



## MOMBASA CAMPUS - SPORTS & GAMES

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The Department of Sports and Games, Mombasa Campus is located at Uniplaza, 7<sup>th</sup> floor and the Department is headed by a Games Assistant. The responsibility of the Games Assistant is to coach, manage and supervise student's sports activities both in training sessions and during competitive tournaments with other tertiary institutions.

The Department of Sports and Games offers a wide variety of sports /games which are categorized as either outdoor or indoor. Outdoor games include Rugby, Basketball, Soccer, Volleyball, Field Athletics, Netball and swimming. Indoor Games are Badminton, Srabble, Chess and Table tennis.

The Department of sports and Games encourages all students to participate in sports so as to experience the benefits accruing from such participation including, mental, physical, social and emotional well being.

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