

The importance of 'good gut health' has exploded in the national media in recent years, but with so much information out there it can be hard for coaches (let alone their athletes) to make sense of it all. In this presentation, we will focus on getting to grips with the latest gut health science which is evolving at a rapid pace – over the past few years, microbiologists have gradually shifted their focus from cataloguing microorganisms in the human microbiome to understanding their functional roles and how they interact with the host. Researchers are now beginning to understand how distinct changes in the function and composition of our microbiome influence various health conditions, and more recently, sport performance. Interventions targeting the gut microbiota to introduce or eliminate specific bacterial species could prove a powerful avenue for realising the possibilities of improving health and performance through nutrition.