UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Applied Kinesiology

2526-1-I0202D140-I0202D105M

Aims

By the and of the course, students should have acquired the knowledge of kinesiology aimed to muscolar 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

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING