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Abstract

As sports become more competitive, sports personalities have continually sought the latest scientific knowledge and technology to improve performance. It is in this vein that high altitude areas have been widely acknowledged as being ideal training sites for enhancing performance in the middle and long distance races. The scientific knowledge behind high altitude training has therefore triggered the establishment of many high altitude training centres in the Rift Valley region and some parts of Central Kenya. Currently there are over 30 high altitude training centers in Kenya with most of them concentrated in the North Rift region around Eldoret and Iten. These centres have in the recent past attracted foreign athletes who have come in droves to train and unlock their potential. In order for these centres to effectively bring the desired positive changes in the trainees and oxidative enzymes and remain competitive as a centre of choice, they must be managed strategically. A trainee should acquire these features with minimum side effect brought about by decreased oxygen concentration at high altitude. This study therefore, intends to evaluate altitude training centres management strategies, procedures and activities. It is set on the premise that certain management practices allow attainment of set goals. The study will randomly sample altitude training centres, their managers, trainees and other government officials to collect data on the management strategies used to run the centres. This study will be significant since it will endeavour to evaluate practices used in altitude management and identify those that have been able to bring success in terms of objective attainment. It will discuss programmes that can be implanted to improve elite sports in Kenya and to turn around the non-performing centres into self reliant financially and contribute to the exchequer through taxation on revenues generated.