Nuclear Magnetic resonance

1 Introduction

- 1.1 Angular momentum and nuclear
 - magnetism
- 1.2 NMR spectroscopy

Chemical shifts 2

- Nuclear shielding 2.1
- Origin of chemical shifts 2.2
- 2.3 Contributions to nuclear shielding

3 Spin-spin coupling

- 3.1 Effect on NMR spectra
- Multiplet patterns 3.2
- 3.3 Examples
- 3.4 . Equivalent nuclei
- 3.5 Strong coupling
- Mechanism of spin-spin coupling 3.6
- Properties of scalar coupling 3.7
- 3.8 Dipolar coupling

Chemical exchange 4

- 4.1 Symmetrical two-site exchange
- 4.2 Unsymmetrical two-site exchange
- 4.3 Examples

5 **Spin relaxation**

- 5.1 Spin-lattice relaxation
- 5.2 Rotational motion in liquids
- 5.3 Spin-lattice relaxation again
- 5.4 The nuclear Overhauser effect
- 5.5 Spin-spin relaxation
- 5.6 Quadrupolar relaxation
- 5.7
- Examples—dynamics 5.8

Experimental methods 6

- Instrumental requirements 6.1
- 6.2 The vector model
- 6.3 Relaxation time measurements
- 6.4 Two-dimensional NMR