UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Kinesiology

2425-1-I0202D134-I0202D009M

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, and he/she will know the functioning of the central nervous system

Contents

ANATOMY OF THE LOCOMOTOR APPARATUS : Organization of locomotor anatomy. Anatomical bases of movement. Spinal Cord. Brain stem. Cerebellum. Diencephalon. Telencephalus. Ways of sensitivity. Ways of movement.. KINESIOLOGY: Concepts of osteoarticular Physiology.Osteoarticular Physiology of spine. Osteoarticular Physiology of upper limb. Osteoarticular Physiology of lower limb. INTRODUCTION TO KINESIOLOGY 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. INTRODUCTION TO KINESIOLOGY 2 : exercises Kinesiology KINEMATICS: Scalar and Vector entities.Operations with vectors. Unidimensional

Detailed program

INTRODUCTION TO KINESIOLOGY
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Prerequisites

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Teaching form

Lectures

Textbook and teaching resource

notes

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