January 18   course overview; lab structure & schedule labs
                      NMR spectrometer: magnet, console, computer, probe

Jan 23 & __   NMR active nuclei, principles behind NMR (how and why it works) ^{1}H 1D on Bruker &
                      Principles behind NMR: E-levels, Boltzmann distribution   using MNova

Jan 30 &   The vector model of NMR: rotating frame, the pulse & QPD

February 6 & 8 The vector model (cont'd): phase cycling, Nyquist & sampling the FID
                      Recording the spectrum: time and frequency domains

Feb 13 &