

Common Pool of Generic Electives (GEs) offered by Department of Biochemistry

GENERIC ELECTIVES (GE-4)

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Proteins and Enzymes	04	02	00	02	Class XII with Science	NIL

Learning Objectives

The objective of this course is to provide an overview of protein biochemistry to undergraduate students with diverse science backgrounds, since proteins are the most versatile functional entities in life with applications in various life sciences research as well as in industry and biomedicine. The biochemical, structural, functional and aspects of interaction of proteins will be introduced in this course. The course also aims to provide knowledge about enzyme kinetics, regulation of enzyme activity and diverse applications of enzymes in disease diagnosis and therapy as well as in industry.

Learning outcomes

On successful completion of the course students will be able to:

- Familiar with unique features and characteristics of proteins.
- Aware of the relationship between three-dimensional structure of proteins and their functions.
- Gain insight into the thermodynamic and molecular basis of catalysis by enzymes and the underlying basis of their specificity.
- Understand the kinetics of enzyme catalyzed reactions and clinical importance of enzyme inhibitors.
- Also learn to appreciate how enzymes are regulated and the physiological importance of enzyme regulation in the cell.
- Gain insight into the applications of enzymes in research and medicine.

B.Sc. (HONOURS) BIOCHEMISTRY (NEP STRUCTURE)
BCH-GE-4: PROTEINS AND ENZYMES
Semester – III

2.2 Course Contents

THEORY – Total 30 Hours

UNIT I: Introduction to proteins (8 Hours)

Amino acids and their properties. Peptides and their biological significance - hormones, antibiotics and growth factors. Diversity of proteins and their functions. Conjugated proteins, multimeric proteins and metalloproteins. Organization of protein structure - primary, secondary, tertiary and quaternary structures. Bonds in protein structures - covalent and non-covalent. Dihedral angles. Ramachandran map, Secondary structure - alpha-helices, beta-strands, beta-sheets and turns.

UNIT II: Three-dimensional structures and protein folding (7 Hours)

Characteristics of tertiary and quaternary structures. Structure-function relationship in proteins. 3D structures of globular and fibrous proteins – myoglobin, hemoglobin, collagen and keratin. Protein folding - denaturation and renaturation (Ribonuclease A). Role of chaperones. Protein misfolding diseases - Alzheimer's and Cruetzfeldt-Jakob disease.

UNIT III: Introduction to enzymes and enzyme kinetics (8 Hours)

General characteristics of enzymes; nature of enzymes - protein and non-protein. Cofactor and prosthetic group, apoenzyme, holoenzyme. Classification and nomenclature of enzymes. Catalytic power and specificity of enzymes (concept of active site), Fischer's lock and key hypothesis, Koshland's induced fit hypothesis. Relationship between initial velocity and substrate concentration, equilibrium constant, steady state kinetics. Michaelis-Menten equation, K_m and V_{max} , Lineweaver-Burk plot. Enzyme inhibition, reversible inhibition (competitive, uncompetitive, non-competitive and mixed) and irreversible inhibition. Examples - FdUMP and penicillin.

UNIT IV: Regulation of enzyme activity and applications of enzymes (7 Hours)

Control of activities of single enzymes and metabolic pathways: feedback inhibition, allosteric modulation (aspartate transcarbamoylase). Regulation by reversible covalent modification (glycogen phosphorylase). Zymogens (chymotrypsinogen). Enzymes as reagents (glucose oxidase), marker enzymes in diagnostics (SGPT, SGOT); Enzyme therapy (streptokinase); Enzymes in research (Taq polymerase, restriction endonucleases).

PRACTICALS – 60 Hours

1. Estimation of proteins by Biuret method.
2. Estimation of proteins by Lowry's method.
3. Determination of isoelectric pH of casein.
4. Determination of activity of an enzyme by continuous assay.
5. Determination of activity of an enzyme by discontinuous assay.
6. To plot a progress curve for an enzyme.
7. Determination of K_m and V_{max} of an enzyme using Lineweaver-Burk plot.

2.3 Essential Readings

1. Nelson, D.L., Cox, M.M. (2017). *Lehninger: Principles of Biochemistry* (7th ed.). New York, WH: Freeman and Company. ISBN13: 9781464126116, ISBN10: 1464126119
2. Stryer, L., Berg, J., Tymoczko, J., Gatto, G. (2019). *Biochemistry* (9th ed.). New York, WH: Freeman ISBN-13: 9781319114671
3. Voet. D., Voet. J.G. (2013) *Biochemistry* (4th ed.). New Jersey, John Wiley & Sons Asia Pvt. Ltd. ISBN : 978-1-11809244-6.
4. 2. Nicholas, C.P., Lewis, S. (1999). *Fundamentals of Enzymology* (3rd ed.). New York, Oxford University Press Inc. ISBN:0 19 850229 X.

Suggested Readings

1. Whitford, D. (2004). *Protein Structure and function*. Southern Gate, Chichester, West Sussex: John Wiley & Sons, Inc. ISBN-13: 978-047149894 ISBN-10: 0471498947.
2. Schulz, G.E., Schirmer, R.H. (1979). *Principles of protein structure*. Springer, ISBN 978-1-4612- 6137-7.

3. Keywords

Proteins, Enzymes, Protein structure, Protein folding, Enzyme kinetics, Enzyme regulation

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.

GENERIC ELECTIVES (GE-5)

Credit distribution, Eligibility and Pre-requisites of the Course

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Nutrition and Food Science	04	02	00	02	Class XII with Science	Nil

Learning Objectives

The course aims to provide the basic knowledge of food and its importance in nutrition. The students will understand the importance of a balanced diet and the association of life style disorders with unhealthy food eating habits. They will be able to understand the concept of under and over nutrition and the deficiency diseases that result due to deficiency of micronutrients in diet.

Learning outcomes

On successful completion of the course students will be able to:

- Describe the importance of food in our life
- Explain how food is spoiled and learn about some common food borne diseases/ food allergies
- Elaborate the functions of macro and micronutrients in our body
- Apply the knowledge gained to rationalize the diseases associated with malnutrition/ overnutrition and deficiency diseases

2.2 Course Contents

Theory – 30 Hours

Unit 1 –Basics of Food Science and Nutrition

(5 Hours)

Definition of Food, Nutrition, Nutrient, Nutritional status

Energy value of foods, determination, physiological fuel values, SDA of foods, BMR & RMR, factors influencing BMR. Recommended allowance-RDA for Indians, basis for requirement, energy allowance for different growth pattern of children, energy allowance for various activities and different age groups. Balanced diet, fad diets

Unit 2– Macronutrients

(10 Hours)

Introduction to macronutrients and their function, digestion, absorption and assimilation of carbohydrates, lipids and proteins, Glycemic response and glycemic index of foods, dietary fiber- types, properties, sources and its role, importance of essential fatty acids, their requirements and deficiency, role & nutritional significance of PUFA, MUFA, SFA, omega-3/omega 6 fatty acid, essential amino acids, dietary protein quality- PER, NPU, BV, chemical score and PDCAAS. Factors affecting protein bio-availability including anti-nutritional factors, protein toxicity, amino acid complementation and Supplementation in foods

Unit 3 – Micronutrients

(10 Hours)

Fat soluble vitamins: Sources, physiological importance and deficiency diseases. Water soluble vitamins: Sources, physiological importance and deficiency diseases. Minerals: Sources, physiological importance and diseases due to excess or deficiency of Ca, P, Na, K, Fe, Zn, S, Mg, Se, Cu.

Unit 4 – Food and Health

(5 Hours)

Food as medicine: medicinal value of functional foods such as garlic, ginger, turmeric, tulsi, fenugreek, ajwain, aloe vera, moringa, role of Gut microbiome in maintaining health, pre and probiotics, various types of food additives: emulsifiers, preservatives and food colors, benefits and risks associated with these, food allergies, food spoilage, food poisoning, food borne diseases, Cholera, Hepatitis, Typhoid, Botulism

2.3 Practicals – 60 Hours

1. Analysis of food labels for the presence of nutrients and other additives.
2. Estimation of carbohydrate content in food
3. Degree of unsaturation of any three different oils using Bromine test
4. Acid value / peroxide value of oil
5. Estimation of vitamin E / vitamin C in food
6. Morphological identification of important yeast and mold in foods (slides and culture)-
7. Assessment of diet chart for the presence/absence of nutrients
8. Case studies: PEM (Marasmus and Kwashiorkor), Diabetes, Obesity, Vitamin and mineral deficiency

2.4 Essential readings:

1. Mahan, L.K., Strings, S. E., Raymond, J. (2012) *Krause's Food and Nutrition Care process*. Elsevier's Publications. ISBN: 978-1-4377-2233-8.
2. Rosalind Gibson (2005). *Principles of Nutritional Assessment*. Oxford University Press. ISBN: 978019517169
3. Nelson, D.L., Cox, M.M. (2017). *Lehninger: Principles of Biochemistry* (7th ed.). New York, WH: Freeman and Company. ISBN13: 9781464126116, ISBN10: 1464126119
4. Vasudevan, D.M., & Das, K.S. (2020). *Practical textbook of biochemistry for medical students* (3rd ed.). Jaypee Brothers Medical

Suggested readings:

1. Practical Biochemistry, Damodaran Geetha K, Jaypee Brothers Medical Publishers Private Limited; 1st edition (1 January 2011), ISBN: 9789350251416, 9789350251416
2. Plummer, D.T. (1998) *An Introduction to Practical Biochemistry* (3rd ed.), Tata McGraw Hill Education Pvt. Ltd. (New Delhi); ISBN: 13: 978-0-07-099487-4 / ISBN:10: 0-07-099487-0.
3. Malik, D., Narayanasamy, N., Vavilala, P., Takur, J., Sinha, N., (2022). *Textbook of Nutritional Biochemistry*. Springer Singapore, ISBN978-981-19-4149-8.
4. Coombs Jr. G.F., (2008). *The vitamins, Fundamental aspects in Nutrition and Health*. Elsevier's Publications. ISBN-13- 978-0-12- 183493-7.
5. Devlin, T. M., (2011). *Textbook of Biochemistry with Clinical Correlations*. John Wiley & Sons, Inc. (New York), ISBN: 978-0-4710-28173-4.

3. Keywords:

Food, Nutrition, macronutrients, micronutrients, food as medicine, food spoilage, food allergies

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.

GENERIC ELECTIVES (GE-6)

Credit distribution, Eligibility and Pre-requisites of the Course

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial	Practical/ Practice		
Physiology of Sports and Exercise	04	02	00	02	Class XII with Science	Nil

Learning Objectives

To learn the changes in human body systems due to exercise and sporting activities in an integrated manner. To gain knowledge about sports training. Understanding the basic system physiology in sports. To understand the physiological adaptation and metabolic

changes during exercise at varying intensities. To gain skill in measurement of various physiological responses.

Learning outcomes

On successful completion of the course students will be able to:

- Explain the effect of exercise in detail and in application perspective.
- Measure the changes and interpret them in the context of sports.
- Describe the system concepts behind sports performance.
- Explain human body functioning during exercise and thus provide appropriate nutrition/fuel.

2.2 Course Contents

Theory – 30 Hours

Unit I: Introduction to Exercise Physiology (Total Hours 4)

Structure, types and Function of Skeletal Muscle. Fuel for Exercise: Aerobic and anaerobic muscle metabolism, Muscle Fatigue.

Unit II: Cardiovascular and Pulmonary control in Sports Performance (Total Hours : 10)

Heart rate and Blood Pressure. Electrophysiology of Heart, Introduction and interpretation of EKG/ECG, Pacemakers and its Rhythms. Mechanics of ventilation during exercise. Cardiorespiratory Responses to physical activities. Training of cardiorespiratory responses in different types of physical activities for maximising output.

Unit III: Hormonal Effects on Physical Activities (Total Hours : 8)

Role of epinephrine, cortisol, sex hormones, growth hormones and growth factors on physical endurance. Effect of aging on Sport performance.

Unit IV: Drugs and Doping in Sports (Total Hours :8)

History and evolution of Doping and Anti-doping in Sports, Prevalence of Doping in Sports, Doping Control in Sports, Role of Athlete Support Personnel in Preventing Deliberate and Inadvertent Use of Prohibited Substances, WADA Rules and Regulations.

2.3 Practical: 60 Hours

1. BMI Estimation with and without software - Techniques of taking various anthropometric measurements; Skinfold measurement and Body Fat Percentage calculations.
2. Aerobic Power Field Assessments; Cooper 1.5-Mile Run/Walk Test and 12-Minute Run/Walk Test/Rockport Fitness Walking Test.

3. Tests for anaerobic power; Wingate Test/Anaerobic Cycling Power
4. High-Intensity Fitness Testing/ AAHPER health related physical fitness test Léger 20 m Shuttle Run Test/ Margaria - Kalamen Stair Climb Test,
5. Pulmonary Function Testing: Ratio of Forced expiratory volume (FEV1/FEV6) by spirometry, Lung Volumes and Capacities
6. Determination of age by Radiography (Dry lab)
7. Blood Pressure Measurements: Effects of Body Position, Dynamic Exercise and Isometric Contractions on BP.
8. Determination of Physiological adaptation with training through Submaximal Exercise Testing; Submaximal Bench Step Test/Submaximal Cycle Ergometer Test

2.4 Essential readings:

1. Physiology of Sport and Exercise 6th Edition with Web Study Guide-Loose-Leaf Edition by W. Larry Kenney, Jack Wilmore, David Costill.
2. Endocrinology of Physical Activity and Sport, Second Edition Constantini, Naama, Hackney, Anthony C, 2013.
3. David R. Mottram, Neil Chester (2018) Drugs in Sports, Routledge, ISBN:1351838989. Portefield, Jason (2008) Doping: athletes and drugs, Rosenn Publishing, New York, ISBN:1-4042-1917-5.
4. Laboratory Manual for Exercise Physiology 2nd Edition. With Web Study Guide, Human Kinetics by G. Gregory Haff, Charles Dumke, 2018.
5. Physiological Tests for Elite Athletes 2nd Edition by Australian Institute of Sport Rebecca Tanner, Christopher Gore, 2012.

Suggested readings:

1. A Textbook of Sports & Exercise Physiology by Dey Swapan Kumar, Jaypee Publishers
2. Exercise Physiology: Theory and Application to Fitness and Performance 10th Edition by Scott Powers and Edward Howley 2018.
3. Exercise Physiology: Nutrition, Energy, and Human Performance 8th Edition by William D. McArdle, Frank I. Katch, Victor L. Katch
4. Practical ECG for Exercise Science and Sports Medicine by Greg Whyte, Sanjay Sharma, Human Kinetics, 2010
5. ACSM's Guidelines for Exercise Testing and Prescription, 10th Edition by American College of Sports Medicine. Wolters Kluwer, 2017.

3. Keywords

Muscle metabolism, Muscle Fatigue, Cardiorespiratory Responses, Sport performance, Prohibited Substances

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