



**Università degli Studi di Verona**  
**Corso di Laurea Magistrale in Scienze motorie preventive e adattate**  
**A.A. 2015-2016**

**Corso Integrato**  
**ANTHROPOMETRY**

**Docente**  
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**Objectives**

The aim of this course is to provide the students with theoretical and practical knowledge on the following items:

- Applied human anatomy with special reference to surface and palpatory anatomy
- Anthropometric measures

**Programme**

Surface and topographic anatomy:

detection of bony landmarks  
detection of origin and insertion of skeletal muscles  
manual functional evaluation of skeletal muscles  
detection of selected nerve and vessel landmarks

Anthropometry

anthropometry instrumentation and main anthropometric measurements  
execution of anthropometry with anthropometer  
execution of skinfold thickness measurement

**Exam**

Multiple choice questions

**Teaching material**

Slides of classroom presentations

Further reading

S. Tixa Atlante di anatomia palpatoria. 2 voll Masson, 2000  
Lumley Anatomia di superficie. CEA, 2004