

Participation in Sports in Kenyan Universities: Can the Situation Improve?

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Abstract

Participation in sport either at recreational or competitive levels has numerous and diverse positive outcomes. Sports in Kenyan Universities is characterized by low levels of active participation either at recreational or competitive levels by the students. Thus the crux of this paper is to discuss the challenges faced by Kenyan Universities towards increased levels of participation in sport. The challenges are diverse bordering on student-related factors, sport infrastructure hindrances, inadequate human capital, and administrative factors. Various strategies to counter the aforementioned challenges are proposed. These strategies are cross-cutting and require the intervention of the central government, Ministry of Education, University Administrators, Games Tutors and University students.

Key words: Challenges, sports development, Kenyan Universities