

Advanced Nutrition I: Readings (709:402)
Section 2 – Wednesday 3:55-5:15PM
Thompson Hall, Rm. 206

Instructor: Dylan Klein (Office Hours by Appointment)
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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 – 2)

WEEKLY SCHEDULE

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| 1. | Sept 3. | Introduction to class |
| 2. | Sept 10. | Carbohydrates & Fiber/Digestion |
| 3. | Sept 17. | Glucose Transport/Regulation & Glycolysis |
| 4. | Sept 24. | Fat of pyruvate/Glycogen & Gluconeogenesis |
| | Sept 29. | *Alcohol – Review Exam 1 |
| 5. | Oct 1. | NO CLASS |
| 6. | Oct 8. | Lipid Consumption/ Lipid Digestion & Absorption I |
| 7. | Oct 15. | Lipid Digestion & Absorption II/Lipoproteins I & II |
| 8. | Oct 22. | Lipid Metabolism I & II |
| 9. | Oct 29. | Atherosclerosis/Lipids & Chronic Disease I |
| | Nov 3. | *Lipids & Chronic Disease II/Fat Substitutes – Review Exam II |
| 10. | Nov 5. | NO CLASS |
| 11. | Nov 12. | Protein Requirements/ Digestion & B6/Fate of AAs |
| 12. | Nov 19. | Protein turnover/Inter-organ flux & BCAAs/Glutamine |
| | Nov 24. | * Nitrogen Excretion – Review Exam III |

13. Dec 3. Integrated Metabolism & Starvation
14. Dec 10. Alcohol Metabolism/Exercise & Diabetes Mellitus
15. **CLASSES END DEC 11th – REVIEW TBA**
16. Dec 16. **FINAL EXAM: 8:00-11:00AM – Art History, Rm. 200**

NOTE: Syllabus topics subject to change depending on lecture.

***Reviews will be held with the other section on Monday from 3:55-5:15pm in CDL, Rm. 110**

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. 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 lectures 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 advanced notice is made. At the end of the semester the 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.