



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## **COURSE SYLLABUS**

### **Introduction To Kinesiology 1**

2425-1-I0202D134-I0202D102M

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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

#### **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

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