAHS Accreditation Committee.	October, 2020 - date
12.	Member, FAHS Committee to look at the Proposal for Upgrade of Department of Nursing to School of Nursing and Midwifery.	February 2-15, 2021
13.	Member, FAHS Space Allocation Committee	May 11 - June 15, 2021
14.	Member, FAHS Committee for the Establishment of Faculty Library.	February, 2021 -date
15.	Member, FAHS Representative as Resource Person to Review CARISCA's new MSc Health Supply Chain Curriculum	May 20, 2021

	<b>(b). Services to National Community (Ghana)</b>	
16.	External Assessor for Promotion, University of Energy and Natural Resources (UENR), Sunyani.	January 16, 2020
17.	External Examiner, University of Cape Coast, Cape Coast, Ghana.	April 12, 2019 - date
18.	External Examiner, University of Education, Winneba, Ghana.	June 8, 2020 - date
19.	Resource Person: GHANACOE Women's Ministry 2018 Ashanti Regional Conference	July 28, 2018
20.	Member, External Invigilator to Korle-Bu Invigilation Team for the Ministry of Health Upgrade Diploma Examination	August 11-19, 2018
	Member, External Invigilator to Korle-Bu Invigilation Team for the Ministry of Health Upgrade Diploma Examination	September 26 - October 4, 2020
21.	Member of Stakeholders' Engagement Workshop on Science Gateway for Physical Activity Member of Modelling in Ghana, KNUST Department of Economics Conference Room.	16 <sup>th</sup> March, 2019
	Member of Stakeholders' Meeting on Drowning Research in Ghana, held at the Kempinski Hotel, Accra.	29 <sup>th</sup> September, 2020
	<b>(c). Services to International Community</b>	
22.	<b>Editorial Board Member</b> , International Journal of Multi-Disciplinary in Educational Research and Development -IJMERD	May 10, 2019 -date
23.	<b>Reviewer:</b> Review of manuscripts for Clinical Interventions in Aging ( <i>Poor physical capacity combined with high body fat percentage as an independent risk factor for incident hypertension in community-dwelling elderly Chinese individuals, 287226-ms</i> )	August, 2020
	<b>Reviewer:</b> Review of manuscripts for Asian Journal of Cardiology Research ( <i>Recovery and Adiposity Indices among Sedentary Young Adults Following A Structured Physical Activity, Ms_AJCR_51868</i> )	May, 2019
	<b>Reviewer:</b> Review of manuscripts for Research Journal of Food Science and Nutrition ( <i>Environmental aspects of stress and biochemical characteristics of Imo State Polytechnic Students, Umuagwo-Ohaji, Nigeria, RJFSN-14.07.17-028</i> )	July, 2017

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Signature

**MOSES Monday Omoniyi, PhD**