UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Valutazione della Postura

2425-1-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

Increase in skills that require the integration of knowledge acquired from the modules of kinesiology, functional anatomy, biomechanics, neurophysiology and movement control.

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

Basic concepts of Kinesiology

Teaching form

Deliverable and interactive teaching in presence
Group project work

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

second semester

Assessment method

Described in the subject of the syllabus

Office hours

By appointment

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION | GENDER EQUALITY