



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## COURSE SYLLABUS

### Introduction To Kinesiology 2

2425-1-I0202D134-I0202D103M

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#### Aims

The student should know: - basic principles of kinesiology - basic principles of muscular kinesiology - the movement system and its components - basis of general implication of muscular dysfunction

#### Contents

Practice training in Kinesiology

#### Detailed program

The student should know: - basic principles of kinesiology - basic principles of muscular kinesiology - the movement system and its components - basis of general implication of muscular dysfunction

#### Prerequisites

#### Teaching form

during the Covid-19 emergency period, the lessons will take place in a mixed mode: partial presence and asynchronous / synchronous videotaped lessons

## **Textbook and teaching resource**

handouts

## **Semester**

1st semester

## **Assessment method**

written exam with multiple questions

## **Office hours**

By appointment

## **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING

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