UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Introduction To Kinesiology 2

2526-1-I0202D134-I0202D103M

Aims

The student should know: - basic principles of kinesiology - basic principles of muscular kinesiology - the movement system and its components - basis of general implication of muscular dysfunction

Contents

Practice training in Kinesiology

Detailed program

The student should know: - basic principles of kinesiology - basic principles of muscular kinesiology - the movement system and its components - basis of general implication of muscular dysfunction

Prerequisites

Teaching form

during the Covid-19 emergency period, the lessons will take place in a mixed mode: partial presence and asynchronous / synchronous videotaped lessons

Textbook and teaching resource

handouts

Semester

1st semester

Assessment method

written exam with multiple questions

Office hours

By appointment

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING