UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

# COURSE SYLLABUS

## Postural Assessment

**2122-1-I0201D130-I0201D190M**

### Aims

At the end of the course the student should :

- know the basic principles and application of the kinesiologic assessment.

- know the assessment of postures and implication of posture manteinance on the body musculature.

- know and analyze passages between postures.

### Contents

### Detailed program

- Differences between posture and position and general scheme for the kinesiologic assessment in every position.

- Standing posture

- Derived posture from standing and how to reach them: movement of the body from standing.

- Supine posture

- Sitting posture

- Posture on knees

- Intermediate posture

- Passages between postures (from supine to long sitting postures; Sit to stand and stand to sit; from posture on knees to intermediate posture; from intermediate posture to standing; from standing to posture on the toes)

- Climbing stairs

- Open and close a drawer in front of you

- Raising and lowering objects

## Prerequisites

## Teaching form

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

## Textbook and teaching resource

* Boccardi S. Lissoni A., Cinesiologia (vol. 3), Società Editrice Universo, 1990

* Boccardi S. Lissoni A., Cinesiologia (vol. 1), Società Editrice Universo, 1990

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

* Occhi E., Cinesiologia IV, Società Editrice Universo, 2000

* Cavagna G., Aspetti di biomeccanica, Ed. Cortina

* Sahrmann S, Valutazione funzionale e trattamento delle sindromi da disfunzione del movimento, UTET, 2005

* Neumann DA, Kinesiology of the musculoskeletal system, Mosby, 2002

## Semester

Annual

## Assessment method

Described in the subject of the syllabus

## Office hours

By appointment