

EDUCATIONAL, TEACHING, SCIENTIFIC AND PROFESSIONAL CURRICULUM

FEDERICA FRAU

Current position

PhD Student in Life, Environmental and Drug Sciences at the University of Cagliari (Supervisor: Prof. Elisabetta Marini; co-supervisor: Prof. Myosotis Massidda). Research activities within the Anthropometry and Body Composition group include anthropometric assessment of nutritional status and analysis of body composition using bioelectrical impedance analysis. The PhD project aims at developing a multi-frequency bioimpedance prototype for body composition analysis.

ORCID ID: 0009-0001-4568-0316

Scopus ID: 60170240200

Web of Science ID: NRA-7077-2025

Education and training

Date	Qualification	Final grade	Thesis	Institution
25/07/2024	Master's Degree in Adapted and Preventive Physical Activities (LM-67)	110/110 summa cum laude	Comparison of estimated cardiorespiratory fitness via 6MWT and VO ₂ max measured by CPET in adolescents	University of Cagliari
03/08/2022	Single course 24 ECTS – Training in anthropo-psychopedagogical disciplines, teaching methodologies and technologies	NA	NA	University of Cagliari
27/07/2022	Bachelor's Degree in Sports and Exercise Sciences (L-22)	110/110 summa cum laude	Evaluation and training of coordination skills in individuals with Neurodevelopmental disorders during developmental age	University of Cagliari
03/07/2019	Scientific high school diploma	97/100	NA	<i>Antonio Segni</i> Scientific high school – Bono

PROFESSIONAL EXPERIENCE

Research and scientific activities

Visiting PhD Student at Faculdade de Motricidade Humana, Universidade de Lisboa, Portugal, under the supervision of Prof. Analiza M Silva (01/05/2026–01/11/2026)
Started in October 2024: collaboration, data collection and support for student internships and thesis projects at the Anthropometry and Body Composition Laboratory, University of Cagliari
Member of the Organizing Committee of the Congress of the Italian Anthropological Association and Italian Zoological Union (UZI); Cagliari, 16–19/09/2025

Teaching activities

Period	Institution	Role	SSD
A.A. 2024/2025, 2025/2026	University of Cagliari – Master’s degree in Food Science and Nutrition (LM–61)	Contract Teaching Tutor – Variability and Assessment of Nutritional Status (Laboratory)	BIO/08 (BIOS– 03/B)
A.A. 2024/2025	University of Cagliari – Bachelor’s degree in Exercise and Sport Sciences (L–22)	Adjunct Professor – Anthropology (laboratory)	BIO/08 (BIOS– 03/B)
A.A. 2024/2025, 2025/2026	University of Cagliari – Master’s degree in Preventive and Adapted Sports Activities (LM–67)	Member of examination committee – Applied Anthropology [MC/1077]	BIO/08 (BIOS– 03/B)
A.A. 2024/2025, 2025/2026	University of Cagliari – Master’s degree in Food Science and Nutrition (LM–61)	Member of examination committee – Variability and Assessment of Nutritional Status [BF/0098]	BIO/08 (BIOS– 03/B)

Scientific publications

1) Pozo K, Frau F , Succa V, Donini LM, Marini E. <i>Response to Letter to the Editor: When Phase Angle Fails the Physiology: Rethinking Sarcopenic Obesity Through Electrical Architecture and Clinical Decision Logic</i> . Nutrition. https://doi.org/10.1016/j.nut.2026.113156 .
2) Frau F , Pizzo Jr E, Succa V, Stagi S, Moro F, Sguaizer F, Petri C, Paoli A, Mascherini G, Izzicupo P, Bertoli S, Gilardini S, Cavaggioni L, Cereda E, Campa F, Micheletti Cremasco M, Toselli S, Marini E. <i>Specific Bioelectrical Vector Reference Values for Italian 2 Adults: A Multicentre Study</i> . J Funct. Morphol. Kinesiol. 2026;11(1):81. https://doi.org/10.3390/jfmk11010081 .
3) Pozo K, Frau F , Succa V, Donini LM, Marini E. <i>Phase angle and vector analysis in the evaluation of body composition in sarcopenic obesity: a systematic review</i> . Nutrition 2026;142:112960. https://doi.org/10.1016/j.nut.2025.112960 .
4) Frau F , Pizzo Jr E, Cabras S, Massidda M, Marini E. <i>Non-linear association between phase angle and body fat in a sample of US adults</i> . Biology 2025;14(11):1621. https://doi.org/10.3390/biology14111621 .

Conference contributions

BIA International Database (BIAID): results on device technical performance survey. Frau F , Silva RT, Rosa GB, Wells CK J, Ward LC, Silva AM, Marini E. IV Light Retreat DISVA, Monserrato, 06/02/2026 (poster)
Specific bioelectrical vector reference values for Italian adults: a multicentre study. Frau F , Pizzo Jr E, Succa V, Stagi S, Moro F, Sguaizer F, Petri C, Paoli A, Mascherini G, Izzicupo P, Campa F, Micheletti Cremasco M, Toselli S, Marini E. 26° Congresso dell’Associazione Antropologica Italiana, Cagliari, 16–19/09/2025 (oral presentation)
The effect of arm position on bioimpedance measurements. Frau F , Pizzo Jr E, Succa V, Silva RT, Wells CK J, Silva AM, Ward LC, Marini E. 26° Congresso Associazione Antropologica Italiana–Cagliari, 16–19/09/2025 (poster)
Validity and reliability of the Six–Minute Walk Test in healthy adolescents. Frau F , Ruggiu M, Palmas M, Massidda M, Tocco F. 4 th Unica Sport Science International Conference, Cagliari–S. Margherita di Pula, 25–27/06/2025. Young Investigation Award for best poster presentation, 1st place

Decoding bioelectrical phase angle: a body fat indices perspective. **Frau F**, Cabras S, Massidda M, Marini E. III Light Retreat DiSVA, Monserrato, 07/02/2025 (poster)

Conference contributions as co-author

Body composition in patients with epilepsy. Pizzo Jr E, **Frau F**, Basile V, Calliri S, Serra M, Laganà A, Sacco FM, Pollicino P, Arcoraci V, Marini E. 26° Congresso Associazione Antropologica Italiana, Cagliari, 16–19/09/2025 (poster)

Association between ACTN-3 c.1729C>T polymorphism and short linear sprint performance in youth female volleyball players. Massidda M, Flore L, Mura S, **Frau F**, Cieszczyk P, Calò CM, Tocco F. 30th European College of Sport Science Annual Congress – ECSS, Rimini, 1–4/07/2025 (oral communication)

Awards

Young Investigation Award for best poster presentation, 1st place. 4th Unica Sport Science International Conference, Cagliari–S. Margherita di Pula, 25–27/06/2025.

Award for Outstanding Graduates, Academic Year 2023–2024, University of Cagliari

On-Time Graduation Award, Academic Year 2023–2024, University of Cagliari

On-Time Graduation Award, Academic Year 2021–2022, University of Cagliari

Scientific associations

Member of the Italian Anthropological Association (AAI) and of Gruppo Italiano Giovani Antropologi (GIGA)

Member of the European Anthropological Association (EAA)

Other Professional Activities

Period	Institution	Role
Since 09/05/2022 – present	A.S.D. <i>FARECONTATTO</i> (Cagliari)	Sports Instructor: structured and adapted sports activities (gymnastics, soccer, and multi-sport programs) for children with neurodevelopmental disorders

Languages

Language	Level	Institution
Italian	Native speaker	–
English	C1 – advanced	University Language Centre (CLA) – Cagliari (07/07/2025)

Other informations

Category B driving licence (M.C.T.C. Nu); 02/02/2019

Certified BLSD Provider (03/2024)