

CURRICULUM VITAE SCIENTIFICO-PROFESSIONALE

Dott. Francesco Campa, Ph.D.



Nome: Francesco

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Data di nascita: 21 gennaio 1990

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ESPERIENZE LAVORATIVE

- Professore a contratto per il corso: ANTROPOMETRIA ED ERGONOMIA– 2020/2021
Modulo 2, Università di Bologna, Campus di Rimini.
- Tutor didattico per il corso: ATTIVITA' MOTORIA PER L'ETA' ANZIANA- 2020/2021,
Università di Bologna, Campus di Rimini.
- Professore a contratto per il corso: ANTROPOMETRIA ED ERGONOMIA– 2019/2020
Modulo 2, Università di Bologna, Campus di Rimini.
- Assegnista di ricerca (dal 01/12/2019 – in corso) presso Università di Bologna.
- Personal trainer (dal 07/2016 al 07/2017) presso Prime Fitness e Beauty Bologna centro,
Bologna (BO).
- Fitness trainer (dal 09/2013 al 07/2016) presso Prime Fitness e Beauty Bologna Centro -
Tower - Castel Maggiore, Bologna (BO).

- Docente di educazione fisica (dal 04/2015 al 07/2016) presso Istituto di formazione professionale Oficina Bologna, Bologna (BO).
- Fitness trainer (dal 09/2011 al 08/2012) presso Virgin active Bologna Minganti, Bologna (BO).

TITOLI DI STUDIO

- Dottorato di Ricerca in Scienze farmacologiche, tossicologiche, dello sviluppo e del movimento umano, conseguito presso l'Università di Bologna.
- Laurea in Scienze e tecniche dell'attività sportiva, conseguita presso l'Università degli Studi di Bologna, con la votazione di 110/110 e lode.
- Laurea in Scienze motorie, conseguita presso l'Università degli Studi di Bologna.
- Diploma di istruzione secondaria superiore, conseguito presso il Liceo Scientifico e Linguistico "A.Vallone" di Galatina (Le).

PREMI E RICONOSCIMENTI

- Premio miglior poster al 1st Annual ISSN Italy Conference and 3rd Sport Nutrition International Conference Dicembre 2018, Bologna. Sport Nutrition from Science to Practice 2018 Bologna: Campa F, Matias CN, Marini E, Heymsfield SB, Toselli S, Sardinha LB, Silva AM. Bioelectrical impedance vector analysis identifies body fluid changes over a season in athletes playing different sports
- Premio miglior poster SISMES – IX National Congress Ottobre 2017, Brescia: Campa F. Toseli S. Comparison of the effect of TRX Suspension Training and Functional Training on phase angle and handgrip strength in older men
- Vincitore del premio istituito in memoria del Professor Icaro Arcelli per la miglior tesi di laurea attribuito dalla rivista Scienza & Sport, Milano 2016

ATTIVITA' EDITORIALE

- Review Editor nella sezione Exercise Physiology (Frontiers in Physiology and Frontiers in Sports and Active Living) per Frontiers in Physiology
- Associate Editor per BMC Sports Science, Medicine and Rehabilitation
- Topic Editor per International journal of environmental research and public health
- Guest Editors per International journal of environmental research and public health e

Sustainability:

- Special Issue "Physical Activity and Sports Practice in Improving Body Composition and Sustainable Health" in Sustainability
- Special Issue "New Training Strategies and Evaluation Methods for Improving Health and Physical Performance" in IJERPH
- Special Issue " Growth, somatic Maturation and Their Impact on Physical Health and Sports Performance" in IJERPH
- Referee per le riviste: Frontiers in Physiology, International journal of environmental research and public health, Medicina, Journal of strength and conditioning research, International journal of sports rehabilitation, Nutrients, Journal of athletic training, Journal of exercise science and fitness, Biology of sports, International journal of sports physiology and performance, International journal of Obesity, Research in sports medicine, Sustainability.

ATTIVITA' SCIENTIFICA

L'attività di ricerca svolta dal sottoscritto a partire dall'anno 2016, si focalizza sulle tecniche di analisi della composizione corporea e sulle relazioni tra i parametri di composizione corporea con la performance sportiva e con lo stato di salute, sia in atleti che sulla popolazione generale. Il principale progetto di ricerca include lo studio approfondito degli aspetti che caratterizzano e differenziano le

due metodiche di analisi di impedenza bioelettrica vettoriale (BIVA) conosciute in ambito scientifico: la tecnica classica e quella specifica. I miei recenti studi hanno permesso di valutare la sensibilità di queste due tecniche nell'analisi della composizione corporea in atleti, la loro accuratezza nelle valutazioni svolte nel lungo e nel breve termine e hanno inoltre reso possibile il superamento di alcuni limiti metodologici legati alla valutazione dei cambiamenti dei fluidi corporei in seguito all'esercizio fisico.

ELENCO DELLA PRODUZIONE SCIENTIFICA

Articoli su riviste internazionali con Impact Factor

1. Campa F, Matias CN, Matias, Teixeira FJ, Reis JF, Valamatos MJ, Toselli S, Monteiro CP. Leucine metabolites do not induce changes in phase angle, bioimpedance vector analysis patterns, and strength in resistance trained men. *Appl Physiol Nutr Metab*. 2020. doi: 10.1139/apnm-2020-0915.
2. Campa F, Matias CN, Nikolaidis PT, Lukaski H, Talluri J, Toselli S. Prediction of Somatotype from Bioimpedance Analysis in Elite Youth Soccer Players. *Int J Environ Res Public Health*. 2020. 17(21):8176. doi: 10.3390/ijerph17218176.
3. Matias CN, Campa F, Santos DA, Lukaski H, Sardinha LB, Silva AM. Fat-free Mass Bioelectrical Impedance Analysis Predictive Equation for Athletes using a 4-Compartment Model. *Int J Sports Med*. 2020. doi: 10.1055/a-1179-6236.
4. Campa F, Bongiovanni T, Matias CN, Genovesi F, Trecroci A, Rossi A, Iaia FM, Alberti G, Pasta G, Toselli S. A New Strategy to Integrate Heath-Carter Somatotype Assessment with Bioelectrical Impedance Analysis in Elite Soccer Player. *Sports (Basel)*. 2020 27;8(11):E142.

5. Campa F, Silva AM, Matias CN, Monteiro CP, Paoli A, Nunes JP, Talluri J, Lukaski H, Toselli S. Body Water Content and Morphological Characteristics Modify Bioimpedance Vector Patterns in Volleyball, Soccer, and Rugby Players. *Int J Environ Res Public Health*. 2020. 10;17(18):6604.
6. Bongiovanni T, Mascherini G, Genovesi F, Pasta G, Iaia F.M, Trecroci A, Ventimiglia M, Alberti G, Campa F. Bioimpedance Vector References Need to Be Period-Specific for Assessing Body Composition and Cellular Health in Elite Soccer Players: A Brief Report. *J. Funct. Morphol. Kinesiol*. 2020, 5, 73.
7. Dos Santos L, Ribeiro AS, Nunes JP, Tomeleri CM, Nabuco HCG, Nascimento MA, Sugihara Junior P, Fernandes RR, Campa F, Toselli S, Venturini D, Barbosa DS, Sardinha LB, Cyrino ES. Effects of Pyramid Resistance-Training System with Different Repetition Zones on Cardiovascular Risk Factors in Older Women: A Randomized Controlled Trial. *Int J Environ Res Public Health*. 2020. 22;17(17):6115.
8. Dos Santos L, Ribeiro A.S, Gobbo LA, Nunes JP, Cunha P.M, Campa F, Toselli S, Schoenfeld B.J, Sardinha, L.B, Cyrino, E.S. Effects of resistance training with different pyramid systems on bioimpedance vector patterns, body composition, and cellular health in older women: A randomized controlled trial. *Sustainability*. 2020. 12(16)6658
9. Campa F, Latessa P, Greco G, Mauro M, Mazzuca P, Spiga F, Toselli S. Effects of different resistance training frequencies on body composition, cardiometabolic risk factors, and handgrip strength in overweight and obese women: A randomized controlled trial. *J. Funct. Morphol. Kinesiol*. 2020.
10. Reis J, Matias C, Campa F, Morgado J, Franco P, Quaresma P, Almeida N, Curto D, Toselli S, Monteiro C. Bioimpedance Vector Patterns Changes in Response to Swimming Training: An Ecological Approach. *Int J Environ Res Public Health*. 2020. 17: 4851.

11. Matias C, Cavaco-Silva J, Reis M, Campa F, Toselli S, Sardinha L, Silva AM. Phase Angle as a Marker of Muscular Strength in Breast Cancer Survivors. *Int J Environ Res Public Health*. 2020. 17: 4452.
12. Petri C, Campa F, Texeira VH, Izzicupo P, Galati G, Pizzi A, Badicu G, Mascherini G. Body Fat Assessment in International Elite Soccer Referees. *Journal of functional morphology and Kinesiology*. 2020. 5: 38.
13. Gimeno EM, Campa F, Badicu G, Castizo-Olier J, Palomera-Fanegas E, Sebio R. Changes in Muscle Contractile Properties after Cold- or Warm-Water Immersion Using Tensiomyography: A Cross-Over Randomised Trial. *Sensors*. 2020. 20: 3193.
14. Campa F, Silva AM, Talluri J, Matias C, Badicu G, Toselli S. Somatotype and Bioimpedance Vector Analysis: A New Target Zone for Male Athletes. *Sustainability*. 2020. 12: 4365.
15. Toselli S, Badicu G, Bragonzoni L, Spiga F, Mazzuca P, Campa F. Comparison of the Effect of Different Resistance Training Frequencies on Phase Angle and Handgrip Strength in Obese Women: A Randomized Controlled Trial. *Int J Environ Res Public Health*. 2020. 17: 1163.
16. Campa F, Piras A, Raffi M, Trofè A, Perazzolo M, Mascherini G, Toselli S. The Effects of Dehydration on Metabolic and Neuromuscular Functionality During Cycling. *Int J Environ Res Public Health*. 2020. 17: 1161.
17. Ruben F, Matias C, Santos D, Campa F, Minderico C, Rocha P, Heymsfield S, Lukaski H, Sardinha L, Silva A. The predictive role of raw bioelectrical impedance parameters in water compartments and fluid distribution assessed by dilution techniques in athletes. *Int J Environ Res Public Health*. 2020. 17: 759.

18. Toselli S, Marini E, Maietta P, Benedetti L, Campa F. Maturity Related Differences in Body Composition Assessed by Classic and Specific Bioimpedance Vector Analysis among Male Elite Youth Soccer Players. *Int J Environ Res Public Health*. 2020. 17: 729.
19. Campa F, Matias CN, Marini E, Heymsfield SB, Toselli S, Sardinha LB, Silva AM. Identifying Athlete Body-Fluid Changes During a Competitive Season With Bioelectrical Impedance Vector Analysis. *Int J Sports Physiol Perform*. 2020. 15: 361-7.
20. Marini E, Campa F, Buffa R, Stagi S, Matias CN, Toselli S, Sardinha LB, Silva AM. Phase angle and bioelectrical impedance vector analysis in the evaluation of body composition in athletes. *Clin Nutr*. 2020. 39: 447-54.
21. Campa F, Silva AM, Iannuzzi V, Mascherini G, Benedetti L, Toselli S. The Role of Somatic Maturation on Bioimpedance Patterns and Body Composition in Male Elite Youth Soccer Players. *Int J Environ Res Public Health*. 2019. 23: 4711.
22. Campa F, Matias C, Gatterer H, Toselli S, Koury JC, Andreoli A, Melchiorri G, Sardinha LB, Silva AM. Classic Bioelectrical Impedance Vector Reference Values for Assessing Body Composition in Male and Female Athletes. *Int J Environ Res Public Health*. 2019. 16: 5066.
23. Toselli S, Merni F, Campa F. Height prediction in elite Italian rugby players: A prospective study. *Am J Hum Biol*. 2019. 31: e23288.
24. Toselli S, Gualdi E, Mazzuca P, Campa F. Ethnic differences in body composition, socio-demographic characteristics and lifestyle in people with type 2 diabetes mellitus living in Italy. *Endocrine*. 2019. 65: 558-68.
25. Campa F, Gatterer H, Lukaski H, Toselli S. Stabilizing Bioimpedance-Vector-Analysis Measures With a 10-Minute Cold Shower After Running Exercise to Enable Assessment of Body Hydration. *Int J Sports Physiol Perform*. 2019. 14: 1006-9.

26. Campa F, Semprini G, Júdice PB, Messina G, Toselli S. Anthropometry, Physical and Movement Features, and Repeated-sprint Ability in Soccer Players. *Int J Sports Med.* 2019. 40: 100-9.
27. Toselli S, Gualdi-Russo E, Campa F. Ethnic differences in body image perception in patients with type 2 diabetes. *J Hum Nutr Diet.* 2019. 32: 356-71.
28. Campa F, Piras A, Raffi M, Toselli S. Functional Movement Patterns and Body Composition of High-Level Volleyball, Soccer, and Rugby Players. *J Sport Rehabil.* 2019. 28: 740-5.
29. Campa F, Spiga F, Toselli S. The Effect of a 20-Week Corrective Exercise Program on Functional Movement Patterns in Youth Elite Male Soccer Players. *J Sport Rehabil.* 2019. 28: 746-51.
30. Toselli S, Campa F. Anthropometry and Functional Movement Patterns in Elite Male Volleyball Players of Different Competitive Levels. *J Strength Cond Res.* 2018. 32: 2601-11.
31. Piras A, Campa F, Toselli S, Di Michele R, Raffi M. Physiological responses to partial-body cryotherapy performed during a concurrent strength and endurance session. *Appl Physiol Nutr Metab.* 2019. 44: 59-65.
32. Campa F, Silva AM, Toselli S. Changes in Phase Angle and Handgrip Strength Induced by Suspension Training in Older Women. *Int J Sports Med.* 2018. 39: 442-9.
33. Campa F, Toselli S. Bioimpedance Vector Analysis of Elite, Subelite, and Low-Level Male Volleyball Players. *Int J Sports Physiol Perform.* 2018. 13: 1250-3.
34. Piras A, Cortesi M, Campa F, Perazzolo M, Gatta G. Recovery Time Profiling After Short-, Middle- and Long-Distance Swimming Performance. *J Strength Cond Res.* 2019. 33: 1408-15.

Articoli su riviste nazionali

1. Campa F. L'influenza dei costumi a compressione sulla sensibilità baroriflessa durante il periodo post-gara. *Scienza e Sport* 2017.
2. Campa F, Placì M, Campa P, Toselli S. Gli effetti del TRX suspension training e della ginnastica funzionale sulla composizione corporea nell'anziano. *Scienza e Sport* 2018.
3. Raguzzoni M, Campa F, Servadei S, Cortesi M, Gatta G, Piras A. Effetti migliorativi post-gara con il costume a compressione *Tecnica del nuoto*. 2017.
4. Campa F, Ferretti F, Rizzuti A, Toselli S. Valutazione dei pattern di movimento funzionale nel giovane calciatore. *Scienza e Sport* 2018.
5. Campa F, Messina G, Toselli S. Relazioni tra composizione corporea e physical performance in giovani calciatori. *Scienza e Sport*. 2018.
6. Campa F, De Giorgi G, Grigoletto A, Toselli S. Valutazione della composizione corporea nello sport: l'analisi dell'impedenza bioelettrica secondo il metodo classico e vettoriale. *Scienza e Sport* 2019.
7. Campa F, Messina G, Anastasi M, Toselli S. La composizione corporea del pallavolista d'élite. *Scienza e Sport* 2019.
8. Campa F, Benedetti L, Aiello P, Toselli S. Relazioni tra abilità coordinative, capacità aerobica e anaerobica in giovani calciatori d'élite. *Scienza e Sport* 2019.
9. Campa F, Piras A, Gatta G. Compressione graduata: un'innovativa strategia per il recupero post-gara. *Sport e Medicina* 2019.
10. Campa F, Vergnano A, Toni R, Calogero L. Relazioni tra prestazione visiva, abilità motoria e attività fisica in soggetti in età scolare. *Scienza e Sport* 2020.

Comunicazioni a convegni

1. Campa F. Toselli S. The effects of a suspension training programme on body composition and handgrip strength in the elderly September 2017 Conference: XXII Congresso AAI - Associazione Antropologica Italiana. Rome, Italy.
2. Campa F. Toselli S. Comparison of the effect of TRX Suspension Training and Functional Training on phase angle and handgrip strength in older men. October 2017. Conference: SISMES – IX National Congress, Brescia, Italy.
3. Campa F, Piras A, Raff M, Toselli S. Assessment of body composition and functional movement patterns in athletes playing different sports. October 2017. Conference: SISMES – IX National Congress, Brescia, Italy.
4. Campa F, Toselli S. Once a week is not enough: The effect of different weekly training frequencies on phase angle and physical performance in obese women. October 2018. Conference: 16th International Conference on Nutrition and Fitness At: London, UK.
5. Campa F, Semprini G, Messina G, Toselli S. Body composition, Physical Performance and Functional Movement Patterns in Youth Male Soccer Players: Which are the Best Predictors for Repeated-Sprint Ability? October 2018. Conference: X CONGRESSO NAZIONALE SISMES At: University of Messina, Italy.
6. Campa F, Gatterer H, Lukaski H, Toselli S. A Cold Shower Accelerates the Stabilization of Impedance Parameters after Exercise Allowing the Assessment of Body Hydration Status with Bioimpedance Vector Analysis. June 2018. Conference: 11th International Symposium on IN VIVO BODY COMPOSITION STUDIES At: New York, USA.
7. Toselli S, Gualdi E, Mazzuca P, Campa F. Ethnic differences in body composition, socio-demographic characteristics and lifestyle in people with type 2 diabetes mellitus living in Italy. September 2019 Conference: XXIII Congresso AAI - Associazione Antropologica Italiana. Padova, Italy.

8. Campa F, Matias CN, Marini E, Heymsfield SB, Toselli S, Sardinha LB, Silva AM. Bioelectrical impedance vector analysis identifies body fluid changes over a season in athletes playing different sports. 1° Annual ISSN Italy Conference, Bologna, Italy.
9. Toselli S, Campa F, Barone G, Ripamonti C, Pinelli E, Dallolio L, Maietta P, Benedetti L, Bragonzoni L. Bioimpedance vector analysis in healthy and osteoporosis older women. September 2019. Conference: SISMES – XII National Congress, Bologna, Italy.
10. Campa F, Marini E, Maietta P, Benedetti L, Aiello P, Toselli S. Classic and specific bioimpedance vector analysis (BIVA) in the evaluation of body composition in male elite youth soccer players. September 2019. Conference: SISMES – XII National Congress, Bologna, Italy.
11. Toselli S, Merni F, Campa F. Validity of the Mirwald equation as an estimate of stature in elite Italian rugby players. September 2019. Conference: SISMES – XII National Congress, Bologna, Italy.
12. Trofè A, Raffi M, Campa F, Toselli S, Muehsam D, Piras A. Effect of pulsed electromagnetic fields (PEMFs) on the VO₂ kinetics. Joint Meeting of the Federation of European Physiological Societies (FEPS) and the Italian Physiological Society (SIF) Bologna (Italy), September 10th – 13th 2019. Volume227, IssueS718.
13. Tripi F, Toni R, Calogero L, Maietta P, Tempesta A, Toselli S, Grigoletto A, Varotti D, Campa F, Manzoni L, Vergnano A. Visual and Motor Capabilities of Future Car Drivers. In: Ahram T., Karwowski W., Vergnano A., Leali F., Taiar R. (eds) Intelligent Human Systems Integration 2020. IHSI 2020. Advances in Intelligent Systems and Computing, vol 1131.

Bologna, 21 Dicembre 2020

Francesco Campa

