Neuroscience (NFS489H)

Format

4th Year; Fall 2018: 3 hours per week

Course Outline

Sept 10  Introduction to nutritional neuroscience and overview of brain composition and metabolism.

Sept 17  Guest Lecture: Dr. Raphael Chouinard-Watkins  
          Brain energy metabolism

Sept 24  How dietary fats enter and are metabolized in the brain.  
          The expense of developing a brain.

Oct 1   Central regulation of feeding

Oct 8   Thanksgiving holiday, NO CLASS

Oct 15  TA lecture and assignment overview

Oct 22  Mid-term exam (in class)

Oct 29  Nootropics, caffeine, ketones, ALD

Nov 5   November Pause, NO CLASS

Nov 12  Food preference, food choices, food marketing, neuroeconomics

Nov 19  The emerging role of the brain and nutrition with regards to body weight

Nov 24  Assignment due (online submission)

Nov 26  Guest lecture Dr. Raphael Chouinard-Watkins  
          Nutrition and Alzheimer’s

Dec 3   Selected topics and review

Dec 6   (Makeup Monday) If necessary
Course Evaluation

The course will contain the following evaluations:

1. Mid-term 30%
2. Assignment 20%
3. Final examination 50% (Date to be determined)