



Yayra Kluboito (PhD)

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14th April, 1989

Ghanaian

Areas of Expertise or Professional Skills

1. Exercise physiology and sports performance
2. Sports nutrition
3. Teaching, coaching and officiating volleyball, netball and basketball
4. Exercise Science
5. Physical fitness and wellness
6. Basic quantitative statistics
7. Research methods
8. Fitness training and exercise prescription

Education

Doctor of Philosophy in Physical Education (Exercise Science), University of Cape Coast, Cape Coast, 2017 to 2020.

Master of Philosophy in Physical Education (Exercise Science), University of Cape Coast, Cape Coast, 2013 to 2016.

Bachelor of Education in Health Physical Education and Recreation, University of Cape Coast, Cape Coast, 2008 to 2012.

WASSCE, Fijai Senior High School, Sekondi, 2004 to 2007.

Career History

Lecturer, Department of Health, Physical Education, Recreation and Sports, University of Education, Winneba, 2020 to date.

Duties:

Teaching, supervising theses, assessing theses and conducting research in the Department of HPERS.

***Courses taught:** Human anatomy and physiology, exercise physiology, sports nutrition, nutrition and health, teaching netball, teaching basketball, sports skills and tactics in basketball, sports skills and tactics in netball, research design and data analyses.*

Part-time Lecturer, Department of Health, Physical Education and Recreation, University of Cape Coast, 2017 to 2020.

Duties:

Teaching

***Courses taught:** Theory and practice of basketball, theory and practice of volleyball, kinesiology, exercise physiology and biomechanics.*

Part-time Lecturer, Department of Sports and Exercise Science, University of Cape Coast, 2019 to 2020.

Duties

Teaching

Courses taught: basic human physiology, exercise prescription, sports policy and governance, sports psychology.

Part-time Demonstrator, Department of Health Physical Education and Recreation, University of Cape Coast, 2013 to 2017.

Duties

Assisting lecturers in teaching courses and marking scripts.

National Service (Teaching Assistant), Department of Health Physical Education and Recreation, University of Cape Coast, Cape Coast, 2012 to 2013.

Duties

Assisting lecturers in teaching courses and marking scripts.

Publications, Research/Projects Conducted or Undertaken, Creative Works/Productions Produced

1. Akesseh Arthur, N., & **Kluboito, Y.** (2025). Sports Nutritional Supplementation: Prevalence, Attitudes, and Practices Among Ghanaian University Athletes. *African Journal of Nutrition and Dietetics*, 4(02), 261-271. <https://doi.org/10.58460/ajnd.v4i02.158>
2. Agbordzor, E., & **Kluboito, Y.** (2025). Menstruation experiences and subjective sports performance of female senior high school athletes in Ajumako District. *International Journal of Research and Innovation in Social Science*, 9(7), 1032 – 1048. <https://dx.doi.org/10.47772/IJRIS.2025.90700084>.
3. Seibu, M., Sorkpor, R. S., Darko, R. A., Mensah, R., **Kluboito, Y.**, Frimpong, F., Pufaa, H. A., & Aloko, E. A. (2025). Student-Teachers Concerns: Predictors of Pre-Internship Results among Level 300 Physical Education Students-Teachers of University of Education, Winneba, Ghana. *International Journal of Research and Innovation in Social Science*, 9(3s), 1400-1407.
4. Darko, R. A., Seibu, M., Edu, J. M., Osei, L. A., Pufaa H. A & **Kluboito, Y.** (2024). Integrating physical activities with music for sustainable and holistic development of school children in Winneba, Ghana. *International Journal of Multidisciplinary Education*, 6(2) 663-672. DOI 10.5281/zenodo.14539811.
5. **Kluboito, Y.**, Mintah, J. K., Essien-Baidoo, S., & Arthur, N. A. (2024). Effect of acute supplementation of hibiscus-ginger drink on university athletes' aerobic power and blood lactate. *The North African Journal of Nutrition Research*, 8(18), 89-95. <https://doi.org/10.51745/najfnr.8.18.89-95>
6. Exercise perception and practices among older adults with underlying health conditions in the Western Region of Ghana: A phenomenographic study. 2022 (Conference presentation)

7. PhD thesis on the topic, 'Effect of hibiscus-ginger juice on aerobic power and selected physiological variables of athletes of the University of Cape Coast,' 2020.
8. Dominic, O. L., **Kluboito, Y.**, Atikumi, N., & Ansah, E. W. (2018). Determination of health status using self-rated health and physiological markers of fisherfolks in Ghana Central Region. *Medicine & Science in Sports & Exercise*, 50 (5S), 77. DOI: 10.1249/01.mss.000 0535337.88696.29.
9. **Kluboito, Y.**, Babalola, J., & Omoniyi, M. M. (2017). Effect of short-term consumption of energy drink on physiological responses and physical performance variables of athletes in University of Cape Coast. *Ghana Journal of Health Physical Education Recreation Sports and Dance*, 10, 58-75.
10. M.Phil. thesis on the topic, 'Effect of energy drink on physiological responses and physical performance variables of athletes of University of Cape Coast', 2016.

Professional Development

Training Sessions:

UEW Learning Management System (LMS) training Winneba 5th to 6th January, 2021

Seminars and Workshops:

<i>Halliwick concept hydrotherapy course 2022</i>	Winneba	21 st to 24 th November, 2022
<i>Grant proposal writing seminar by Directorate of Research Innovation and Development, UEW.</i>	<i>New Assembly Hall, North campus</i>	2 nd November, 2022
<i>UEWHPERS retreat for Lecturers</i>	<i>Larteh, Akuapim</i>	24 th to 26 th June, 2022
<i>Workshop on Grantsmanship for UEW-FSE</i>	<i>New Assembly Hall, North Campus, Winneba</i>	1 st February, 2022
<i>Seminar on the postgraduate journey on how to write an award winning project proposal</i>	<i>Sports College, Winneba</i>	16 th March, 2022
<i>Faculty of Science Education retreat</i>	<i>Elmina</i>	26 th to 28 th August, 2021
<i>Orientation for new Lecturers</i>	<i>Jophus Anamoah Mensah Conference Center, Winneba</i>	2 nd March, 2021
<i>Faculty of Science Seminar</i>	<i>South Campus, Winneba</i>	10 th February, 2021

<i>Orientation for new Lecturers of HPERs department</i>	<i>HPERS Department, Winneba</i>	<i>18th December, 2020</i>
<i>Authorship Workshop</i>	<i>School of Medical Sciences Auditorium, University of Cape Coast</i>	<i>30th October, 2017</i>
Conferences:		
<i>9th International Society for Physical Activity and Health Congress</i>	<i>Abu-Dhabi National Exhibition Center, Abu-Dhabi</i>	<i>23rd to 26th October, 2022</i>
<i>1st Academic and Industry Conference</i>	<i>C. A. Ackah Auditorium, University of Cape Coast, Cape Coast</i>	<i>25th and 26th October, 2017</i>
<i>2nd Biennial National Conference of Ghana Association of Health, Physical Education, Recreation, Dance and Sports (GHAPHERDS)</i>	<i>Ghana Secondary School, Koforidua, Eastern Region</i>	<i>3rd to 7th January, 2014</i>

Institutional Service

Timetable Committee. Examinations officer, August 2021 to date.

Faculty Week Planning Committee. Member, January 2021 to June 2021.

Community Services

Honorary coach, Basketball, Amalgamated Sports Clubs, 2022.

Honorary coach, Netball, Amalgamated Sport Clubs, 2021 to 2022.

Managing the HPER Fitness and Wellness Center, University of Cape Coast, Cape Coast. 2019 to 2020.

Organizing and instructing fitness programs at the Elmina Beach Resort, Elmina. 2019 to 2020.

Attending University of Cape Coast Open Day and Exhibition (Exhibiting the Department of Health Physical Education and Recreation's activities and interpreting body analysis results and educating students and staff on healthy lifestyle through physical activity). 2013 to 2019.

Assisting in officiating games and athletics for Central Region Schools and Colleges. 2012 to 2019.

Assisting in organizing and officiating in inter-hall games and athletics in the University of Cape Coast. 2013 to 2019.

Organizing and participating in fitness walks and aerobics for students in the University of Cape Coast.

Professional Membership

UTAG, UEW

Member, International Organization for Health and Kinesiology

Professional Service or Consultancy outside the University

Member, FIBA Africa Zone 3 Women Development Council, October 2023 to date

Responsibility:

Planning and executing women related basketball programs and training for the FIBA Zone 3

Ghana Basketball Association, Chairman of the Gender Commission. April 2022 to date.

Responsibility:

Planning and executing women related basketball programs and training for the association.

Central Regional Basketball Association. Treasurer. February 2021 to date.

Responsibility:

Keeping financial records and managing funds for the association.

Grants, Honours, Awards, Prizes or Professional Recognition and other Key Accomplishments

1. *Gold Medalist (Volleyball and Netball) and Silver medalist (Basketball), 26th Ghana University Sports Association (GUSA) Games, University of Ghana, 3rd to 19th January, 2020. Athlete/Coach.*
2. *Gold Medalist (Basketball, Volleyball and Netball), 25th Ghana University Sports Association (GUSA) Games, University of Development Studies, Tamale, 4th to 16th January, 2018. Athlete/Coach.*
3. *Silver Medalist (Basketball), 7th Mini Ghana University Sports Association (GUSA) Games, University of Cape Coast, 3rd to 13th January, 2017. Coach.*
4. *Best Female Basketball Player, University of Cape Coast Sports Awards, April, 2016.*
5. *Gold Medalist (Basketball, Netball and Volleyball), 24th Ghana University Sports Association (GUSA) Games, University of Education, Winneba, 4th to 16th January, 2016. Athlete.*
6. *Most Valuable Player (Basketball). Ghana Basketball Awards, September, 2015.*
7. *Best Female Basketball Player, University of Cape Coast Sports Awards, April, 2014.*

8. *Gold Medalist (Volleyball and Netball) and Silver medalist (Basketball), 23rd Ghana University Sports Association (GUSA) Games, University of Cape Coast, 11th to 22nd June, 2014. Athlete.*
9. *Gold Medalist (Long Jump and Triple Jump), 5th Mini Ghana University Sports Association (GUSA), University of Development Study, January, 2013. Coach.*
10. *Sports Personality of the Year and Best Player (Basketball and Volleyball), University of Cape Coast Sports Awards, April, 2012.*
11. *Most Valuable Player (Basketball), 22nd Ghana University Sports Association (GUSA) Games, Kwame Nkrumah University of Science and Technology, January, 2012.*
12. *Gold Medalist (Basketball), Silver (Tennis and Volleyball) and Bronze Medalist (Long Jump). 22nd Ghana University Sports Association (GUSA) Games, Kwame Nkrumah University of Science and Technology, June, 2012. Athlete.*
13. *Best Basketball Player, University of Cape Coast Sports Awards, April, 2011.*
14. *Bronze Medalist (Long Jump). 4th Mini Ghana University Sports Association (GUSA) Games, Kwame Nkrumah University of Science and Technology, January, 2011. Athlete.*
15. *Gold Medalist (Triple Jump and Long Jump) and Silver Medalist (Basketball and Volleyball). 21st Ghana University Sports Association (GUSA) Games, University of Ghana, June, 2010. Athlete.*
16. *Gold Medalist (Long Jump and Triple Jump) and Bronze Medalist (4 x 400m relay), 3rd Mini Ghana University Sports Association (GUSA) Games, University of Ghana, January, 2009. Athlete.*
17. *Sports Prefect, Fijai Senior High School, 2006/2007.*
18. *Sports Prefect, Bethel Methodist Junior High School, 2003/2004.*

Referees

1. Dr. Regina Akuffo Darko,
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2. Professor Joseph K. Mintah,
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3. Professor Daniel Apaak,

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