



Project Title: What is the effect of exercise on muscle mass in people aged 60 years and older? - a systematic review and meta-analysis of randomised controlled trials		Code: SPH10
Host School / Institute: Sydney School of Public Health	Address: Level 10N, King George V Building, Royal Prince Alfred Hospital (C39), Missenden Road NSW	
Certificates & Clearances required: No		
Primary Supervisor: A/Prof Anne Tiedemann		
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Co-Supervisor/team: The research team will include: <ul style="list-style-type: none">- Dr Juliana S Oliveira, Postdoctoral Research Fellow, Sydney School of Public Health,- Nicola Fairhall, Postdoctoral Research Fellow, Sydney School of Public Health, The University of Sydney- Prof Catherine Sherrington, NHMRC Senior Research Fellow, Sydney School of Public Health.		
Project Type: Literature Review; Systematic Review and Meta-analysis		
Project Category: Ageing; Physiotherapy		
Skills / Attributes of a successful student: The successful student should be diligent and able to follow directions but also work independently, have good communication skills, and be familiar with reading research papers. Attention to detail is required as data will be extracted from a large number of studies. We will help with all steps of preparation of the systematic review.		
Project Keywords: Systematic review; Sarcopenia; Exercise; Older people		
Project Description: Sarcopenia is a geriatric syndrome characterised by loss of skeletal muscle mass accompanied by low muscle strength and/or reduced muscle function. Sarcopenia is a major problem affecting older people. Exercise can improve muscle strength and function in older adults but the effect of exercise on muscle mass in older people is unclear. To address this current evidence gap, we will conduct a systematic review and meta-analysis to investigate the impact of exercise on the low muscle mass aspect of sarcopenia in older people. The secondary objectives will be to analyse the effect of exercise on muscle strength and mobility, and to establish whether any type of exercise has a larger effect on muscle mass. Systematic reviews are considered to be the basis for guidelines of medical practice suggesting directions for new research by both highlighting the quality of existing studies and by themselves providing a high-quality summary. This project will provide an opportunity to improve research skills, including the preparation of systematic reviews, study design, search and selection of studies, data extraction, and analysis and preparation of peer-reviewed manuscripts for publication.		