



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Biochimica 2

2223-1-I0201D127-I0201D102M

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#### Aims

After completing this course the student will have acquired the skills necessary to understand the physiological aspects of the movement. The course aims at developing the students' understanding of basic mechanisms that regulate the molecular organization, biochemical reactions, morphology, cellular and subcellular and metabolic pathways that guide the operation and the anatomy of the osteoarticular system. Moreover, this course aims, by means of the study of neuroanatomy and movement neurophysiology, to develop the knowledge of the systems that control the movement.

#### Contents

To know Biochemistry of muscle, hearth and connective. Biochemistry of the SNC. Bioenergetic of muscle contraction; caloric value, equivalent caloric. Different esoergonic systems in the physical exercise (aerobic and anaerobic physical activity).

#### Detailed program

Biochemistry of muscle, hearth and connective. Biochemistry of the SNC. Bioenergetic of muscle contraction; caloric value, equivalent caloric. Different esoergonic systems in the physical exercise (aerobic and anaerobic physical activity)

#### Prerequisites

## **Teaching form**

Face to face Lectures

## **Textbook and teaching resource**

1. Bertoli, Colombo, Magni, Marin Palestini Chimica e Biochimica Edises also in e-book
2. MacLaren and Morton - Biochimica metabolica dello sport e dell'esercizio fisico edi-ermes 2020 anche in e-book
3. Siliprandi Tettamanti Biochimica Medica V Ed Piccin

## **Semester**

First year, I semester

## **Assessment method**

Written - 15 questions multiple choice - Oral exam on evaluation of teachers

## **Office hours**

by appointment

## **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING

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