



CURRICULUM VITAE

PERSONAL DATA

Munkaila Seibu (PhD)

P. O. Box 25, Winneba, Ghana

Tel: +233244091826/ +233203632381

E-mail : mseibu@uew.edu.gh./mseibu74@gmail.com

Date of Birth: 7th February, 1974

Nationality: Ghanaian

AREAS OF EXPERTISE OR PROFESSIONAL SKILLS

- Physical Education and Teacher Education
- Physical Activity and Health Behaviour
- Mentoring and Career Development
- Curriculum Development and Assessment
- Development of Professional Learning Community (PLC)
- Assessment of Articles, Textbooks and Manuals
- Computer Literacy Skills: Certificate in Microsoft Office User
- Development of Coaching Pedagogy
- Good Research Writing Skills
- Good Interpersonal, Organizational and Leadership Skills
- Good Communication and Analytical Skills

PROFESSIONAL QUALIFICATION

RANK	SUPPORTING EVIDENCE	PERIOD
Senior Lecturer/Researcher	PhD in Physical Education	2017-2022
Lecturer	M.Phil. in Physical Education	2010-2012
Tutor	M.Ed. in Physical Education	2007-2009
Teacher	B.Ed. in Physical Education	2001-2005
Teacher	A-3yr Post-Secondary	1995-1998

PROFESSIONAL RESPONSIBILITIES

POSITION	OFFICE/LOCATION	PERIOD
Deputy Director	(ITECPD) - UEW	2023 - Date
Head of Department	HPERS – UEW	2021 - 2023
Graduate Coordinator	HPERS – UEW	2020 - 2021

EDUCATION

INSTITUTION	CERTIFICATE	DATE
University of Cape Coast	Ph.D, Physical Education	31/03/ 2022
University of Education, Winneba	M.Phil, Physical Education,	27/07/2012
University of Education, Winneba	M. Ed, Physical Education	17/07/2009
University of Education, Winneba	B.Ed, Physical Education	30/07/2005
Dambai Training College Oti Region	Teacher’s Certificate (Post- Secondary)	01/06/1998
Nkwanta Secondary School Oti Region	General Certificate of Education (G. C. E.) Ordinary Level	1994
Nkwanta L/A Middle ‘C’ Oti Region	Middle School Leaving Certificate (M.S.L.C)	1989

CAREER HISTORY

Senior Lecturer University of Education, Winneba July 27, 2020 – Date

- **Teaching Experiences**

Graduate Courses Taught

1. MPES824: Curriculum Planning and Development in Physical Education and Health. 2022-Date
2. MPES825: Instructional and Assessment Strategies in Implementing Physical Education and Health. 2022-Date
3. MPES834: Mentoring and Leadership in Physical Education and Health. 2022-Date

Lecturer University of Education, Winneba August 1, 2014 – 2020

Undergraduate Course Taught

4. EDCR 365PE: Pre-Internship Seminar. 2015-Date
5. SCOD242: Basic Coaching Attachment. 2020-Date
6. SCOD243: Basic Coaching Attachment Portfolio. 2020-Date
7. PED 241: High School Teaching Methods and Strategies. 2017-Date
8. PED 236: Curriculum Studies in Physical Education. 2016-2020
9. PED111: Physical Education for Healthful Living. 2015-2017
10. PED 113: Foundations of Physical Activity and Sports. 2016-2018
11. PED 235:Early Childhood and Primary Teaching Methods and Instructions 2015-2019
12. Introduction to Teaching Physical Education. 2016-2018
13. PED 233: Teaching Handball. 2014-Date
14. SCO 356: Sports Skills and Tactics, Handball. 2015-Date
15. SCO 247: Evaluation in Sports Coaching. 2020-2021
16. PED 242: Kinesiology. 2016-2017
17. SCO 117: Basic Anatomy for Coaches. 2015-2017

18. SCO 115: Exercise Physiology for Sports Performance. 2015-2017
19. SCO111: Sports Skills and Tactics (Basic, Intermediate and Advanced in Handball). 2016-Date

Supervision of Thesis

Ongoing

M. Phil Principal Supervisor:

1. Atipoka Grace.: Relationship between Physical Education Teachers' Coaching Competences and Training Needs at Senior High Schools in Central Region.
2. Amposah, B. E.: Assessing maintenance Culture on Sports Facilities and Equipment in Selected Senior High Schools in the Greater Accra Region.
3. Kitcher, D. N. P.: Factors Influencing Teaching and Learning of Physical Education in Senior High School in Greater Accra.
4. Agamah, M. G.: Assessment of Sports Nutrition, Knowledge and Practices Among Football Players in the Greater Accra, Region.
5. Kupour Hilary: Investigating Physical Education Curricula Alignment between Colleges of Education and Junior High Schools in Ghana.

Completed

M. ED Supervisor :

1. Ibrahim Kyeremeh: Assessing Determinants Of Physical Activity Participation Among Adolescent Students in Senior High Schools at Bono-East Region, Ghana. 08-06-2023.

Physical Education Tutor, Komenda College of Education-Komenda, September 1, 2010 – July 1, 2014.

- Taught Physical Education.
- Organised sports.
- Supervised students' project work.
- Form master: advised students on their academic life and recommended complex issues to the Counselling Unit of the College.

Physical Education Teacher Senya Secondary School September 1, 2005-August 1, 2010

- Head of Department.
- Teaching Physical Education.
- Organised Sports.
- Staff Welfare Secretary.

Subject Teacher Nkwanta E/A J.S.S, Oti Region September 1, 1999 – September 1, 2001

- **Teaching Experiences**
 1. Taught English Language.
 2. Taught Ghanaian Language (Akwapim, Twi).
 3. Physical Education,
- Organised Sports.
- District Sports Secretary.

Class Teacher Nkwanta E/A Primary School, Oti Region, Sept. 1, 1998 – Sept. 1, 1999

- Taught all subjects in primary six.
- Organised Sports.
- Staff Secretary.

PUBLICATIONS, RESEARCH/PROJECTS CONDUCTED OR UNDERTAKEN, CREATIVE WORKS/PRODUCTIONS PRODUCED

BOOKS

- Seibu, M.,** & Darko R. A. (2023). Handball manual for teachers and coaches. FRIMPRESSON Publishing Company. Kumasi.
- Ogum, P. N., **Seibu, M.** & Gao, K. (2020). Sports for safe school's manual: Teacher resource pack for Senior High School. Accra: MoE, GES &BARCA Foundation & UNICEF, Ghana.
- Ocansey, R., & **Seibu, M.** (2020). Training manual for physical and health education for JHS 1. Cantonment-Accra: NaCCA, MoE, Ghana.
- Ocansey, R., **Seibu, M.,** Dadzie, P.K.Y., & Akudago, S. A. (2020). Teacher's resource pack (Physical and health education) for JHS 1. Cantonment-Accra: NaCCA, MoE, Ghana.
- Ocansey, R., **Seibu, M.,** Dadzie, P.K.Y., & Akudago, S. A. (2020). Learner's resource pack (Physical and health education) for JHS1. Cantonment-Accra: NaCCA, MoE, Ghana.
- Ocansey, R., **Seibu, M.,** Dadzie, P.K.Y., & Akudago, S. A. (2020). Physical education and health curriculum for JHS 1 (common core programme). Cantonment-Accra: NaCCA & MoE, Ghana.
- Mintah, J. K., **Seibu, M.,** & Dadzie, P.K.Y. (2019). Physical education training guide. Cantonment- Accra: NaCCA, MoE, Ghana.
- Mintah, J. K., Naki, H. A., **Seibu, M.,** & Dadzie, P.K. Y. (2019). Physical education curriculum for primary schools (Basic 1-6). Cantonment-Accra: NaCCA, MoE, Ghana.
- Akuffo, P. A., Darko, R. A., & **Seibu, M.** (2018). Supervision of children's recreation. IEDE: UEW, Ghana.
- Akuffo, P. A., Darko, R. A., & **Seibu, M.** (2016). Physical Education for Early Childhood Education Teacher. IEDE: UEW, Ghana.

PEER-REVIEWED JOURNAL ARTICLES

- Adenyoh, C. K., Donkor, S. **Seibu, M.,** & Addo, A. B. (2024). From Campus Life to Global Health: Understanding Non-Communicable Diseases and Physical Inactivity Among Ghanaian University Students (Accepted)
- Seibu, M.,** Domfeh, C. Haghan, J. E. Jnr. (2024). A Hierarchical Analysis of Mentors Mentoring Characteristics, Practices and Barriers in Predicting Student Teachers' Career Development (Abstract accepted for AIESEP 2024 Conference in Finland).
- Mahama. I., Amponsah, M. O., **Seibu, M.,** Egglely, V. E., & Abu-Sadick, R. (2023). Teachers' Knowledge and Years of Teaching as Determinants of the Application of EBPs in Teaching Learners with Diverse Needs (In Press)
- Seibu, M. (2023). Predictors of Quality Mentoring Programme: The Case of Physical Education Student-Interns Career Development at University of Education Winneba, Ghana (Abstract Accepted for Conference)

- Aloko, E. A., **Seibu, M.**, Apaak, D., Sarpong, E. O., Sorkpor, S. R. & Ansah, E.R. (2023). Body Weight and Cardio-respiratory Fitness: Predictors of Physical Function Capacity among Older Adults. (Accepted).
- Aloko, E. A., Ansah E. W., Apaak, D., Sarpong, E. O., **Seibu, M.**, Sorkpor, S. R. (2023). Mediating Effect of Physical Activity on Relation between Cardio-respiratory Fitness and Physical Function Capacity of Older Adults. (Accepted)
- Seibu, M. (2023). Influence of Perceived Prevalent Mentors' Mentoring Characteristics on University of Education, Winneba Physical Education Student-Interns' Career Development in Ghana. *Educational Justice Journal. 2023 Educational Justice Conference*. <https://edjusticejournal.org/>
- Seibu, M.**, Ansah, E. W., Amisah-Essel, S., Pufaa, H. J & Ofori, P. K. (2023). Interpretative Phenomenological analysis of physical education student-interns' experiences: Challenges and the role of mentors. *International Journal of Scientific Engineering and Science* 7(2), pp. 31-39. ISSN (Online): 2456-7361.
- Donkor, S. K., Appiah, M., Huagie, S. D. & **Seibu, M.** (2022). Inter-Observer Evaluation of Practical Lesson Delivery in Physical Education Setting: Nature and Demonstration of Teachers' Instructional Cues. *International Journal of Physical Education, Sports and Health* 9(1), PP. 270-275. DOI: <https://doi.org/10.22271/kheljournal.2022.v9,i1e.2377>.
- Quansah, F., Hagan, J. E., Sambah, F., Frimpong, J. B., Ankomah, F., Srem-Sai, M., **Seibu, M.**, Abieraba, R. S. K., & Schack, T. (2022). Perceived Safety of Learning Environment and Associated Anxiety Factors during COVID-19 in Ghana: Evidence from Physical Education Practical-Oriented Program. *European Journal of Investigation Health Psychology and Education* 12, 28–41. <https://doi.org/10.3390/ejihpe12010003>.
- Donkor, S. K., & **Seibu, M.** (2020). Hydration and physical activity: Perception of Volta Zone College of education athletes in Ghana. *Journal of Physical Activity Research*, 5 (1), 33-40
- Donkor, S. K., & **Seibu, M.** (2019). Closing the sedentary lifestyle gaps: Investigation factors influencing exercise and physical activity habits among sandwich students at University of Education, Winneba. *Journal of Physical Activity Research*, 4 (1), 73-79.
- Seibu, M.**, & Darko, R. A. (2017). Analysis of effective utilisation of allocated time of interns' teaching during physical education practical lessons. *International Journal of Physiology, Nutrition and Physical Education* 2(1): 23 – 26
- Darko, R. A., & **Seibu, M.** (2016). Investigating into the barriers militating against women taking up coaching roles in Ghana. *International Journals of Physical Education, Sports, and Health*, 3(2), 80-82.
- Seibu, M.** (2016). Student-teachers' characteristics: Panacea to students' academic achievement in science-related courses in the Department of Health, Physical Education, recreation, and sports. *Ilorin Journal of Health, Physical Education, and Recreation*, 9, 120-129.
- Seibu, M.**, & Darko, R. A. (2016). Investigating the difference between male and female pupils 'skill concept acquisition and retention. *International Journals of Physical Education, Sports, and Health*, 3(2), 365-367.
- Seibu, M.**, & Ammah J. O. (2016). Learner involvement variables of skill concept acquisition and retention in practical physical education lessons among primary pupils. *Journal of Science Education and Research*, 2(1), 97-105.

Darko, R. A., **Seibu, M.**, & Akuffo, P. A. (2015). Survey on coach's representation at inter regional basic school's sports festival in Ghana. *International Journal of Multi-Disciplinary Studies and Sport Research*, 5(2),1031-1037.

Seibu, M. (2015). Assessing academic learning time of students in practical physical education lessons. *International Journal of Multi-Disciplinary Studies and Sport Research*, 5(2),1130-1135.

OTHER SCHOLARLY AND CREATIVE WORKS NOT CAPTURED IN OTHER SECTION(S)

- Influence of Mentoring on the Career Development of Physical Education Student-Interns at the University of Education, Winneba, Ghana. (PhD Thesis, University of Cape Coast, 2022).
- Relationship between academic learning time in physical education and skill concepts acquisition and retention. (M. Phil Thesis, University of Education, Winneba, Ghana, 2012).
- Concerns of physical education student teachers during internship. (M. Ed Dissertation, University of Education, Winneba, Ghana, 2009).
- Improving the ability of form two students to volley effectively in volleyball in Obrachire Secondary Technical School. (B. Ed Project Work, University of Education, Winneba, Ghana, 2005).
-

PROFESSIONAL DEVELOPMENT

TRAINING SESSIONS

TYPE	PLACE	PERIOD
○ Training workshop on Test Items Moderation and Proofreading by the National Teaching Council (NTC).	Ejisu-Kumasi	25 th -29 th February, 2024
○ Training workshop on Test Items Moderation and Proofreading by the National Teaching Council (NTC).	Ejesu- Kumasi	13 th -16 th December, 2023
○ A Three Day Training Workshop on the Instructional Resource Assessment Approval Portal (IRAAP).	British Council- Accra, Ghana	20 th & 22 nd November, 2023
○ Departmental Professional Learning Community (PLC) Handbook for	Koforidua, Ghana	16 th -20 th October, 2023
○ Departmental Professional Learning Community (PLC) Handbook for SHS/SHTS Writing (Participant/writer)	Ho, Ghana	28 th August -1 st September, 2023
○ Training Workshop on UN Toolkit for Sports, Development and Peace (SDP)	Accra, Ghana	13 th - 14 th June, 2023

- | | | |
|---|--------------------------|--|
| ○ Mandatory OSIS 2 Training exercise for Course Allocation and Entry of Students Results (Participant) | Winneba, Ghana | 2 nd May, 2023 |
| ○ Workshop on Textbooks Assessment | Accra, Ghana | 2 nd -4th March, 2023 |
| ○ Senior High School Curriculum Writing (Participant) . | Ho, Ghana | 12 th -17th
December,2022 |
| ○ Workshop on Myhealthcop TVET Programmes Writing, | UG, Legon | 15 th - 17 th September,
2022 |
| ○ UEW HPERs Retreat for Lecturers (Chairman) . | Larteh Akwapim,
Ghana | June, 24-26. 2022 |
| ○ NaCCA/T-TEL Senior High School Curriculum Writers Workshop (Participant) . | Koforidua, Ghana | June 20-24, 2022 |
| ○ UEW Faculty of Science Seminar on Student with Visual Impairment and Sports Betting (Participant) . | LH3, Winneba,
Ghana | May 4, 2022 |
| ○ Re fresher Training Workshop for the Implementation of Common Core Programme (CCP) Curriculum. (Facilitator) . | Cape Coast, Ghana | January 10, 2022 |
| ○ Training of Trainer's for UNICEF and Ghana Education Service (GES) Workshop on Sport for Promoting of Safe Schools (Facilitator) | Ejisu-Abanktro,
Ghana | April 26-28, 2021 |
| ○ Training of Trainer's for UNICEF and (GES) Workshop (Sport for Promoting of Safe Schools) (Facilitator) . | Ejisu-Abanktro,
Ghan | March 1-3, 2021 |
| ○ Master Trainer Workshop for Pre-Tertiary Curriculum (Physical Education Panel) (Simulator and Leader) . | Koforidua, Ghana. | May 23-27,2019 |
| ○ A Training Workshop to Develop a Manual and Teacher's Pack for the Pre-Tertiary Curriculum, (Developer and Secretary) . | Accra Ghana | February 18-22,2019 |

SEMINARS AND WORKSHOPS

NAME OF SEMINAR/WORKSHOP

LOCATION

PERIOD

- | | | |
|--|---------------------------------------|---------------------------------|
| ○ Institute for Educational Research and Innovational Studies(IERIS) Colloquium on making UEW a Research University (Participant) . | IERIS Conference Room, Winneba, Ghana | 14 th November, 2023 |
| ○ Orientation for Deans, Directors, Deputy Directors/registrars and Heads and Departments (Participant) | Mana Heights Hotel, Mankessim | 10 th November. 2023 |

- A Day Seminar on Equipping University of Education, Winneba (UEW) on Quality Assurance Issues in GTEC's New Standards and Norms **(Participant)** Winneba, Ghana May 9th, 2023
- Fifth UEW Sports Directorate Retreat for Coaches **(Moderator/Participant)** Tutu, Ghana December 1-5.2021
- Faculty of Science Retreat for Faculty members **(Participant)**. Elmina, Ghana August 26 -29, 2021
- Workshop for District/Municipal PE Coordinators on New Standard-Based Curriculum for Primary Schools **(Facilitator)**. Ejisu-Abankro, Ghana March 4, 2021
- Workshop on Competency-Based Training **(Participant)**. U.G. Legon, August 19, 2020
- Workshop on Sport for Promoting of Safe Schools Training of Trainers **(Facilitator)**. Ejisu-Abankro, Ghana June 15-17, 2020
- Workshop to Validate and Finalise Common Core Programme Training Materials **(P. E. Panel Member)**. Accra, Ghana June 2-7, 2020
- Test Item Writing Workshop for lecturers **(Participant)**. Winneba, Ghana February 4, 2020
- Workshop for Common Core Curriculum Writers and Expert Reviewers **(P. E. Panel Member)**. Larteh-Akwapim, Ghana January 27 -28, 2020
- Workshop on Sport for Promoting Safe Schools **(Facilitator)**. Koforidua, Ghana October, 2019
- Workshop on Associate Conditions of Intellectual Disability and Support Services for Children **(Participant)** Accra, Ghana September 7, 2019
- Workshop for UEW Convocation Members on the New Four-Year B.Ed. Curriculum by ITECPD **(Participant)** Winneba, Accra August 19-20, 2019
- Workshop on Textbook Assessment and Approval Process for Pre- Tertiary Education **(Participant)**. Koforidua, Ghana July 16-17, 2019
- Master Trainer Workshop for Pre-Tertiary Curriculum **(P. E. Panel Member)**. Koforidua, Ghana June 5, 2019
- ERIS Workshop for all UEW Academic Staff **(Participant)**. Winneba, Ghana April 4, 2018

- APTIS Presentation on Raising Standards in English Proficiency by British Council (**Participant**). Winneba, Ghana September 14, 2017
- Northern Region PE Teachers Refresher Course (**Facilitator**). Tamale, Ghana November 5, 2015

CONFERENCE(S)

NAME CONFERENCE

Afro Sports Summit

LOCATION

Accra International Conference

PERIOD

2nd & 3rd August, 2023

7th Lagos NAPER-SD

Lagos, Nigeria

7th & 8th June, 2023

Conference/AGM/Election(Presenter).

HPERS-UEW and Grambling State University Collaboration Conference (**Host and Presenter**).

Winneba, Ghana

February,28-March1, 2023

7th International Council for Health, Physical Education, Recreation, Sport and Dance Congress (**Presenter**).

Kampala, Uganda

26-26 October, 2022

Professional Development Conference (**Participant**)

Winneba, Ghana

January 5, 2019

International Conference for Postgraduate Students (**Participant**).

Cape-Coast, Ghana

August 17, 2018

International Multi-Disciplinary Conference for Postgraduate Students SGS-UEW (**Participant**).

Winneba, Ghana

July 24-28, 2017

MEMBERSHIP OF PROFESSIONAL ASSOCIATION(S)

ASSOCIATION

PERIOD

National Teaching Council Physical Education Test Items Moderation and Proofreading for Licenses Examination(Chairman).

December 14, 2023-Date

Ghana Tertiary Education Commission's National Implementation Support Team (NIST) (**Member**).

September 27, 2023 - Date

University Teachers Association of Ghana (UTAG) (**Member**).

August 15, 2014 – Date

Handball Association of Ghana, (HAG) (**Member**).

February 13, 2008-Date

Executive member, Central Region Handball Association, Ghana Association of Health, Physical Education, Recreation, Dance and Sports (GAHPERDS), (**Member**).

May 9, 2008 – Date

Ghana National Association of Teachers (GNAT), (**Member**)

September 2, 2005

INSTITUTIONAL SERVICE

COMMITTEES/SERVICE

	PERIOD
○ UEW Representative for the Steering Committee on Research Foundational Literacy & Numeracy (FLN) and Supported Teaching in Schools (STS)	19 th March, 2024-Date
○ Committee for Finalising HPERS Programmes for Accreditation (Chairman).	June 24-27, 2022
○ UEW Distance Education Course Book-Content and Foundation Knowledge in Physical Education (Reviewer).	February 13, 2022
○ Committee for the Establishment of UEW Wellness Centre (Member).	December 11-18, 2021
○ Committee for Re-Drafting HPERS Department Programmes for Accreditation (Chairman).	November 19, 2021
○ UEW Academic Board (Member).	August 1, 2021- Date
○ Faculty of Science Appointment and Promotion Board (Member).	August 1, 2021- Date
○ Faculty of Science Academic Board (Member)	August 1, 2021- Date
○ Faculty of Science Academic Board (Member)	August 1, 2021- Date
○ HPERS Department Examination Board, UEW (Chairman).	August 1, 2021- Date
○ HPERS Department Graduate Board, UEW (Chairman).	August 1, 2021- Date
○ HPERS Department Academic Board, UEW (Chairman).	
○ HPERS Department Representative on UEW Sports Committee (Member)	August 1, 2017 -2020

COMMUNITY SERVICES

SERVICE

	PERIOD
○ Department of HPER, University of Cape Coast. (External Examiner).	2023
○ Under 20 and Under 17 National Handball Coaches (Supervisor)	May 26 th , 2023-Date
○ Central Region Handball Association (Chairman)	May 24 th , 2023 - Date
○ International Handball Federation (IHF) Africa Zone 3 Female Youth and Junior Challenged Trophy Local Organising Committee (LOC) Accra-Ghana (Technical Member).	April, 10 th - 16 th , 2023
○ Education and Scholarship Committee of Handball Association Ghana (HAG) (Chairman).	August 3rd, 2022 – Date
○ Effutu Municipal Assembly Sports Unit (Chairman)	August 26 th , 2022 – Date
○ Handball Association Ghana (HAG) (Member).	September 21 st , 2022-Date

- Wesley College of Education, Kumasi (**PE External Assessor**). June 18th, 2022 – Date
- Presbyterian College of Education Akropong–Akuapem (**PE External Assessor**). June 5th, 2022 – Date
- UNICEF and GES Sports for Safe Schools Training Programme (**National Monitor**). November 7th, 2020– Date
- UNICEF and GES Sports for Safe Schools Writing of Manual for elementary school (**Technical Consultant**). July 23rd, 2020-2021

GRANTS, HONOURS, AWARDS, PRIZES OR PROFESSIONAL RECOGNITION AND OTHER KEY ACCOMPLISHMENTS

NAME/TYPE OF AWARD	AWARDING INSTITUTION OR ORGANISATION	PERIOD
○ Project Grant	SAFINET-Finland	2024
○ Developing and Promoting Sports in School Senya Senior High.	Senya Senior High	2006 2010
○ Commitment to the Development, Growth and Promotion of Handball.	Central Region Sports Association	2007-2010
○ District Best Teacher Award SHS. General Category (Third).	Awutu /Effutu /Senya District	2006- 2007
○ Academic Merit Award.	HPERS Department UEW	2003-2004
○ Academic Merit Award.	HPERS Department UEW	2002-2003

REFEREES

Prof. J. O. Ammah

Department of HPERS

University of Education, Winneba

E-mail: osbyjay@hotmail.com.uk

Contact: 024475077

Professor Reginald Occansy

Former Head of Department

Physical Education and Sports Studies

University of Ghana, Legon

rocansy@gmail.com

0246519895

Prof. Charles Domfeh

Department of HPER

University of Cape Coast
Email: cdomfeh@ucc.edu.gh
Contact: 0504595527

Date: 18/02/20234

Signature: 