

UNIVERSITY OF NAIROBI
DEPARTMENT OF SPORTS AND GAMES

DIRECTOR OF SPORTS ADDRESS TO FIRST YEARS OF 2014/2015 AT TAIFA HALL

I wish to take this early opportunity to congratulate and welcome all of you at this prestigious institution of higher learning, The University of Nairobi. The key role of the department of Sports and Games is to plan, programme and implement sports, games and recreational activities for the students. It is also charged with the responsibility of coordinating and supervising Student's sports and recreational activities at the colleges/campuses and at the university level.

University of Nairobi is endowed with numerous and standardized sports facilities and equipment- spread at all the Colleges/campuses that you have been admitted in. At each of this college/campus, there are professionally trained personnel (Games Tutors), all of whom have a wealth of experience in the realm of sports administration, management, coaching and training. We offer sports ranging from outdoors (soccer, rugby, hockey, athletics, swimming, handball, basketball) among others to indoors (scrabble, chess, badminton, darts) among others.

Through sports, one can learn:

- To respect their opponents/authority.
- Accept and honor rules and regulations of game/sports- administered by the game officials.
- Spectators are also the beneficiaries of these values by learning from the athletes themselves.
- Models – important for young people who emulate good behavior of athletes. Other values learnt through sports participation are:
 - Co operation
 - Discipline
 - Emotional control
 - Fair play
 - Self – esteem control
 - Team work among values
- Sports provide a setting for people to develop their own identity by learning about their capabilities and their limitations.
- Through sport also we revitalize our body, mind and spirit which also renew our perspective of life.
- Commitment to fitness and health has become an integral part of life for many. Indeed, people of all ages are seeking out individual recreation, competitive and also physical activity opportunities. This is because sport contributes to the well being and quality of life for an individual – a long and health life.
- Technological advancement has reduced the amount of exercise inherent in our daily lives. – Simultaneously providing greater amount of leisure time.
- Stress proliferates as a form of byproduct of technology and highly competitive business world.

- The question has always been, why do most people fail to participate in sports and other physical activities? Could it be:
 - Lack of motivation
 - Lack of money
 - Lack of time
 - Lack of skill or
 - Lack of knowledge?
- To the female students, please remember that in the older days, women were excluded from games (e.g. among the Ancient Greeks) and their role was simply that of cheering and spectating their male counterparts. However, gradual acceptance of girls and women as participants in sports has been witnessed in the recent past. Traditionally, physiological and societal factors contributed to the discriminatory treatment of girls and women in the realm of sports and related activities.
- Today, many female athletes have surpassed the prejudicial limitations placed upon them (ie lack of speed, strength, power and lower maximum oxygen uptake) by running, swimming faster, and longer, competing professionally and against and with males and also becoming proficient in sport skills – once the domain of males.

Levels of participating in sports at university of Nairobi and beyond are:

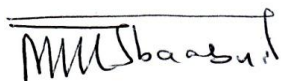
- Inter classes/ years, inter –faculties, inter halls
- Inter – colleges/ campuses
- National inter – universities
- National leagues and tournaments
- Regional/East African University Games
- Continental Games (FASU)
- World University Games.(Universiade)

The Department of Sports and Games endeavors to scout, identify, nurture, train and link the various talents to the corporate world and also for scholarship opportunities.

In the year 2014, the University of Nairobi teams will be participating in various programmed championships starting with the world cross – country championship to be held at Entebe, Uganda in the month of March, the National women sport championships at Egerton University same month, the continental (FASU) Games to be hosted at University of Nairobi in the month of July and thereafter, the East Africa Universities Games of December, 2014 at Kampala, Uganda.

In order to competitively secure a place in the main stream university teams, you are all encouraged to come out in large numbers on 18/01/2014 at your respective college/campus for the first year's games competitions. This programme will run from 8:00 am to 5:00 pm same day. We wish you a fruitful and prosperous sporting life at the University of Nairobi.

Thank you.



Mbaabu Murithi
DIRECTOR, SPORTS & GAMES