

**NAMES:** SYLVESTER WILLIAM O. HAYKER,  
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### CAREER OBJECTIVE

I am passionate, enthusiastic and aim to utilize my academic and professional qualifications in an enabling team environment where am able to nurture and foster development in colleagues/learners to be the best they can be.

### TACHING EXPERIENCE

#### February 2015 to date

**Department:** Department of Hospitality and Leisure Studies at The Technical University of Kenya.  
**Duties:** Teaching, Administration, Community Service and Research.

#### July 2022 to date

**Department:** Tourism and Hospitality Management, at Strathmore University, Nairobi – Kenya.  
**Position:** Part-time Lecturer  
**Duties:** Teaching, Mentoring Students and Research.

#### October 2000 – January 2015

**Department:** Physical Education and Exercise Science at Kenyatta University  
**Duties:** Managing both students gym and staff health club,

### ACADEMIC QUALIFICATIONS

**Ph.D - Kenyatta University 2020** - Thesis title: Determinants of Active Transportation among 10 – 12 Year - Old School Children in Nairobi County, Kenya.

**M A - Geography** - Kenyatta University 2010 (Thesis on Outdoor Recreation in Urban Public Green Spaces).

**B Ed (Arts) - (Geography and Religion) Kenyatta University – 2000.**

### RESEARCH ABSTRACTS AND PUBLICATIONS

Wachira L-J, **Hayker S. O.**, Larouche R, Oyeyemi AL, Prista A, Owino GE, et al. (2022) Physical activity and active transportation behaviour among rural, peri-urban and urban children in Kenya, Mozambique and Nigeria: The PAAT Study. PLoS ONE 17(1): e0262768. <https://doi.org/10.1371/journal.pone.0262768>.

Onywera, V. O., Larouche, R., Oyeyemi, A. L., Prista, A., Akinroye, K. K., **Hayker, S.**, ... & Tremblay, M. S. (2018). Development and convergent validity of new self-administered questionnaires of active transportation in three African countries: Kenya, Mozambique and Nigeria. BMC public health, 18(1), 1018.

Onywera, V.O., Muthuri, S.K., **Hayker, S.W.O.**, Wachira, L.J.M., Kyallo, F., Mang’eni, R.O., Bukhala, P. & Mireri, C. (2016). Results From Kenya’s 2016 Report Card on Physical Activity for Children and Youth. Journal of Physical Activity and Health, 2016, 13 (Suppl 2), S195 -S200 <http://dx.doi.org/10.1123/jpah.2016-0359>. Human Kinetics, Inc.

Onywera, V.O., Muthuri, S.K., Wachira, L.J.M., Kyallo, F., Mang’eni, R.O., Bukhala, P., **Hayker, S.W.O.**, & Amile, E. (2016). Kenya’s 2016 Report Card on Physical Activity for Children and Youth. Healthy Active Kids Kenya (HAKK).

**Hayker, S.W. O.**, Mwisukha, A., & Kayi, C. (2011). Outdoor Recreation in Urban Forests. Lambert Publishers.

### SCHOLARSHIP/RESEARCH GRANTS WON

Researcher/ Scholar	Year	Title/Programme	Granting Body	Funding in US \$
Sylvester William Hayker	May 2019	Volvo Research and Educational Foundations (VREF) Study Visit Grant	VREF	3,400
Sylvester William Hayker	October 2018	Volvo Research and Educational Foundations (VREF) Study Visit Grant	VREF	3,400
Sylvester William Hayker	August 2017	VREF Travel Scholarship to attend the 2017 International Urban Freight	VREF	1, 800

		Conference at The Hyatt Regency Hotel California, USA		
Sylvester William Hayker	June 2017	Mobilise Santiago Conference Scholarship supported by VREF	VREF	2,500 Estimate
Sylvester William Hayker	May 2017	Volvo Research and Educational Foundations (VREF) Study Visit Grant	VREF	3,400
Sylvester William Hayker	March 2017	Determinants of Active Transport among 9 – 12 Year Old School Children in Kisumu and Nairobi Counties in Kenya	National Research Fund (NRF) Kenya	8,966.27
Sylvester William Hayker	2013	Ph.D Tuition Fess Scholarship	IDRC	6,782.94

### STUDY VISITS/FELLOWSHIPS

Date	Source of Funding	Institution Visited	Objective of Study Visit
13 <sup>th</sup> – 24 <sup>th</sup> May 2019	VREF Study Visit Grant	Center for Sustainable Urban Development Earth Institute, Columbia University	To develop a journal manuscript titled - Effects of active leisure travelling on children's rate of physical activity in Nairobi City County, Kenya.
11 <sup>th</sup> – 26 <sup>th</sup> Nov 2018	VREF Study Visit Grant	University of Gothenburg, Sweden	Develop a concept paper on potential effects of urban freight on children's active transport choices, to be submitted to Mistra SAMS International Young Researcher Grants for support
July 15 <sup>th</sup> to Aug 15 <sup>th</sup> 2017	VREF Study Visit Grant	India Institute of Technology, (IITD) Delhi	Develop journal paper manuscript for publication in the Journal of Transport and Health

### PROFESSIONAL QUALIFICATIONS

**20<sup>th</sup> – 23<sup>rd</sup> August 2019:** Training on CBET Methodology for Pedagogical Leaders and Trainers, by **TVET – CDACC** at College of Insurance, South C (Nairobi).

**Certificate** in Module writing and E – learning Pedagogy (Kenyatta University February, 2014)

Skills Acquired: Module writing skills and content development

**Certificate in Teaching Methodology (Kenyatta University May – November, 2014)**

Skills Acquired: Teaching Methodology, Setting of examinations, Administration of Examinations and Marking and Analysis of Scores.

**Certificate in;** Training of Trainers (ToT) for ICS Course, Basic Incident Command System Course, Advanced Incident Command System Course and Incident Command System for Managers Course (The Humanitarian Peace Support School – 11<sup>th</sup> – 20<sup>th</sup> October 2009).

*Skills Acquired:* ICS skills, Management of Responders and Training of ICS Trainers.

**Certificate;** Outdoor Leadership Development Course (Mt. Kenya School of Adventure and Leadership - 2005).

*Skills:* Leadership development skills Teambuilding and Outdoor recreation and extreme sports organisation.

**Cert., Health and Fitness Instructor's Course (Kenyatta University - 2003).**

*Skills acquired:* Customer care, personal hygiene and proper grooming, fitness programme design, personal training for clients with special needs.

### REFEREES

Prof. Winnie Mitullah, Ph.D.  
ACET, Institute of Development Studies  
University of Nairobi.  
[mitullahwinnie@gmail.com](mailto:mitullahwinnie@gmail.com)

Prof. Vincent Onywera, Ph.D  
DVC (RIO),  
KCA University,  
[vyonywera@kcau.ac.ke](mailto:vyonywera@kcau.ac.ke)

Prof. Richard Makopondo, Ph.D.  
School of Hospitality & Human Ec'  
The Technical University of Kenya,  
[makopondo@yahoo.com](mailto:makopondo@yahoo.com)