#### NMR TRAINING CLASS: AVANCE-800/600/500 LAB TOPICS

#### Lab meeting #1:

Safety information Introduction Unix; Topspin Overview Getting & Saving datafiles Processing data; Inspecting data Plotting data (hard copy)

### Lab meeting #2:

Audible FID
Setting up for data collection
Proper FID acquisition parameters Acquiring data
Apodization and other data processing

#### Lab meeting #3:

Routine Proton and Carbon training Sample changing Probe tuning Lock Shimming Setting gains Pulse calibration

#### Lab meeting #4:

Using Parameter Sets T1 Measurement T2 Measurement

### Lab meeting #5:

Advanced 1D NMR experiments: Homo-nuclear decoupling Solvent saturation 1D NOE

### Lab meeting #6:

2D experiments COSY HSQC HMBC H2BC

### Lab meeting #7:

Heteronuclear spectra (C13, P31, F19, B11) C13 spectra with NOE, with decoupling, with decoupling & NOE

## Lab meeting #8:

2D experiments continued.
NOESY
Variable temperature
Data Archival
Trouble-shooting

# Lab meeting #9:

Solids

## Lab meeting #10:

Review, practice