

# **UNIVERSITY OF NAIROBI**

## **DEPARTMENT OF SPORTS AND GAMES**

### **FIRST YEARS JOINING UNIVERSITY OF NAIROBI FOR 2020/2021 YEAR**

#### **SPORTS INFORMATION**

##### **INTRODUCTION**

The Department of Sports and Games is as old as the University of Nairobi itself, dating back in the 1970s. The Department is located along State House road next to the Students` Health Clinic (Hall 3).

The Department is headed by the Director supported by a team of Technical staff (Games Tutors) and a number of support staff. In each of the six (6) University Colleges and Campuses there is a Sport Technical Staff attached to it.

#### **STUDENTS PARTICIPATION IN SPORTS**

Each of the University of Nairobi College/Campus is endowed with an elaborate Sports Facility, Equipment and Kits. The Sports Programmes offered at University of Nairobi include; Inter Halls, Inter Classes, Inter Colleges/ Campuses and an annual University wide Sports Day. Other levels of Sports Participation outside the University of Nairobi include; Kenya University Sports Association (KUSA) Conference Leagues, National Inter Universities, Continental / Regional Inter Universities Games and the Federation of Inter Universities Games (FISU) held every four (4) years. This is a level equivalent to University Olympics.

Upon joining the University of Nairobi as a first year, the Student Registers for a Sports of his / her choice through a Prescribed Registration Form (Please see Appendix A).

Sports offered at the University of Nairobi include, Soccer, Basketball, Rugby Volleyball, Netball, Handball, Martial Arts, Tennis, Table Tennis, Chess, Scrabble, Swimming, Badminton, American Football, Goal ball, Softball among others

The benefits of participating in Sports include; socializing with fellow students within the University and outside the University, Mental recreation especially after rigors of Academic work, physical growth, and emotional growth among others. The corporates World easily employs Sportsmen and Sportswomen who have completed their University courses because the aspect of team work and team spirit is inculcated through the medium of Sports.

Once more, welcome to the University of Nairobi, a giant of Sports talent among Kenyan Universities and outside Kenya. We wish you a fruitful and Sporting Life while at the University of Nairobi.

**Mbaabu Murithi**

Director, Sports & Games