

CURRICULUM VITAE

Personal Details

Name: **Associate Professor Emmanuel Osei Sarpong (PhD)**
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Key Competencies

- Good interpersonal relations grounded in respect for all and fair application of rules and regulations within a given setup.
- Over eighteen years of teaching and research in tertiary Education within the Ghanaian context.
- Good record of collaborative academic leadership and mentorship.
- Extensive international and national networks for professional and institutional advancement.

Academic Appointments /Promotions

Aug. 2022-date: Associate Professor Exercise and Sports Science,
University of Education, Winneba, Ghana.

Mar. 2016-Jul. 2022: Senior Lecturer in Physical Education and Sports
University of Education, Winneba, Ghana.

Dec. 2006-Feb. 2016: Lecturer in Physical Education and Sports, University
of Education, Winneba.

Apr. 2003-Nov. 2006: Teaching Assistant, Department of HPERS, University of
Education, Winneba.

Oct. 2001-Jul. 2004: Ag. Sports Coach, University of Education, Winneba.

Education

- Oct. 2012-Apr. 2017: PhD in Human Kinetics Education (Exercise Physiology), University of Ilorin, Ilorin, Nigeria.
Dissertation title: *Physical Activity Participation Variables as Predictors of Cardiorespiratory Fitness and Body Composition of Ghanaian Fitness Club Members*
- Mar. 2010-Jul. 2010: Postgraduate Diploma in Sports Coaching (Football) University of Leipzig, Leipzig, Germany.
- Aug. 2004-Feb. 2006: MSc. in Health Services Planning and Management, KNUST, Kumasi, Ghana
Thesis title: *Improving Family Planning Utilization in the Agona District*
- Sep. 1998-Jul. 2002: B.Ed. (Hons) HPERS; University College of Education, Winneba, Winneba, Winneba.
Thesis title: *Factors influencing female participation in sports among student-athletes the Eastern Region*
- Sep. 1991-June.1993 Certificate A Three-Year Post-Sec, St. Joseph's Training College, Bechem
- Sep. 1984-Jun. 1989: GCE O Level Certificate; Nkawkaw Secondary School, Nkawkaw.
Major: *General Science*

Professional Membership

1. University Teachers Association of Ghana (UTAG)
2. Ghana Football Coaches Association (GFCA)
3. American College of Sports Medicine (ACSM)
4. ICHPER-SD African Region
5. The British Association of Sport and Exercise Sciences (BASES)
6. Ghana Association of Health, Physical Education, Recreation, Sports and Dance (GAHPERDS)

Professional Service

Editorial Board Membership & Reviewer (Journals, Book Chapters and Abstracts)

British Journal of Sports and Exercise Science (BJSES)
British Medical Journal (BMJ)
NUGA Scientific Journal
Journal of Science Education and Research (JSER)

Research Interests

Physical activity for health development, care and prevention of sports injuries, energy for physical activity and sports performance

Current Administrative Position

Sep. 2023-date: Ag. Dean, Faculty of Health, Allied Sciences and Home Economics Education, UEW.

Previous Administrative Positions

Apr. 2022- Aug 2023: Chairman, Sports Directorate University of Education, Winneba.

Aug. 2021-Mar. 2022: Head, CPD, ITEC-PD, Education, University of Education, Winneba.

Aug.2016- Jul. 2018 Ag. Head, Department of HPERS, UEW, Winneba

Aug.2010- Jul 2012; Aug.2015-Jul 2016 Examinations Officer, HPERS, UEW

Other Academic Services

1. June, 2024 Chairman, Committee to Develop Proposal to Source for Funding from Banks for SMART Boards, UEW, Winneba
2. June, 2024 Chairman, Search Committee to Recruit Management Members of Wiawso College of Education
3. Sep 2017-date: External Examiner: Department of Department of HPER, UCC
4. Feb. 2021- date: External Examiner: Department of Exercise Science and Physiotherapy, KNUST
5. Oct. 2022- date: External Assessor: Department of HPER, UCC
6. June. 2024: External Assessor: Department of Sports and Exercise Medical Sciences, UHAS, Ho
7. Apr. 2020-date: Appointed as a Programme Assessor in Exercise and Sports Science and Physiotherapy by the Ghana Tertiary Education Commission (GTEC). I have so far assessed (4) programme on Exercise and Sports Science, Physiotherapy, Sports and Culture at the KNUST, UHAS and UG.
8. Apr. 2021: External Assessor: Bagabaga College of Education on the recruitment of Physical Education Tutors.

9. Sep. 2020 - date: External Examiner for Colleges of Education: I have so far assessed two (1) promotions from the Presbyterian College of Education, Akropong Akwapim, two (2) from the Wesley College Kumasi to senior tutor
10. 2019 Chairman, Committee to Reorganize Sports, UEW
11. 2018 Chairman, Sponsorship Committee, (UEW SILVER JUBILEE)
UEW

Research Publications

1. Aloko, E.A., Munkaila, S., Apaak D., **Sarpong, E.O.**, Sorkpor, R. S., & Ansah, W.E. (2023). Body Weight and Cardio-respiratory Fitness: Predictors of Physical Function Capacity among Older Adults *British Medical Journal*, 1(1), 1-23. <https://doi.org/10.1101/2023.06.05.23291006> (preprint)
2. Aloko, E.A., Ansah, W.E., Apaak D., **Sarpong, E.O.**, Munkaila, S., & Sorkpor, R. S., (2023). Mediating Effect of Physical Activity on Relation between Cardio-respiratory Fitness and Physical Function Capacity of Older Adults. *British Medical Journal*, 1(1), 1-20. <https://doi.org/10.1101/2023.06.06.23291026> (preprint)
3. **Sarpong, E.O.**, Sedegah, M. M., & Ofosu, K.E. (2022). Factors Contributing to Sports Injuries among Senior High Students Akuapem Municipality. *NUGA Scientific Journal*, 1(1), 170-176.
4. **Sarpong, E. O.** (2022). Assessing the Physical Fitness Level of Students in Senior High Schools. *International Journal for Innovation Education and Research*, 10 (8), 159169. <https://doi.org/10.31686/ijer.vol10.iss8.3865>
5. Sedegah, M. m., **Sarpong, E. O.**, & Ofosu, E.K. (2022). Prevailing Injuries among Senior High Students-Athletes in the Akuapem Municipality. *Universal Journal of Sport Sciences*, 2(1), 16–24. DOI: 10.31586/ujss.2022.276
6. **Sarpong, E.O.**, Adomah, C. D., Appiah, B. M. & Tsikata, E. (2022). Variables Associated with Low Female Participation in College of Education Sports in Central and Western Region of Ghana. *Universal Journal of Sports Science 2: 1-15* DOI:10.31586/ujss.2022.274
7. Bansie, A. M., & **Sarpong, E. O.**, (2022). Assessment of physical activity participation levels among workers in financial institutions. *Researchjournali's Journal of Public Health 8, 2: 1-13*
8. **Sarpong, E. O.** (2022). Physical Activity Participation Variables as Predictors of Cardiorespiratory Fitness of Greater Accra Fitness Club Members. *International Journal of Physical Education, Sports and Health*. 9,1: 361-367
DOI: <https://doi.org/10.22271/kheljournal.2022.v9.ilf.2398>

9. Acheampong, E. Y., **Sarpong, E. O.**, & Mahamah, M. (2022). Understanding sports betting among young male student-teachers in Ghana. *Journal of Gambling Issues*. 4, 1: 174-200 DOI: <http://dx.doi.org/10.4309/jgi.2022.49.8>,
10. Muhammed, A. M., Dominic, O. L., Seidina, I. Y., **Sarpong, E. O.**, & Talabi, A. E. (2018). Nutritional Analysis of Ginger (ZingibreOfficinale) Drink: Potentials for Sports Performance. *Medicine and Science in Sports & Exercise*. 50, 5s:721. (ACSM Abstract)
11. Dominic, O. L., Talabi, A. E., **Sarpong, E. O.**, Musa, M.O., Seidina I. Y., Abubakar, N. O., & Bakinde, S.T. (2017). Making Weight for Sports Performance: Implications for Health of Combat Sports in Nigeria. *Ghana Journal of Health, Physical Education, Recreation and Dance*. 10, 1: 90-112
12. Ansah, S. D., Pajibo, E. D., & **Sarpong, E. O.** (2017). Determinants of Teacher Motivation for Job Satisfaction in Public Senior High Schools in the Agona Municipality. *Journal of Innovation in Education in Africa*. 1, 2:104 -122
13. **Sarpong, E. O.** (2016). Waist-to-hip Ratio Measures as Predictors of Cardiorespiratory Fitness among Female Human Kinetics Students in University of Ilorin. *International Journal of Physical Education, Sports and Health*. 3, 2: 65-69
14. **Sarpong, E. O.** (2016). Psychological effects of sports injuries on career prospects of athletes in Kwara State, Nigeria. *Journal of Science Education and Research*. 2, 1:87-96
15. **Sarpong, E. O.**, & Apaak, D. (2016). Assessing the Predictors of the Content and Pedagogical Knowledge of Fitness Instructors in the Greater Accra Region of Ghana. *Journal of Education Practice*. 7, 5: 121-130
16. Alabi, H. K., Dominic, O. L., & **Sarpong, E. O.** (2015). Perceived Physiological Effects of Sports Injuries on Career Prospects and Performance of Kwara State Athletes. *Researchjournali's Journal of Public Health*. 1, 6:2 - 8
17. Apaak, D., & **Sarpong, E.O.** (2015). Knowledge Level and Incidence of Sexual Harassment in Sports: Views from Ghanaian Female University Athletes. *Journal of Educational and Social Research*. 5, 3: 121-130.
18. Apaak, D., & **Sarpong, E. O.** (2015). Internal Challenges Affecting Academic Performance of Student-Athletes in Ghanaian Universities. *Journal of Education Practice*. 6, 14: 18-23

19. **Sarpong, E. O.**, Apaak, D., & Dominic, O. L. (2015). Reported Physical Activity Levels and Equipment Use as Predictors of Body Composition of Members in Ghanaian Fitness Clubs. *Research Journal's Journal of Public Health. 1, 4: 7-16*
20. Apaak, D, & **Sarpong, E.O.** (2015). Gender Differences in Academic Performance among University Athletes in Ghana: A case Study of University of Cape Coast. *Research Journal's Journal of Education. 3, 4: 32-42*
21. Kene, E., Pajibo, E. D., & **Sarpong, E. O.** (2015). Effects of Bureaucracy on Administration control systems in the University of Education, Winneba. *Research Journal's Journal of Education. 3. 6:1-12*
22. **Sarpong, E. O.**, Huedenu, G., & Pajibo, E. (2015). Assessment and Teaching of Art-Related subjects in Colleges of Education in the Central and Western Regions of Ghana. *Platinum Global Journal of Social Science and Humanities. 1, 3: 19-27*

Workshops Attended

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| 2024 | NaCCA Meeting to Universities: Revision of Teacher Education Curricula for Senior High/ Technical School Teachers, AH Hotel, Accra
(Participant, Dean, FHASHEE, UEW) |
| 2024 | Health and Wellness Instructors Course for All National Sports College, Winneba. Ghana (National Director of Course) |
| 2024 | WAEC Experts Meeting to Review Scheme and Structure of Assessment for the New Senior High Schools in Ghana (Subject Lead, Physical Education and Health) |
| 2024 | Workshop to Develop Learner Materials for the New Senior High Schools Curriculum
(Subject Lead, Physical Education and Health) |
| 2023 | AfroSport2023 Conference: The Role of Education and Science in Sports Development
Accra International Conference Center (Discussant) |
| 2022 | AfroSport2022 Conference: The Role of Education and Science in Sports Development
Accra International Conference Center (Discussant) |
| 2022 | Physical Fitness Instructors Course (Refugees, Widows and The Marginalized)
National Sports College, Winneba. Ghana (National Director of Course) |
| 2022 | NaCCA/T-TEL Curriculum Writing Workshop for Senior High Schools
(Lead Writer, Physical Education and Health) |

- 2022 26th Nigerian University Games Association Scientific Conference
University of Lagos, Lagos, Nigeria (Presenter)
- 2020 Subject- Based Workshop for B.Ed. Programme (Second Semester Courses)
University of Education, Winneba (Resource Person)
- 2020 16th Ghana University Sports Association (GUSA) Seminar
University of Ghana, Legon- Accra, Ghana (Presenter)
- 2019 & 2020 T-TEL Course Manual Writing Workshop for Colleges of Education
Various Locations in Ghana (Subject Lead- UEW)
- 2019 & 2020 T-TEL Curriculum Writing Workshop for Colleges of Education
Various Locations in Ghana (Subject Lead- UEW)
- 2019 Ghana Music Teachers Association 27th Annual Conference
University of Education, Winneba (Resource Person)
- 2019 National Teaching Council Symposium/ Exhibition
Kumasi, Ghana (Presenter)
- 2019 Hybrid mode of Teaching for Faculty Teaching Postgraduate Students
University of Education, Winneba (Participant)
- 2018 14th Annual International Conference on Kinesiology and Exercise Sciences
Athens Institute for Education and Research, Athens. Greece (Presenter)
- 2018 6th ICHPER.SD African Regional Congress
University of Education, Winneba. Ghana (Presenter)
- 2018 T-TEL Curriculum Writing Workshop for Colleges of Education
Capital View Hotel, Koforidua. Ghana (Subject Lead- UEW)
- 2016 1- Day Conference for University Council Members
University of Ghana, Legon, Accra. Ghana (Participant)
- 2016 Physical Fitness Instructors Course (Resource Person)
NSC, Winneba. Ghana (National Director of Course)
- 2015 Nigeria Association of Sports Science and Medicine Annual National Conference and Workshop (Presented a paper)
Nigeria
- 2014 Practical Attachment (Participant)
Physiotherapy Section of Trauma and Specialist Hospital Winneba
Ghana
- 2014 Physical Fitness Instructors Course (Resource Person)
National Sports College, Winneba. Ghana

- 2012 Physiotherapy Course for Sports Masseurs (Resource Person)
National Sports College, Winneba. Ghana
- 2010 International Trainers Course
University of Leipzig. Germany (Participant)
- 2010 GHAPHERDS Congress (Presented a paper)
Mawuli Senior High School, Ho. Ghana
- 2008 Physical Fitness Instructors Course (**Resource Person**)
Ghana
- 2008 GHAPHERDS Congress (Presented a paper)
College of Education, Navrongo. Ghana
- 2006 World Scholar Athlete Games (Soccer Coach)
The United States of America
- 2006 Sports and Cultural Exchange Programme (Participant)
Peoples Republic of China
- 2005 IAAF- Athletics Coaching Course (Participant)
Accra Sports Stadium. Ghana
- 2005 Poster Presentation, Gates & Melling Foundation (Presented a paper)
KNUST, Ghana
- 2005 Proficiency Course in Leadership (Participant)
KNUST, Ghana
- 2005 Executive Meeting Ghana Handball Association (Participant)
Accra, **Ghana**
- 2005 Areeba Sponsorship for Ghana Handball Association (Participant)
Accra, **Ghana**
- 2004 Athletics Coaching Course (Participant)
Accra, Ghana
- 2003 Advanced Soccer Coaching Course (Participant)
Winneba, Ghana
- 2001 IOC/GOC Solidarity Administrators Course (Participant)
Baba Yara Sports Stadium, Kumasi. Ghana
- 2001 GUSA Coaches Clinic (Participant), Cape Coast

Conference and Seminar Presentations

- Sarpong, E.O. (2024). Physical Activity Participation Levels as Correlates of Cardiorespiratory Fitness of Senior High School Teachers in the Dormaa East District, The British Association of Sport and Exercise Sciences Physical Activity for Health Division Day for Members
- Manche, E.K., **Sarpong, E.O.**, & Sorkpor, S.R. (2024). Assessing Nutrition Knowledge and Dietary Practices among Male and Female Athletes in Colleges of Education in the Volta Region of Ghana, School of Education and Leadership (SEL) International Biennial Conference. University of Ghana, Accra, Ghana
- Sarpong, E. O.**, Mawuli, M. S. & Ofose, K. E. (2022). Prevailing Injuries among Senior High Student- Athletes in the Akuapem Municipality, 26th NUGA Scientific Conference. University of Lagos, Lagos, Nigeria.
- Mawuli, S. M., **Sarpong, E. O.**, & Acheampong, E. Y. (2020). Factors Contributing to Sports Injuries among Senior High School Students in Akuapem Municipality, International Conference on Sports Injury Management and Performance Enhancement, Miami, United States; 12-13 March, 2020 accepted abstracts
- Sarpong, E. O.** Physical Activity Participation Variables as Predictors of Cardiorespiratory Fitness of Ghanaian Fitness Club Members, 14th Annual International Conference on Kinesiology and Exercise Sciences. Athens Institute for Education and Research, Athens. Greece; 2018 accepted abstracts
- Seidina, I.Y., Dominic, O. L., Ibraheem, T. O., Atikumi, N., & **Sarpong, E. O.** (2018). Built Environment as Correlates and Predictor of Physical Activity Behaviour among University Students in Nigeria. 6th ICHPER.SD African Regional Congress University of Education, Winneba. Ghana
- Sarpong, E. O.** & Apaak, D. Assessing the Predictors of Pedagogical and Content Knowledge of Physical Fitness Instructors in the Greater Accra Region of Ghana, In: Ajisafe, M. Boluwaji A, Diyaolu B, Bamitale T, Bamgboye, F, editors. Proceedings of the NASSM Annual Conference and Workshop on Exercise is Medicine; 31 August – 4th September 2015; Ado-Ekiti. Alfa Belgore Hall, Nigeria: NASSM; 2015 Book of Abstract pp. 27

Teaching Experience at the University of Education, Winneba

Undergraduate

- Physical Fitness for Healthful Living
- Human Anatomy and Physiology
- Exercise Physiology
- Sports Nutrition
- Nutrition and Health
- Kinesiology
- Teaching Soccer

- Teaching Field Events (Jumps)
- Physical Fitness and Conditioning
- Pre-internship Seminar
- Basic and Applied Physiology
- Health, Fitness, Diet and Exercise
- First Aid and Sports Injuries

Postgraduate (M.Ed.)

- Seminar Presentation
- Current Researches in PE and Sports in Ghana
- Contemporary Issues in Physical Education
- Issues in Exercise and Sports Science

Postgraduate (MPhil)

- Exercise and Sports Nutrition
- Applied Exercise Techniques and Injury Prevention
- Analysis of Human Motion
- Issues in Exercise and Sports Science

Postgraduate (PhD) (part-time) UCC

- Advanced Nutrition and Human Performance
- Advanced Cardiovascular System in Exercise and Training
- Advanced Muscular System in Exercise and Training
- Advanced Respiratory System in Exercise and Training

Completed

- Relationship between Anthropometry and Physical Performance of Junior High School Athletes in Cape Coast. **(PhD)**
- Factors influencing sports injuries among Senior High School Athletes in Akuapem Municipality of Ghana **(MPhil)**
- Effect of an 8-week exercise programme on weight loss among students of Akwamuman SHS **(MPhil)**
- Adoption and Retention of Physical Activity among “Keepfit” club members in Agona Swedru Municipality. **(MPhil)**
- Job Satisfaction among Ghana Premier League footballers in Greater Accra Region. **(MPhil)**
- Perceived influence of physical activity on the health status of colleges of education tutors in the central region **(MPhil)**
- The teaching of physical education in basic schools in Koforidua: A survey of teachers’ perception and attitude **(MPhil)**
- Physical Activity Participation Levels as Correlates of Cardiorespiratory Fitness of Senior High School Teachers in the Dormaa East District **(MPhil)**

- Assessing Nutrition Knowledge and Dietary Practices among Male and Female Athletes in Colleges of Education in the Volta Region of Ghana **(MPhil)**
- The teaching of physical education in basic schools in Koforidua: A survey of teachers' perception and attitude **(MPhil)**
- Perceived influence of physical activity on the health status of colleges of education tutors in the central region **(MPhil)**

On-Going

- An assessment of the prevalence and patterns of sports injuries in senior high schools in the Sekondi-Takoradi Metropolis. **(M.Ed.)**
- The effect of High Intensity Functional Training on Cardiometabolic Adaptation among Para-Military Recruits in Ghana. **(PhD)**
- Effects of perceived umpire mistakes on badminton players' emotions in Ghana. **(MPhil)**
- Effects of Sports Injuries on Performance among College of Education Athletes in Ghana **(PhD)**
- Effect of Eight Weeks Designed Ghanaian Recreational Activities on Body Composition, Cardiovascular Endurance, Blood Pressure Levels and Weight Status among Basic School Pupils in Winneba, Ghana **(PhD)**
- The use of Performance-Enhancing Substances among Student- Athletes in Dambai College of Education in the Oti Region of Ghana **(MPhil)**
- Assessment of Sport Nutrition Knowledge and Practices among Football Players in the Greater Accra, Ghana **(MPhil)**

Membership of University Boards and Committees

1. Jun. 2024: Chairman, Search Committee for the appointment of a College Secretary, Finance Officer, Internal Auditor, Librarian, and Procurement Officer for Wiawso College of Education, Sefwi-Wiawso.
2. Mar. 2024: Member, Committee set up to plan and organize series of seminars for the 2024 academic year, University of Education, Winneba.
3. Aug. 2023-date: Member, Joint Admissions Board, University of Education, Winneba.
4. Aug. 2023-date: Member, Quality Assurance Committee, University of Education, Winneba.
5. Sep. 2022-date: University of Education Winneba (UEW) Representative on Bagabaga College of Education Governing Council, Tamale.

6. Sept. 2022-date: Member, Governing Council subcommittee on Development at the Bagabaga College of Education, Tamale.
7. Sep. 2023- date: Chairman, Faculty Board, Faculty of Health, Allied Sciences and Home economics Education, University of Education, Winneba.
8. Sep. 2023- date: Chairman, Faculty Appointments and Promotions Board, Faculty of Health, Allied Sciences and Home economics Education, University of Education, Winneba
9. Sep. 2023- date: Chairman, Faculty Graduate Board, Faculty of Health, Allied Sciences and Home economics Education, University of Education, Winneba.
10. Sep. 2023-date: Member, Academic Planning Committee, University of Education, Winneba.
11. Sep. 2023-date: Member, Executive Committee, University of Education, Winneba.
12. Sep. 2023-date: Member, Finance and Development Planning Committee, University of Education, Winneba.

Community Service: Students and Youth

1. Sep. 2023-date: Chief Patron, Home Economics Students Association, University of Education, Winneba.
2. Feb. 2008 - Date: Patron: Simpa Spartans, University of Education, Winneba.
3. Aug. 2006 – Date: Patron: Kwahu Students Union, University of Education, Winneba.
4. Aug. 2016 - Sep. Date: Soccer Club, University of Education, Winneba.

Consultancy Services

Mar. 2008- Date: Director of Course, NASFAG Wellness and Fitness Instructors Course

Extra-curricular Activities

- Listening to Music
- Playing Recreational Sports
- Coaching Sports
- Watching Sports
- Socialization and Networking

Professor Victor Antwi

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Prof. Jonathan Osbert Ayi Ammah

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Emmanuel Osei Sarpong:

Date: 19/06/2024