UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Postural Assessment

2223-1-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

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING