UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Kinesiology

2021-1-I0201D129-I0201D007M

Aims

The physiology of the joints of the locomotor system, application of biomechanical principles to the analysis of human movement. Topics include developmental, anatomical, electromyographical, and physiological elements of kinesiology with regard to individual joints. The content of this course are theoretical prerequisites in order to understand the organization of common functional activities such as gait and transitional movements.

Contents

Detailed program

- general osteoarticular physiology of the spine

- osteoarticular physiology of the pelvic girdle and SI joint

- osteoarticular physiology of the lumbar ,thoracic and cervical spine

- osteoarticular physiology of the upper limbs

- osteoarticular physiology of the lower limbs

- Kinematic and osteokinematic

- joint kinematics

- Principles of biomechanics

- Spine: interaction between muscles and joints

- upper limb: interaction between muscles and joints

- lower limb: interaction between muscles and joints

- Physiology of gait

Prerequisites

Teaching form

during the Covid-19 emergency period, the lessons will take place in a mixed mode: partial presence and asynchronous / synchronous videotaped lessons

Textbook and teaching resource

- KINESIOLOGY OF THE MUSKULOSKELETAL SYSTEM FOUNDATIONS FOR REHABILITATION NEUMANN D.A. Mosby

- Carol A. Oatis, Kinesiology: The Mechanics and Pathomechanics of Human Movement – Lippincott Williams & Wilkins ISBN: 9780781774222

Semester

1st semester

Assessment method

Described in the subject's syllabus

Office hours

By appointment