UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Posturologia Gnatologica e Sportiva

1819-2-H4601D052

Aims

To learn the basic skills to approach the athlete in an interdisciplinary way, with particular attention to the functional, traumatological, management of the oral ecosystem and performance.

Contents

The functional and metabolic aspects characteristic of the stresses to which an athlete is subjected are tackled, from the point of view, traumatological, gnathological, preventive, and performance.

Detailed program

Sports history, clinical examination, stomatognathic function, joint pathology, muscular disharmony, descending and extra-abnormal interferences, instrumental evaluations, mouthguards, bite, management of the oral ecosystem, hydration and nutrition, performance aspects.

Prerequisites

none

Teaching form

frontal lecture and practice

Textbook and teaching resource

Odontoiatria e Sport, E. Spinas et al. , Edi Ermes

Semester

second semester

Assessment method

Constant and participatory attendance of the course.

Office hours

friday pm on request