

FED-CAPE Seminar: "Making Sense of the Evidence: A Practical Guide to Systematic Reviews and Meta Analyses"

Centre for Arts and Physical Education, Faculty of Education

Date & Time: 5 March 2026 (Thursday); 18:00-19:30

Venue: Tin Ka Ping Lecture Hall, Faculty of Education (E33-G021)

Language: English

Registration: Online Registration (<https://umac.questionpro.com.au/t/ARsqfZSAmr> Or )

Enquiries: Mr. Alex CHEN (Email: fed_event@um.edu.mo / Tel: 8822-4575)

Speaker:

Dr. Robin Sze Tak HO is a Lecturer in the Physical Education Unit at The Chinese University of Hong Kong (CUHK). He holds a PhD in Public Health from CUHK. Dr. Ho has published over 30 peer reviewed articles in leading international journals, with research expertise in resistance training for sport performance, evidence based healthcare, and advanced evidence synthesis methods, including systematic reviews and meta-analyses. He also has extensive experience in pragmatic clinical trials and university teaching across public health and exercise science disciplines. Beyond academia, Dr. Ho is a competitive bodybuilder and was the Novice Bodybuilding Bronze Medallist at the 2023 PCA Hong Kong Championship.

Abstract:

Systematic reviews (SR) and meta-analyses (MA) are cornerstone methodologies in evidence-based healthcare, providing robust syntheses of research findings to inform clinical practice, policy, and future research. This seminar introduces the fundamental concepts of SR and MA, tracing their historical development and examining contemporary trends in their application across health and sport sciences. The seminar will outline the key steps and core methodological components involved in conducting a high-quality systematic review, including formulating research questions, defining inclusion and exclusion criteria, performing comprehensive literature searches, study selection, data extraction, and quantitative synthesis through meta-analysis. Critical appraisal processes, such as assessment of risk of bias, sensitivity and subgroup analyses, and evaluation of publication bias, will also be discussed. The presentation will conclude by demonstrating how results from SR and MA should be interpreted using classical real-world examples, highlighting common pitfalls and best practices. This seminar aims to equip researchers, clinicians, and students with a practical framework for both conducting and critically appraising systematic reviews and meta-analyses.