



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## **COURSE SYLLABUS**

### **Introduction To Kinesiology 2**

2223-1-I0201D129-I0201D108M

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#### **Aims**

The student should know: - basic principles of kinesiology - basic principles of muscular kinesiology - the movement system and its components - basis of general implication of muscular dysfunction

#### **Contents**

#### **Detailed program**

The student should know: - basic principles of kinesiology - basic principles of muscular kinesiology - the movement system and its components - basis of general implication of muscular dysfunction

#### **Prerequisites**

#### **Teaching form**

during the Covid-19 emergency period, the lessons will take place in a mixed mode: partial presence and asynchronous / synchronous videotaped lessons

## **Textbook and teaching resource**

handouts

## **Semester**

1st semester

## **Assessment method**

written exam with multiple questions

## **Office hours**

By appointment

## **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING

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