



UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Fisiologia e Condizionamento Muscolare

2122-1-I0201D130-I0201D192M

Aims

The course aims to show the main principles of _____

Contents

Detailed program

Based on the principles of muscular

conditioning the course will cover: - characteristics of the contractile tissue

- tendon characteristics - characteristics of the support structures of the

muscle - muscular metabolism - the modifications of the muscular tissue

in relationship with the stimulus: immobilization in elongated position or

in shortened position, electrostimulation, voluntary contraction, training

of the specific task the methodology of the training will cover: - type of

muscular contraction and their characteristics - theory of the training:

objectives and optimal stimulus to achieve it - methodological basis for

the resistance training - methodological basis for the power training -

stretching and muscular modifications in length - recover strategies -
relationships between alignment and muscular activity - the physiologic
movement - recruitment schemes of a selection of elementary
movements - the break test for the muscular evaluation based on a
defined grading - basic muscular dysfunction: weakness, stiffness,
shortness and long muscle

Prerequisites

Teaching form

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

Textbook and teaching resource

* Kendall Florence Peterson, Elizabeth Kendall McCreary, _____

* Skeletal Muscle Structure, Function, and _____

Semester

2nd semester

Assessment method

By digital platform

Office hours

By appointment
