



# Maya van Gent

## Profile

Highly dynamic and dedicated Associate Professor of Sport Science. Committed to teaching, research and community engagements in areas of sport and physical activity.

Incorporating current research and practical experience to create and implement powerful curricula design and renewal. Ultimately assisting students to achieve their true potential in the field of Sport Science.

## Employment History

### Associate Professor, University of Fort Hare, Alice

2007 — SEPTEMBER 2021

- Teaching second, third and Honors year level (Anthropometry (ISAK level 1/2), exercise physiology and applied exercise physiology)
- Teaching Research methodology and proposal writing to Honor students
- Degree program development of Bachelor of Health Science in Human Movement Science and Honors (implementation 2010) , and assisting in development of PhD in HMS (implementation 2017).
- Appointed as HOD (served 3 terms as HOD, each term 2 years) in 2010; 2016; 2021
- Currently Acting Deputy Dean for Teaching and Learning, Faculty of Health Sciences Jan 2021- Dec 2021
- Serving on several University committees (QA, Senate Teaching and Learning committee, Senate higher degrees).
- Supervised post graduate student research (36 Honors; 12 Master; 1 PhD)
- External examiner for dissertations and theses (14 Master; 4 PhD)
- Physiological assessments for various sports including rugby, cricket, netball and triathlon (Ironman) and compiling training programs

## Education

### PhD, University of North West, Potchefstroom

2001 — 2003

Thesis title ": "A test battery for determination of positional requirements in adolescent rugby players."

### MA Sport Science, University of North West, Potchefstroom

1999 — 2000

Title of dissertation " "Anthropometrical, physical and motor fitness characteristics of 10 to 15 year old girls in the North-West Province."

### PGD in Higher Education Teaching, University of Fort Hare, Alice

2012 — 2012

### ISAK level 3, International Society for Advancement on Kinanthropometry , Cape Town

SEPTEMBER 2020 — OCTOBER 2021

## Details

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+27 835539169  
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NATIONALITY

South African

DATE / PLACE OF BIRTH

1976-03-08

Boksburg

## Links

ORCID <https://orcid.org/0000-0002-6051-1270>

## Skills

Adaptability  
Effective Time Management  
Ability to Work in a Team  
Strong Interpersonal Communication Skills  
Excellent Work Ethic  
Excellent Communication Skills  
Academic Research  
Curriculum and Instruction  
Honesty and Integrity

## Languages

English

Afrikaans

## Recent publications

- Van Niekerk RL, Van Gent MM. Mental health and well-being of university staff during the coronavirus disease 2019 levels 4 and 5 lockdown in an Eastern Cape university, South Africa. *S Afr J Psychiat.* 2021;27(0), a1589
- Christie C J, Naidoo R, Shung-King M, Van Gent M. et al. Policy Brief: Organised school sport in South Africa for children and adolescents: COVID-19 and beyond, March 2021
- Nkopo, Mandisi; van Gent, Maya Magdalena; van Niekerk Rudolph Leon; Noorbhai Habib. 2020. Relationship between selected body composition components and self-efficacy among 12-14 year old rural adolescents in the Eastern Cape Province of South Africa *South African Journal for Research in Sport, Physical Education and Recreation*, 2020, 42(2): 95 - 108
- van Gent, Maya ; Pienaar, Anita, Noorbhai Habib. 2020. Comparison of Body Mass Index and fat percentage criteria classification of 7–13 year-old rural boys in South Africa Gent et al. *BMC Paediatrics* (2020) 20:527
- J. Hans de Ridder & M. Maya van Gent. Anthropometric Measurements in Children: A Great Help to Determine their Body Composition and Health Status. *Physical Education in Early Childhood Education and Care: Researches – Best Practices – Situation*. Branislav Antala; Giyasettin Demirhan; Attilio Carraro; Cagla Oktar; Hakan Oz; Adriana Kaplánová (Ed). 2019. 235-246p. FÉDÉRATION INTERNATIONALE D'ÉDUCATION PHYSIQUE: BRATISLAVA.
- Paweł CHMURA, Maya M. VAN GENT, Andrzej ROKITA, Jan CHMURA. Assessment of sprinting skills of soccer players based on straight and Zig-Zag sprint test. *South African Journal for Research in Sport, Physical Education and Recreation*, 2018, 40(1): 85 - 95.
- Evaluation study of the national school nutrition programme and the tiger brands foundation in-school breakfast feeding programme in the Lady Frere and Qumbu districts of the eastern cape. Lauren Graham, Tessa Hochfeld, Lauren Stuart and Maya Van Gent Centre for Social Development in Africa | University of Johannesburg | 2015.  
<https://miriamaltman.com/wp-content/uploads/2016/03/TBF-Nutrition-Report-Lady-Frere-2015-WEB.pdf>

## Research grants obtained

- SAMRC Capacity Grant. An intervention to combat the physical, physiological and psychological risk factors associated with non-communicable diseases among adolescents in the Eastern Cape, South Africa. 2021-2023.
- Conducted anthropometrical measurements of 300 SANDF men and women for ERGOnomics TECHnologies (ERGOTECH), a division of Armscor SOC LTD, 2016-2018. Grants vary from R178 000.00 – R320 000.00
- National Lottery Distribution Trust Fund, 2010. Totalling R6 000, 000.00 for completion of the Human Movement Science Research and Fitness Facility
- Sponsor obtained from the International Olympic Committee for purchasing of gymnasium equipment for the Human Movement Science Research and and Fitness Facility (\$100 000.00) 2012
- Thuthuka research grant from the National Research Foundation for emerging researchers 2011-2013, totalling R475 000.00 (£ 32 000.00) over 3 years. Current project " The implementation of Long term athlete - and gross motor skills development programs on the social development of 7-10 year old rural Eastern Cape children"

## Other achievements

- Elected as Co-President of the BRICSCESS 2019, Cape Town Conference.

- Sub editor for the South African Journal for Sport, Recreation and Dance since 2018-current
- Referee for grant application at the National Research Funds (NRF), 2012-current.
- Vice Chancellor Teaching award 2014 in the Faculty of Science and Agriculture, University of Fort Hare
- Invited VIP and member to the scientific committee to the Global Forum for Physical Education Pedagogy (GoFPEP 2014), to be held at North-West University, Potchefstroom Campus, South Africa, 15-17 May 2014
- Invited member to the World Sport Ministers Conference for Africa, Abuja, Nigeria. March 2013
- Visiting Professor to Gdansk University of Sport, Gdansk, Poland. September-October 2013, Key note address at the International Scientific Conference "Nordic walking-Sport-Tourism in Scientific research 3-5 October 2013
- Accepted for Sabbatical visit to Worcester University, England. September 2012-January 2013 with assistance of Prof Ken Hartman.

## References

### **Prof Leon van Niekerk from University of Fort Hare**

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### **Mr Matthew Proudfoot from English Rugby Union**

mattproudfoot@rfu.com | +447513135395

### **Prof Hans de Ridder from University of North West**

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