

Junior Researcher Mentoring Programme

2023

Code:	JRMP2023_30
School / Department:	Department of Rehabilitation Sciences
Name of Research Team Member(s):	Dr Arnold Wong, Associate Professor Dr Janet Lee, Research Assistant Professor
Research Topic:	Promoting Exercise Among Older People
Short Description of the Research Project:	<p>Physical inactivity is common among older people due to fear of falls, degenerative changes, pain, and/or lack of regular exercise habits. However, insufficient physical activity in older people may heighten their risk of falls, depression, and even cognitive decline. Exercise is known to be able to improve physical and psychological fitness, as well as the quality of life in older people. In order to encourage older people to increase their physical activity and develop regular exercise habits, our team will use novel approaches to help this population.</p> <p>The participating mentees will assist the research team to develop teaching materials on exercise for older people. They will meet the research team on a regular basis to discuss their concerns and difficulties. The research team will provide proper training and instructions to the mentees to carry out this project. Importantly, they will have opportunities to interact with older people and help teach them about proper exercise principles, exercise types, and injury prevention.</p>

No. of Places Offered:	5
Frequency of Meetings:	Bi-weekly
Special Requirement(s):	Preferred subjects taken: Biology, physics, or science-related subjects Proactive students with regular exercise habits, or athletes would be preferred because they can share their excitement and experiences about exercise with older people.

** The information presented above is subject to change.*