



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Cinesiologia 2

2122-1-I0201D129-I0201D187M

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#### Aims

At the end of the course the student should :

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- know the application of the basic principles of biomechanics and kinesiology to the assessment of standing posture,

and the implication of standing alignment on the \_

#### Contents

##### Detailed program

- Planes and axes of movement
- Articular movements
- Center of gravity: definition and his effect on the body
- Body balance (suspended on a point, placed on a surface)
- Force (force of gravity, muscle force)

- Upright standing: application of biomechanical and kinesiologic issues to a kinesiologic assessment.

## **Prerequisites**

## **Teaching form**

Lessons in attendance, subject to any ministerial changes following the COVID pandemic situation

## **Textbook and teaching resource**

\* Norkin C. C., D Joyce White D.J., (2016). Measurement Of Joint Motion, A Guide To Goniometry (fifth edition) F. A. Davis Company. Philadelphia, ISBN 080364566X

\* Clarkson, HM. (2013). Musculoskeletal Assessment Joint Motion and Muscle Testing, ed 3. Walters Klower Lippincott William and Wilkins, Philadelphia.

\* Boccardi S. Lissoni A., Cinesiologia (vol. 2), Società Editrice Universo, 1990

\* Le Veau BF, Biomeccanica del movimento umano, Ed. Verduci, 1993

## **Semester**

## **Assessment method**

Described in the subject's syllabus

## **Office hours**

By appointment

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