



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Cinesiologia Applicata al Test Muscolare

2526-1-I0202D140-I0202D106M

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#### 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](mailto:marina.brambilla@unimib.it)

## **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING

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