



<b>GUT AND EXERCISE WORKSHOP</b>	
Presenter(s)	A/Prof Ricardo Costa APD, RD, AdvSD Stephanie Gaskell APD, AdvSD Christopher Rauch APD, AccSD.
Duration	3 hrs
Session overview	Examination of factors affecting gut health in athletes
Objective	<ul style="list-style-type: none"> <li>i) Describe the aetiology and pathophysiology of exercise-induced gastrointestinal syndrome (EIGS) and exercise-associated gastrointestinal symptoms (Ex-GIS).</li> <li>ii) List the extrinsic and intrinsic exacerbation factors for EIGS.</li> <li>iii) Critically appraise nutritional and non-nutritional EIGS and Ex-GIS prevention and management strategies.</li> <li>iv) Describe the EIGS and Ex-GIS athlete support pathway.</li> </ul>
Audience	All SDA members
Format	<p><b>Face-to-face session (LO: i to iv), November 2022</b></p> <ul style="list-style-type: none"> <li>1. Q&amp;A from pre-reading.</li> <li>2. Measuring EIGS and Ex-GIS.</li> <li>3. Case study activities.</li> </ul>
Attendee preparation	<p><b>Pre-reading (LO: i and ii), November 2022</b></p> <ul style="list-style-type: none"> <li>1. Gaskell, S.K., Lis, D.M., &amp; Costa, R.J.S., (2021). Exercise-Induced Gastrointestinal Syndrome. (Chapter 21, pages 551-575). In: Clinical Sports Nutrition, 6<sup>th</sup> edition. Ed. Burke L, Deakin V, Minehan M. <i>McGraw-Hill Education</i>, Sydney, NSW, Australia, 2021.</li> </ul>
Optional	<p><b>Post-session activities (OPTIONAL; LO: v), December 2022 (additional cost - maximum 10 participants)</b></p> <p>OPTIONAL: Undertake and demonstrate how to perform a gut challenge during exercise, to assess an athletes feeding and fluid tolerance, and inform tailored race nutrition at Monash University, BASE Facility, Sports Dietetic Lab.</p>