



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Cinesiologia

2223-1-I0202D134-I0202D009M

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#### Aims

By the end of the course, the student will be able to accurately describe the movement of joints of human body segments using the appropriate vocabulary, and he/she will know the functioning of the central nervous system

#### Contents

ANATOMY OF THE LOCOMOTOR APPARATUS : Organization of locomotor anatomy. Anatomical bases of movement. Spinal Cord. Brain stem. Cerebellum. Diencephalon. Telencephalus. Ways of sensitivity. Ways of movement.. KINESIOLOGY: Concepts of osteoarticular Physiology. Osteoarticular Physiology of spine. Osteoarticular Physiology of upper limb. Osteoarticular Physiology of lower limb. INTRODUCTION TO KINESIOLOGY 1 : Bone kinematics. Joints Kinematics. Principles of osteoarticular Physiology. Principles of biomechanics. Interactions between muscles and joints: spine, upper limb, lower limb. Physiology of gait. INTRODUCTION TO KINESIOLOGY 2 : exercises Kinesiology KINEMATICS: Scalar and Vector entities. Operations with vectors. Unidimensional

#### Detailed program

INTRODUCTION TO KINESIOLOGY  
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#### Prerequisites

exames 1 aa

## **Teaching form**

Lectures

## **Textbook and teaching resource**

notes

## **Semester**

First Semester

## **Assessment method**

Written exam: quizzes with single / multiple choice and open questions with brief answer.

Final oral exam at the discretion of the teacher or on the student's proposal regarding the project

## **Office hours**

You receive by appointment

## **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING

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