



# JUNIOR RESEARCHER MENTORING PROGRAMME 2022

<b>Code:</b>	JRMP2022_26
<b>School / Department:</b>	Department of Rehabilitation Sciences
<b>Name of Research Leader:</b>	Dr Shirley Ngai, Associate Professor
<b>Research Topic:</b>	Cardiovascular Fitness and Associated Health Issues in Adolescents under New “Normal” of Living Style
<b>Short Description of the Research Project:</b>	Under the pandemic, all education sectors adopt different types of teaching delivery to facilitate students’ learning. With the increased duration of screen time, the lifestyle of students has substantially changed. This study aims to examine how the change of learning style may influence the cardiovascular fitness of secondary school students through non-invasive assessments and health-related surveys. Participating students will be involved in recruitment promotion, subject recruitment and part of the data collection.
<b>No. of Places Offered:</b>	5
<b>Frequency of Meetings:</b>	Weekly

\* The information presented above is subject to change.