UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Kinesiology Applied To The Manual Muscle Test

2526-1-I0202D140-I0202D106M

Aims

At the end of the course the student must have knowledge of kinesiology and be able to perform a muscle and joint evaluation test and know the muscle lengths of some main muscles

Contents

APPLIED KINESIOLOGY TO MUSCULAR TEST: Muscle and joint examination

Detailed program

APPLIED KINESIOLOGY TO MUSCULAR TEST

perform muscle exam
perform joint examination
evaluation of the muscle lengths of some main muscles

Prerequisites

Objectives of the course Bases of Movement. Objectives of the course Applied Kinesiology

Teaching form

Interactive Teaching (DI) through practical exercises, carried out in person and in pairs with the aim of carrying out a muscle and joint evaluation test and evaluating the muscle lengths of some main muscles

Textbook and teaching resource

1. Kendall, I Muscoli, Verducci Ed, 2000.

2. ClarKson, Valutazione cinesiologica, Edi Ermes, 2002.

3. Daniels, Worthingham, Verducci Ed., 1998

Semester

First year, Second semester

Assessment method

Oral and practical test aimed at ascertaining the ability to perform a muscle and joint evaluation test and to know the muscle lengths of some main muscles

Office hours

On appointment. the teacher can be contacted at the following email address: marina.brambilla@unimib.it

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING