



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Approccio alle Funzioni di Tolleranza dell'Esercizio Fisico

2122-3-I0201D143-I0201D224M

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#### Aims

- Analyze the deconditioning process that occurs as a consequence of a bed rest period in a subject in critical pathological conditions.
- Study of the mechanisms that lead to the main physical modifications and analysis of the variables that induce a vicious circle of decrease in physical activity, an increased intolerance to physical effort, a reduction in cardiovascular and respiratory capacity and muscle atrophy.

#### Contents

Physical deconditioning: evaluation, design and rehabilitation program

#### Detailed program

-Identification of the main dysfunctions resulting from the \_\_\_\_\_

-Analysis of the data in the literature, classification of the phenomenon in the \_\_\_\_\_

-Search for scientific evidence, new acquisitions and indications \_\_\_\_\_

-Global and specific objectives of each stage of disease and declination \_\_\_\_\_

-Which comprehensive and specific assessment tools are best suited, \_\_\_\_\_

-The "when" and "how" of the rehabilitation intervention according to the \_\_\_\_\_

-The new therapeutic proposals regarding the introduction \_\_\_\_\_

-Hints to the chronic patient, his return home, the importance \_\_\_\_\_

## **Prerequisites**

## **Teaching form**

Lessons in attendance, clinical case discussion, small group work, subject to any changes following the pandemic.

## **Textbook and teaching resource**

Slide of the teacher

References from the literature

## **Semester**

1st semester

## **Assessment method**

Described in the subject's syllabus

## **Office hours**

By appointment

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