

Biography

Christina Sefotha is a propitious Biokineticist at the University of Johannesburg. Her desire to be a biokineticist derived from her passion for the art of movement in her early years as a contemporary dancer which is now driven by the aspiration to heal people through movement.

Early life and education

Bred in the eastern edge of central Johannesburg, Christina discovered her potential in athletics and the art of dance which she chose to further pursue while completing her studies at the Oprah Winfrey Leadership for Girls. She completed her Bachelor of Biokinetics at the University of Johannesburg where she got employed as a biokineticist at the university.

Christina is currently completing her Masters of Philosophy in Biokinetics where she is investigating the intrinsic sports injury risk factors during the phases of the menstrual cycle amongst female athletes with the optimism of expanding the knowledge of female athletes on how the menstrual cycle can affect their strength, flexibility and stability which ultimately affects their sports performance. In that regard, sports coaches and sports community at large can also expand their knowledge on how to better adapt the menstrual cycle into female athletes training schedules in order to ensure optimal sports performance.

Research and accomplishments

Christina and her collaborative partner, Caitlin Beckett, published their first article titled “Perceived knowledge of female athletes on the influence and effects of the menstrual cycle on musculoskeletal injuries” in February 2023 with the aspiration of publishing a second article on “The effects of the menstrual cycle on the prevalence of musculoskeletal injuries amongst female athletes” which both derived from their undergraduate mini research dissertation. Christina and Caitlin aspire to produce literature that can help broaden the knowledge of female athletes, the Biokinetics field and sports industry on the effects of the menstrual cycle on injury occurrence and functionality of the female body fueled the aim behind the study.

Future ambitions

While in the infant phases of her career, Christina is currently taking pride in exploring all spheres of being a Biokineticist while being granted the opportunity to further her studies. She aspires to complete her Doctor of Philosophy in Biokinetics and aims at implementing a toolkit focused on increasing the use of evidence based interventions, ultimately resulting in the creation of exercise programs focused on improving sports performance while taking into account the menstrual cycle. Having found her niche, Christina aspires to grow and develop as a biokineticist and ultimately specialize in rehabilitating female athletes.