

**Advanced Nutrition I: Readings (709:402)**  
**Section 1 – Monday 3:55-5:15PM**  
**Cook/Douglass Lecture Hall, Rm. 110**

**Instructor: Dylan Klein (Office Hours by Appointment)**  
**E-mail: [decline104@gmail.com](mailto:decline104@gmail.com)**

**Objective**

Students taking this class should also be registered in the primary lecture, Advanced Nutrition I (709:400). The purpose of this course is to help students review the Advanced Nutrition lectures and to take advantage of the smaller class environment. Students should be prepared to ask questions and participate at each meeting.

**Class Material**

All material for this class (and the general Advanced Nutrition I class) will be accessible online through the Sakai website <https://sakai.rutgers.edu/portal> (Adv Nutr I Readings F14 – 1)

**WEEKLY SCHEDULE**

- |     |          |   |
|-----|----------|---|
| 1.  | Sept 8.  | Carbohydrates   |
| 2.  | Sept 15. | Fiber/Digestion & Glucose Transport/Regulation                                  |
| 3.  | Sept 22. | Glycolysis & Pyruvate/Glycogen  |
| 4.  | Sept 29. | <b>GNG &amp; Alcohol – Review Exam I</b>  |
| 5.  | Oct 6.   | Lipids & Lipid Consumption  |
| 6.  | Oct 13.  | Lipid Digestion & Absorption I & II/Lipoproteins I                              |
| 7.  | Oct 20.  | Lipoproteins II & Lipid Metabolism I  |
| 8.  | Oct 27.  | Lipid Metabolism II & Cholesterol/Atherosclerosis                               |
| 9.  | Nov 3.   | <b>Lipids &amp; Chronic Disease I &amp; II/Fat Substitutes – Review Exam II</b> |
| 10. | Nov 10.  | Protein Requirements & Digestion  |
| 11. | Nov 17.  | B6/Fate of AAs & Protein turnover & Inter-organ flux                            |
| 12. | Nov 24.  | <b>BCAA/Glutamine &amp; Nitrogen Excretion – Review Exam III</b>                |
| 13. | Dec 1.   | <b>NO CLASS</b>   |
| 14. | Dec 8.   | Integrated Metabolism & Starvation/Alcohol Metabolism & Exercise                |

15. **CLASSES END WED, DEC 10<sup>th</sup> – REVIEW TBA**

16. Dec 16. **FINAL EXAM: 8:00-11:00AM – Art History, Rm. 200**

**NOTE:** Syllabus topics subject to change depending on lecture

### **Distribution of Grades**

Homework	60 %
Quizzes	20 %
Participation	10 %
Attendance	10 %

### **Attendance & Participation**

Attendance is not mandatory; however, all students are responsible for any quizzes or announcements made in class. No make-up quizzes will be issued unless advance notice is made. If you have a true scheduling conflict, please see me or e-mail me ahead of time so arrangements can be made prior to the missed class.

### **Homework**

I will provide you with a set of questions every week, which will be available online at <https://sakai.rutgers.edu/portal>. You should be prepared to answer **ALL** of the questions in order to participate in class. For the Homework that you will submit in class, you will only be required to submit answers to the **bolded** questions (each assignment will be worth 6 points - 2 points per answer). Bring a copy of your Homework to class so that you can participate.

### **Quizzes**

A short Quiz (worth 5 points) based on the previous week's lecture(s) will be given at the end of each class. No Quizzes will be given during the class right after an exam. No make-up quizzes will be issued unless advance notice is made. At the end of the semester your lowest quiz grade will be dropped.

### **Plagiarism**

The majority of information for this class will come from the lecture notes, so be sure to put your answers *in your own words*. If you quote/paraphrase information then make sure you use correct citations from the lecture notes, textbook, etc.

Incorrect use of someone else's intellectual property **will not** be tolerated. This will result in a score of 0 and a report to Dr. Malcolm Watford - an Academic Integrity Facilitator.