UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Introduction To Kinesiology 1

2324-1-I0202D134-I0202D102M

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

Contents

. INTRODUCTION TOKINESIOLOGY 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.

Detailed program

Prerequisites

Teaching form

Lectures

Textbook and teaching resource

1. Donald A. Neumann, KINESIOLOGY of the MUSCULOSKELETAL SYSTEM – Foundations for Physical Rehabilitation – Mosby ? ISBN: 978-0815163497 marzo 2002

2. Carol A. Oatis, KINESIOLOGY: The Mechanics and Pathomechanics of Human Movement – Lippincott Williams & Wilkins ? ISBN: 9780781774222 (edizione 2 aprile 2008

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