Webinar on Demand

Reflective Learning Guide

Microbiome, Sports Nutrition and Optimal Performance (Perform X Live, London, 18th March 2022)

With Dr Kimmo Makinen, PhD

CPD CERTIFIED
The CPD Certification Service

= 0.5 CPD learning hours

Dr Kimmo Makinen is an Immunologist with 20 years experience of scientific research in the fields of biomedical sciences, immunology, microbiology and the gut microbiota. Dr Makinen is the Director of Innovation at Novozymes OneHealth, which incorporates PrecisionBiotics. His role focuses on the development of best-in-class probiotics, enzymes, and other active ingredients to improve human health.

In this webinar, Dr Makinen delivers an overview of the gut microbiota and probiotics in health, disease and sports performance, and guides us through the latest research on strain-specific probiotics in athletes.

Learning Objectives:

1. Understand the importance of the gut microbiome, and its significance in health and disease
2. Understand how the physical and mental demands of intensive exercise can impact gut health and the gut microbiota, and how this in turn can affect sports performance
3. Understand the potential role of strain-specific probiotics in sports performance

Complete this reflective learning guide to support your learning objectives. This can be filed in your CPD portfolio as evidence of your learning.

Reflective Learning Questions:

1. Describe how the composition of the gut microbiota may influence health and disease.

2. Summarise the impact of intensive exercise on the gut microbiota, and how this in turn may influence athletic performance.

3. Reflect on the clinical evidence of the *Bifidobacterium longum* **1714**® strain from placebo controlled trials in healthy volunteers. Considering your own clinical caseload, for which patient groups might these results be beneficial?

4. Reflect on the real-world data of the *Bifidobacterium longum* **1714**® strain from the experience programme in athletes. What implications could this have for the competitive athletes in your own caseload?