



## Gut Microbiome & Health – An Introduction

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### Summary

A stimulating, introductory course including the latest research on the vital role of our gut microbiome and its complex relationship to our overall health.

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### Learning Outcomes

1. Explore how the gastrointestinal track operates, digestion and health
  2. Understand nutrient transport in the body; the causes, symptoms, and foods to avoid for common digestive disorders
  3. Therapeutic approaches to modify the gut microbiome
  4. The facts for health professionals on Probiotics and Prebiotics; dosage, research and usage
  5. Discuss how the gut affects inflammation, antibiotic use
  6. The influence of fat, fibre and carbohydrates, short chain fatty acids on the gut microbiome; dietary behaviour
  7. Research Interventions that target the gut microbiome
  8. Detailed research on the role of vitamin supplements and the microbiome
  9. A research review on IBS and the microbiome
  10. Effect of selected foods affecting gut microbiota
  11. Therapeutic interventions of Gut microbiome
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### Content

- Topic 1: The Gastrointestinal Tract & Digestion - Introduction
  - Topic 2: Digestion And Health
  - Topic 3: Three Facets Of The Gut Microbiome
  - Topic 4: What Are Probiotics And Prebiotics?
  - Topic 5: Probiotics, Prebiotics and Health
  - Topic 6: Inflammation
  - Topic 7: Dietary Behaviour And Gut Microbiota
  - Topic 8: Selected Food Products Affecting Gut Microbiota Diversity
  - Topic 9: Dietary fibre and short chain fatty acids
  - Topic 10: Antibiotic Use
  - Topic 11 Gut Microbiome As A Modifiable Translator Of Therapeutic Interventions
  - Topic 12: Interventions That Target The Gut Microbiome
  - Topic 13: Irritable Bowel Syndrome
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## **Assessment**

Our assessments are designed to make your learning experience both engaging and inspiring. They also help consolidate what you've learned. Assessment quizzes are open book and held online.

This subject is assessed via the following:

- 1x end-of-term quiz

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### **Pre-requisites**

Nil

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### **Duration**

**6 hours**

(3 contact hours & 3 hours self-directed learning)

Due to time constraints on the (live) delivery format of the course by your trainer and the robust content, attendees will be expected to complete some reading outside of live sessions to benefit fully with the content of the course.

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### **Compulsory Textbooks**

Nil

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### **Resources**

You will need a computer to access your course materials. Your computer needs reliable internet access.

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### **Certificate of Completion**

If you are completing the subject as a standalone short course, you will automatically receive a Certificate of Completion.

If you are completing the subject as part of a Course Program you will receive your Credentials upon completion of the entire Course Program.

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