



UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Approccio alle Funzioni di Tolleranza dell'Esercizio Fisico

2122-3-I0201D143-I0201D224M

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
