



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## COURSE SYLLABUS

### Postural Assessment

2324-1-I0201D130-I0201D190M

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#### 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 maintenance 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

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