



RICARDO COSTA

AULA ABERTA

MANAGING GASTROINTESTINAL ISSUES IN ATHLETES

AN EDUCATIONAL PROGRAM FOR ATHLETE SUPPORT PRACTITIONERS

PART 1

BACKGROUND KNOWLEDGE AND UNDERSTANDING

Aetiology and pathophysiology of exercise-induced gastrointestinal syndrome (EIGS) and exercise-associated gastrointestinal symptoms (Ex-GIS).

PART 2

ASSESSMENT AND ANALYSIS METHODOLOGIES

Gastrointestinal integrity and function, systemic responses, and other relevant assessment and analysis methods and techniques.

PART 3

PREVENTION AND MANAGEMENT STRATEGIES

Dietary, nutritional, hydration, thermoregulation, physiological manipulation and pharmaceutical interventions - Critical appraisal of the evidence and efficacy.

PART 4

PUTTING INTO PRACTICE - CASE STUDY APPLICATION

Clinical assessment, gut-challenge during exercise protocol, tailored intervention strategies and monitoring. Including scope for in-house laboratory testing session.

INSCRIÇÕES GRATUITAS E LIMITADAS

14 DE SETEMBRO DE 2024