

**Curriculum Vitae**  
**PRINCE DE-GUALLE DEKU**  
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**Google Scholar:** <https://scholar.google.com/citations?user=xW3i6qUAAAAJ&hl=en&oi=ao>

## PERSONAL OBJECTIVE

I possess a strong aspiration to use my abilities and resources for the betterment of humanity, aiming to be an instrument through which God's infinite grace and love are shared

## CAREER OBJECTIVE

I am committed to leveraging my expertise in sports and exercise science to drive meaningful impact both nationally and globally. My focus is on enhancing individuals' quality of life through the practical application of exercise therapy, physical rehabilitation, and related disciplines—integrating hands-on practice, research, and academia.

With a dedication to advancing health and well-being, my ultimate goal is to contribute through pioneering research, evidence-based interventions, and strategic service administration.

## EDUCATION

School	Educational Level	Year	Certificate
Kwame Nkrumah University of Science and Technology – Kumasi, Ghana	Master of Philosophy (MPhil)	2023-2025	MPhil Clinical Exercise Rehabilitation
Kwame Nkrumah University of Science and Technology – Kumasi, Ghana	Undergraduate	2014 – 2018	Bachelor of Science Degree in Sports and Exercise Science ( <b>BSc</b> ) – (First Class Honors)
Odorgonno Senior High School – Accra, Awoshie.	Senior High School	2010 - 2013	West African Senior School Certificate Examination ( <b>WASSCE</b> ) Certificate
God's Grace International School – Accra, Tesano.	Primary and Junior High School	2002 - 2010	Basic Education Certificate Examination ( <b>BECE</b> ) Certificate

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## CURRENT APPOINTMENT

**Senior Laboratory Technician** – 2021 till date  
Department of Physiotherapy and Sports Science  
Faculty of Allied Health Sciences  
College of Health Sciences  
Kwame Nkrumah University of Science and Technology  
Kumasi, Ghana.

## Publications

1. Addo, A. N. A., Agbewu, E., Amoako, R., Akom, E., **Deku, P. D.-G.**, & Moses, M. O. (2025). Knowledge, attitude, and preventive practices of infectious diseases among student-athletes in selected senior high schools in Ghana. *Current Issues in Sport Science*, 10(1), Article 13. <https://doi.org/10.36950/2025.10ciss013>
2. Onuselogu, Judith Chidera, Emmanuella Agbewu, Edmund Kwarteng Baah, **Prince De-Gualle Deku**, Eleazer Kofi Mensah Brown, Benjamin Oluwale Adedugbe, and Monday Omoniyi Moses. "Comparative Investigation of Somatotype, Body Composition and Muscular Fitness Variables of Resistance Training Youths in Two West African Countries." *International Journal of Kinanthropometry* 5, no. 1 (2025): 17-30.
3. Moses, M. O., Onuegbu, N. F., **Deku, P. D. G.**, Nyarko, M. A., Owusu, L. B., Emikpe, A. O., ... & Titiloye, N. A. (2025). Joint Angular Kinematics and Gross Motor Function in Typically Developing Healthy Children. *Children*, 12(3), 280.
4. King-Konu, B., Addo, A. N., Akom, E., **Deku, P. D. G.**, Brown, E. K. M., & Emikpe, A. O. (2024). Relationship between physical activity and mental health of undergraduate health science university students. *Sierra Leone Journal of Biomedical Research*, 15(1).
5. Amoakoh, R., Agbewu, E., Baah, E. K., Brown, E. K. M., **Deku, P. D-G.**, & Moses, M. O. (2023). Investigating the emotional responses of selected university student-athletes playing through injury. *Saudi Journal of Sports Medicine*, 23(3), 92-96.
6. Mensah Kwabena Timothy, Moses Monday Omoniyi, **Deku Prince De-Gualle** (2022) Analogical and Diversification of Anthropometric and Motor Performance Characteristics among Female Universities Soccer Players in Ghana.

7. Tiguridaane IA, Doku AO, **Deku, PD**, Akwa LG, Afrifa D, Asamoah-Mensah A, Moses MO. (2023). Exercise Delivery Services Codes of Conduct: Awareness and Adherence of Fitness Trainers in Ghana. *The Nigerian Health Journal*; 23(4), 906-914. DOI: <https://www.doi.org/10.60787/t nhj-744>.
8. Angela Arthur, Anthony Asamoah Mensah, Eleazer Kofi Mensah Brown, Anita Kabuki Ocansey, **Prince De-Gaulle Deku**, Monday Omoniyi Moses (2023). Work Ability and Anthropometric Indices Correlate with Cardiovascular Risk Factors in Public Sector Employees. *Health Science Reports*, 6(11): e1728.
9. Moses Monday Omoniyi, Asamoah Richmond, Doku Abigail Oforiwaa, Afrifa Daniel, Asamoah-Mensah Anthony, **Deku Prince De-Gualle**, Tiguridaane Isaac Azo (2018). Health Implications of Physical Activity Participation of Second Cycle School Students. *Journal of Physical Education, Sport, Health and Recreations*. 7 (3); 146 –151. <http://journal.unnes.ac.id/sju/index.php/peshr>
10. Doku Abigail Oforiwaa, Moses Monday Omoniyi, Acheampong Isaac, Gyamfi Isaac, Agbavor Charles, Akwa Lady Gwendoline, Osei Francis, Appiah Eric, Tiguridaane Isaac & **Deku, Prince De-Gualle** (2019). Physiological, anthropometric parameters, and balance skill response of healthy bankers to fitness training. *Journal of Exercise Rehabilitation*. 15. 242-248. DOI. 10.12965/jer.1836572.286.
11. Agblo S. P., Adams C., Oppong P., Kwakye W. J., Owusu S., Addo E., **Deku P. D-G.**, & Moses M. O. (2022). Menstrual Cycle Syndrome in the Athletic Performance of Selected Female Athletes in Ghana. *International Conference of Sports Science- AESA*, 6(1), 56. Retrieved from <https://aesasport.com/journal/index.php/AESA-Conf/article/view/347>.
12. Kesse G. A., King-Konu B., Addo A. N. A., Akom E., **Deku P. D-G.**, Brown E. K. M., Moses M. K., Emikpe A. O., Moses M. O., Emikpe B. O., (Under Review). Relationship between Physical Activity and Mental Health of Undergraduate Health Science Students in a University. *Sierra Leone Journal of Biomedical Research*. 2023.
13. TIGURIDAANE IA, Doku AO, **DEKU PD-G**, AFRIFA D, Akwa LG, Mensah AA, MOSES MO. Ghanaian Clients' Perception of Fitness Instructors' Adherence to Exercise Delivery Services Codes of Conduct: An Exploratory Study. *Health Sci Rep*. 2023.
14. **Prince De-Gualle Deku**, Max Effui Annani-Akollor, Monday Omoniyi Moses, Bright Oppong Afranie, Isaac Azo Tiguridaane, Simon Koffie, Abigail Oforiwaa Doku, Lady Gwendoline Akwa (2022,). Biochemical, Physiological, and Anthropometric Changes

Associated with Years of Training in Weightlifting. *Journal of Applied Sciences and Clinical Practice* 2022; 3:80-6.

### Conference Papers

1. **Prince De-Gualle Deku**, Monday Omoniyi Moses, Ngozi Florence Onuegbu, Mary Abena Nyarko, Lydia Boampong Owusu, Abigael Omowumi Emikpe, Emmanuel Babatunde John, Rahul Soangra, Abiboye Cheduko Yifieyeh, Nicholas Akinwale Titiloye (2025). Sensor Gait Assessment and Clinical Gait Parameters of Typically Developing Ghanaian Children 11th CHS Biennial Scientific Conference 2025, 10<sup>th</sup> – 12<sup>th</sup> September, 2025, Kwame Nkrumah University of Science and Technology. (Oral Presentation, Abstract No. ).
2. Ngozi Onuegbu, Monday O. Moses, **Prince De-Gualle Deku**, Emmanuel B. John, Rahul Soangra, Michael Shiraishi, Mary Abena Nyarko, Lydia Boampong Owusu, Abigael Omowumi Emikpe, Abiboye Cheduko Yifieyeh, Nicholas Akinwale Titiloye. (2025). Assessment of Gait Parameters Using XSENS Dot Sensors among Typically Developing Ghanaian Children. World Physiotherapy Congress 2025, 29-31 May 2025, Japan, Tokyo. (Oral Presentation, Abstract No. **2519**).
3. Owusu L. B., Issifu J. S., Dwumfour C. K., Emikpe A. O., Poku C. A., **Deku P.D.G.**, Suglo Z. A., Apriribu F., Dzomeku V., Bam V. (2023). **Postpartum Exercises: A Cross-Sectional Study Among Post-Natal Women in Kumasi Metropolis**. 10th Biennial Scientific Conference of the College of Health Sciences, KNUST, Kumasi, Ghana. (Oral Presentation, Abstract No. **PO23**), Page 69.
4. Kesse G. A., King-Konu B., Addo A. N. A., Akom E., **Deku P. D-G.**, Brown E. K.M., Moses M. O. (2023). Physical Activity Patterns and Mental Well-Being of Undergraduate Health Science Students. 10th Biennial Scientific Conference of the College of Health Sciences, KNUST, Kumasi, Ghana. (Poster Presentation, Abstract No. **PO23**), Page 119.
5. Baah E.K. , Brown E. K. M., Onuselogu C.J., Akom E., Addo N. A. A., Asamoah Mensah.A. , **Deku P. D-G.**, Moses M.O. (2023). Smartphone Addiction is a function of Neck Disability and Quality of Life Among Undergraduate University Students. 10th Biennial Scientific Conference of the College of Health Sciences, KNUST, Kumasi, Ghana. (Poster Presentation, Abstract No. **PO05**), Page 98.

6. Onuselogu J.C., Baah E. K., Akom E., **Deku P. D. G.**, Brown E. K. M., Moses, M. O. (2023). Somatotype, Body Composition, and Muscular Fitness Characteristics of Resistance Training Youths in Two West African Countries. 10th Biennial Scientific Conference of the College of Health Sciences, KNUST, Kumasi, Ghana. (Oral Presentation, Abstract No. **P021**), Page 66.

## **EXPOSURE AND EXPERIENCE**

1. **Medic for Ghana's** Basketball Team at Road to BAL, Abidjan, Cote D'Ivoire and Ghana's Paralympic Team at 1<sup>st</sup> West Africa Zone Para Games, Abeokuta, Nigeria
2. **Served on the University Local Organizing Committee** for the Maiden Edition of the Sports Medicine Conference held in Kumasi KNUST, featuring the Minister of Sports and Recreation – *August 2025*.
3. **Featured as a speaker at the 2nd College of Health Science Endowment Fund Celebration, KNUST**, on the Topic. "Move to Live: Simple daily Actions for Healthier, Stronger CHS Staff" – *July 2025*.
4. **Featured as a speaker on three webinars** focused on breast cancer awareness among KNUST students. Contributed expertise in the October Breast Cancer Awareness by discussing the role of exercise in reducing recurrence, the interdepartmental approach to breast cancer management – *October 2024*.
5. **Completed Continuous Professional Development Training** – On Excellence in Technicianship in collaboration with UK Institute for Technical Skills & Strategy held in Kumasi, Ghana – *May 2024*.
6. **Volunteered and participated in the 13<sup>th</sup> African Games** as part of the Medical Team – Held in Accra, Ghana, from March - 3<sup>rd</sup> to 23<sup>rd</sup> March, 2024.
7. **Participated in 10<sup>th</sup> Summer School for Staff** – KNUST – Academia-Industry Partnership for National Development – *October 2023*.
8. **Attended the 10<sup>th</sup> Biennial Scientific Conference** – College of Health Science – KNUST – Promoting Healthy Lives and Wellbeing - *September 2023*.

9. **Medical Team Participant** in 1<sup>st</sup> National Junior Athletics and Basketball Open Championships hosted by Healthy Life Global Sportsplex in collaboration with KNUST – 23<sup>rd</sup> September 2023. Certificate of Participation.
10. **Volunteered in the 1<sup>st</sup> African Para Games**, Accra 2023, as part of the Medical Team and a Team Leader – National Paralympic Committee of Ghana, African Paralympics Committee – September 2023. Certificate of Participation.
11. **Completed Online Course** in Volunteering in Para Sport: Mini-Course – September 2023.
12. **Participated in online Research Refresher Academy** on Campus by Elsevier – KNUST – Certificate of Participation - 1<sup>st</sup> August 202.
13. **Participated in the E-Learning Ghana Conference** held at the Kwame Nkrumah University of Science and Technology by the KNUST E-LEARNING CENTRE – 6<sup>th</sup> -7<sup>th</sup> July 2023. Certificate of Participation.
14. **Participant in Scientific Research Conference** - TEKCONFAB23 – KNUST – 29<sup>TH</sup>-31<sup>ST</sup> May 2023.
15. **Participated in the 4<sup>th</sup> Revolution Leadership Conference** – KNUST – 27<sup>th</sup> May 2023. Certificate of Participation.
16. **Participated in the annual Postgraduate Conference** – College of Health Science, KNUST – Maiden Edition – 24<sup>th</sup> -25<sup>th</sup> May 2023.
17. **Injury Research Workshop Attendee**– KNUST in collaboration with Harborview Injury Prevention & Research Center, University of Washington, USA – May 2023. Certificate of Participation.
18. **Completed 2-Day Course in Digital Literacy** – KNUST E-Learning Centre, Kumasi, Ghana – 2022
19. **Sports Medic** for 11<sup>th</sup> COESA (College of Education Sports Association) Games 2022 – Official.
20. **Sports Medic for Team KNUST** at 27<sup>th</sup> GUSA (Ghana University Sports Association) Games 2022 – Official.
21. **Participated in the African Youth Liberation for Leadership**, Webinar – 2022.
22. **Participated in a Grantsmanship Workshop** - held by KNUST, Elmina 2022.

23. **Medical Team Personnel - KNUST** at 26<sup>th</sup> GUSA (Ghana University Sports Association) Games 2020 – Official.  
**Duties:** Ensure the well-being of the sports athletes in various sporting events
  - a. Treat injuries that occur on the field of play and off the field of play
  - b. Use stretch sports massage and physical therapy to treat athletes for pain relief.
24. **Teaching and Research Assistant** - Department of Physiotherapy and Sports Science - National Service - 2018.
25. **2<sup>nd</sup> Edition-Physiotherapy Treatment and Training Workshop/Conference:** In collaboration with the International Conference on Sports Physical Therapy and Stroke Rehabilitation George Fox University, USA, 10<sup>th</sup> – 21<sup>st</sup> June 2019. ICONSPT REHAB 2019.
26. **Physiotherapy Treatment Workshop:** Collaborating with the International Conference on Sports Physical Therapy and Stroke Rehabilitation and George Fox University, USA, June 2018 – ICONSPT REHAB 2018. Certificate of Participation.
27. **Webinar on African Youth Liberation for Leadership -Webinar** - The Future of Youth in Leadership.
28. **Education and Exchange Chairman** - (Department of Sports and Exercise Science, Kwame Nkrumah University of Science and Technology), 2017 – 2018.
29. **Participated in Emergency First Aid/Life Savers Workshop** - St Johns Ambulance, School of Medical Sciences, KNUST, 2016.
30. **Participated in Myoskeletal Rehabilitation Workshop** – Association of Sports and Exercise Science, School of Medical Science, KNUST, 2015.
31. **Physiotherapy Unit, Living Waters Hospital, Kumasi.** Intern at the Physiotherapy and Rehabilitation Unit. (Electrotherapy, Physiotherapy, Rehabilitation, and Exercise Therapy)
32. **Fitness Instructor Intern** -Aviation Social Center -Accra, Cantonments.  
 Treatment of musculoskeletal disorders with therapeutic modalities.  
 Exercise prescription for athletes, corporate groups, and other individuals  
 Operate isokinetic machines during workouts.

## **Private Engagement**

### **Lifestyle Fitness**

**Services:** Physical (manual) therapy, Massage therapy, stretch therapy, exercise therapy

For various forms of muscle pain, back pain, and joint pain.  
Pain alleviation through these treatment modalities.  
Conditions such as stroke and postural imbalances. Etc.

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### **Experience in Driving with a Driving License**

License ID Number: 19018888A1. Driving Class B

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### **SKILLS.**

#### ***Computer Skills***

General (Basic) Computing, Typing, Microsoft Word / Excel / PowerPoint,

#### ***Personal Skills***

Communication, Good human relationships, Analytical thinking, and Good Time Management.  
Team Player, Responsible, Goal-oriented.

#### ***Interest/Hobbies***

Exercise activities, Olympic sports, Tennis, Weight training, Photography, Videography,  
Graphic Design, Writing (Spontaneous), and Music.

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### **AFFILIATIONS**

- Mesrenyame and Friends – STEM for Girls – 2021 till date
  - Ghana University Sports Association (GUSA)
  - College of Education Sports Association - Ghana
  - African Paralympics Games(1st) - Volunteer
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### **REFEREES**

#### **Prof. Monday Omoniyi MOSES (PhD)**

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#### **Prof. Alexander Yaw DEBRAH (PhD)**

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#### **Dr Max E. ANNANI-AKOLLOR (PhD)**

Senior Lecturer, Department of Molecular Medicine  
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**Dr. Sara TOVÉ FIFIELD (PT, DPT)**

Board Certified in Geriatric Physical Therapy

Chair, Rehab Clinical Advancement Program, Providence Home Health

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