UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Kinesiology 2

2122-1-I0201D129-I0201D187M

Aims

At the end of the course the student should :

- know the basic principles of biomechanics and kinesiology

- 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 musculature.

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