

Research Assistant I / Research Assistant II (Ref:2600351)
Department of Health and Physical Education

Project Title: Combination of Time-restricted Eating with Aerobic-resistance Exercise Training to Improve Body Composition in Older Adults with Obesity: A Randomized Controlled Trial
[Appointment Period: 10-12 months]

The appointee will provide research and administrative support to research project related to older adults. He/she will be responsible for data collection, lead exercise intervention, data analysis, literature review, writing of academic reports/papers and any other duties as assigned. The appointment will be 10-12 months, with the possibility of renewal subject to mutual agreement.

For the post of Research Assistant I, applicants should have a Bachelor's Degree in Sports Science, Sports Training, or any related field.

For the post of Research Assistant II, applicants should have at least Level 2 or equivalent or above in five subjects including Chinese Language, English Language and Mathematics in HKDSE; or Grade E (Level 2) or above in five subjects including Chinese, English (Syllabus B) and Mathematics in HKCEE or equivalent.

He/she should have high proficiency in both written and spoken English and Chinese (including Cantonese and Mandarin), as well as self-motivation, strong teamwork, effective communication skills, and the ability to work independently under pressure. Preference will be given to those with research experience in Sports Science, who will have advantages.

For further enquiries about the post, please contact Dr ZHENG Chen at czheng@eduhk.hk.

Salary will be commensurate with qualifications and experience.

Initial appointment will be made on a fixed-term contract. Fringe benefits include contract-end gratuity, leave, medical and dental benefits.

The University only accepts and considers applications submitted online for this post. Applicants should complete the [online application form](#) and upload a full CV on or before **3 June 2026**. Applications which are incomplete or without the required documents may not be considered. Personal data provided by applicants will be used for recruitment and other employment-related purposes. For details of the Personal Information Collection Statement, please refer to <http://www.eduhk.hk/jobsopp/index.php?glang=en>.

All applications will be treated in strict confidence. Only those who are shortlisted will be contacted. The University reserves the right not to fill the position(s) advertised.

Further information about the University is available at <http://www.eduhk.hk>.

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