


Project Abstracts for PhD Student Recruitment AY2025/26

Department of Sport, Physical Education and Health

Project title		Lifestyle interventions for promoting health and managing disease	
Research Clusters	<input type="checkbox"/> Creative Media/Practice <input checked="" type="checkbox"/> Health and Drug Discovery <input checked="" type="checkbox"/> Data Analytics and Artificial Intelligence in X <input type="checkbox"/> Humanities and Cultures	 <p>Dr GAO Yang Gemma</p> <p>Email address: gaoyang@hkbu.edu.hk</p> <p>Learn more: https://speh.hkbu.edu.hk/en/people/academic_and_teaching_staff_detail/136/</p>	
Keywords	<i>Exercise, lifestyle, health promotion, AI, intervention</i>		
Project abstract	<p>My research focuses on developing and evaluating AI-assisted lifestyle interventions (such as exercise, diet, and stress management) to promote health and well-being and manage chronic diseases across various populations. By analysing data from clinical trials and observational studies, we assess the impact of these interventions on health markers, including body composition, blood pressure, cholesterol levels, fitness levels, and other physiological functions. This research underscores the importance of integrating lifestyle changes into public health and primary care strategies for disease prevention and health promotion.</p>		