



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## COURSE SYLLABUS

### Applied Kinesiology

2425-1-I0202D140-I0202D105M

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#### Aims

By the end of the course, students should have acquired the knowledge of kinesiology aimed to muscular evaluation

#### Contents

Basic concepts of APPLIED KINESIOLOGY

#### Detailed program

APPLIED KINESIOLOGY:

Concepts of posture, balance, muscular imbalance

#### Prerequisites

Objectives of the course Bases of Movement.

## **Teaching form**

Delivery Teaching (DE) as frontal lesson in the classroom, focused on the presentation-illustration of contents by the teacher

Interactive Teaching (DI) through demonstrations and exercises aimed at applying theoretical concepts

## **Textbook and teaching resource**

Teacher's handouts

## **Semester**

First year, Second semester

## **Assessment method**

Theoretical oral exam in applied kinesiology aimed at ascertaining the skills acquired

## **Office hours**

On appointment. The teacher can be contacted at the following email address: [marina.brambilla@unimib.it](mailto:marina.brambilla@unimib.it)

## **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING

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