

NUTRITION AND OBESITY RESEARCH METHODS IN HUMAN SUBJECTS Pennington-Louisiana NORC

April 26 – 28, 2022

DAY 1 – Tuesday, April 26, 2022

12:30 – 1:30 pm Break for Symposium Participants / Arrival for NORC Course

1:30 pm Depart Lod Cook
Pick-up at Lod Cook; transport to Pennington Biomedical

2:00 pm Welcome, Introduction, Course overview
Leanne Redman | Eric Ravussin
PBRC Conference Center Auditorium

Body Composition Phenotyping

2:15 – 3:00 pm Lecture 1 – Body Composition Assessment: theory and methods
Steven Heymsfield

3:15 – 4:15 pm Practical Experience 1 – Body Composition Assessments
Anthropometry, DXA, Bodpod, Quicksan, 3D imaging
Volunteer 1 and Volunteer 2

4:30 – 5:00 pm Data Workshop 1 – Body Composition Analysis & Interpretation
Anthropometry, DXA, Bodpod, Quicksan, 3D imaging
Volunteer 1 and Volunteer 2

5:00 – 5:15 pm BREAK

Carbohydrate Metabolism Phenotyping

5:15 – 6:00 pm Lecture 2 – Carbohydrate Metabolism: Clamp Theory and Methods
Eric Ravussin

6:00 – 7:00 pm Cocktail Hour/Tour

7:00 – 8:30 pm DINNER
NIH: Mary Evans

8:30 pm Shuttle
Pick-up at Pennington Foundation; transport to Lod Cook

DAY 2 – Wednesday, April 27, 2022

7:10 am Shuttle Departs Lod Cook
Pick-up at Lod Cook; transport to PBRC Conference Center

7:30 – 8:00 am BREAKFAST provided on site

8:30 – 11:00 am Practical Experience 2 – Euglycemic, Hyperinsulinemic Clamp
Eric Ravussin | Kara Marlatt/Ursula White | Volunteer 1

- 11:00 – 11:30 am** **BREAK**
- 11:30 – 12:15 am** **Data Workshop 2 – Carbohydrate Metabolism: clamp data analysis**
Eric Ravussin | Volunteer 1
- 12:15 – 1:15 pm** **LUNCH** (Provided by the PBRC Metabolic Kitchen)

Energy Balance Phenotyping

- 1:15 – 2:15 pm** **Lecture 3 – Exercise Energy Expenditure: Theory and Methods**
Neil Johannsen
- 2:15 – 3:15 pm** **Practical Experience 3 – Exercise Testing**
Neil Johannsen | Volunteer 2
- 3:15 – 3:45 pm** **BREAK**
- 3:45 – 4:30 pm** **Data Workshop 3 – VO2Max Data Analysis and Exercise Prescription**
Neil Johannsen | Volunteer 2
- 4:30 – 5:15 pm** **Lecture 4 – Indirect Calorimetry: Theory and Methods**
Leanne Redman | Jonathan Krakoff
- 5:30 – 6:00 pm** **Practical Experience 4 – Metabolic Chamber Overnight Stay**
Leanne Redman | Eric Ravussin | Volunteer 2
- 6:15 pm** **Dinner on Own**

DAY 3 – Thursday, April 28, 2022

- 7:10 am** **Shuttle Departs Lod Cook**
Pick-up at Lod Cook; transport to PBRC Conference Center
- 7:30 – 8:00 am** **BREAKFAST** provided on site
- 8:00 - 8:40 am** **Data Workshop 4 – Metabolic Chamber Data**
Leanne Redman | Jonathan Krakoff | Volunteer 2
- 8:45 - 9:45 am** **Data Workshop 5 – Clamp Case Studies/Special Populations**
Eric Ravussin
- 9:45 - 10:45 am** **Data Workshop 6 – Metabolic Chamber Case Studies/Special Populations**
Leanne Redman | Jonathan Krakoff
- 10:45 - 11:00 am** **BREAK**
- 11:00 – 11:30 am** **NORC Repository**
- 11:30 am – Noon** **Q&A & LUNCH** (Boxed lunches provided)
- Noon – 12:30 pm** **Wrap Up** (Redman)
- 12:30 pm** **Shuttle - Pick-up at Pennington; transport to Airport**