

John F. Adamek, Ph.D.

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Summary

Analytically minded health behavioral scientist with a demonstrated history of clinical research oversight, peer-reviewed manuscript writing and publication, statistical analysis coding (e.g., R) and interpretation, and research study design. Strong background in exercise psychophysiology, health behavioral theory, cognitive neuroscience, developing analytical protocols/SOPS (e.g., Rmarkdown) and collaborating with internal and external research teams. Proficient in R, SPSS, SQL, Python, REDCap, Qualtrics, Microsoft Office applications, IRB procedures, and good clinical practices. .

Education

University of Illinois at Urbana-Champaign

Ph.D. in Biobehavioral Kinesiology (Exercise Psychophysiology), Summa Cum Laude 2024

United States Sports Academy

Master of Science in Sport Studies, Summa Cum Laude 2019

Bachelor of Sports Science

2016

Professional Experience

Human Performance Specialist, Continuum (health tech start-up) 2024 - Present

- Integrate biometric data (e.g., blood work, cardio pulmonary and metabolic analysis, sleep analysis) into companies proprietary AI algorithm. Identified bugs in proprietary beta application.
- Developed Sleep Study report, consisting of validated questionnaires capturing environmental, psychological, general, and physiological factors affecting sleep along. Created the codebook which processes data from sleep questionnaires with individuals **Oura ring data** to create a user-friendly PDF report for clientele, saving the company \$20,000. Additionally, managed codebook to track Oura ring data with client utilization of company services (e.g., exercise training, hyperbaric oxygen chamber, redlight therapy, cold plunge, sauna, and massage).
- Researched and synthesized literature to develop protocols for identification of cardiovascular biomarkers.
- Improved departmental logistics via implementation of documented meeting minutes, revamping SOPs, and developed literature review databases for validity and reliability of companies equipment and procedures.

Lead Biostatistician, Oakland University

2024 – 2025

Per diem/remote

- Developed statistical codebooks in R and SPSS
- Used statistical methods and techniques to analyze clinical trial data for peer-reviewed publications
- Prepared the method and result sections for conference abstracts, journal manuscripts, and grant proposals

Research Assistant, University of Illinois at Urbana-Champaign

2019 - 2024

Exercise Psychophysiology Laboratory

- Developed and implement coding scripts in R, Python, SPSS, Mplus, and MATLAB (1000+ lines of code) that improved data processing efficiency and statistical analysis by 50% vs prior manual data methods.
- Develop and administer standardized cognitive, neuropsychological, and behavioral testing using Google Forms and Python saving the lab \$3,000/yearly.
- Processed and analyzed big data systems, including the CDC, leading to 3 peer-reviewed publications and provided analytical support for grant applications, contributing to the successful securing of \$25,000 in funding.
- Manage and mentor 5-20 laboratory staff and research assistants per semester and work collaboratively on cross-functional teams.
- Lead all aspects of 10+ clinical research trials including developing SOPs, managing data, and working with IRB demonstrating ability to navigate research systems and regulations.
- Maintain project timelines and budgets.

Teaching Assistant, University of Illinois at Urbana-Champaign

2019 - 2023

- Designed curriculum (interactive lectures and discussion sections) for disciplines including psychology, research methods and design, cognitive science, developmental science, and health and wellness.
- Instructed and mentored 500+ undergraduate and graduate students in foundations of social and psychological science and research methods.

Director of Health & Fitness, Courtsense

2012 – 2017

- Established and managed a multidisciplinary health and wellness team, encompassing various professionals to provide preventative, rehabilitation, and performance services. Grew staff by 300% over 5 years.
- Managed initiatives tracking athletes' asymmetries and motor patterns to predict and mitigate injury risks, facilitating collaboration between training and rehabilitation teams.

Select Publications & Presentations

North, J., **Adamek, J. F.**, Markowitz, E., Petruzzello, S. J. (in review). Test-retest reliability of time- and frequency-domain measures of heart rate variability in a healthy young population.

Adamek, J. F., North, J., Markowitz, E., & Petruzzello, S. J. (in review). Pre-exercise executive function predicts affective valence and perceived exertion during acute exercise. Preprint: doi.org/10.31234/osf.io/5cqrm

Mullen, S. P., Lou, Y., Makhambetova, K., Lin, X., Shen, S., Baizhan, D., Thomas, D., Phansikar, M., Canton, I., Taggart, A., **Adamek, J.**, North, J., Bullard, T., Palac, D., Cohen, J., Kramer, A., Buckley, J., Lussier, M., & McAuley, M. (in review). CORTEX-II: A randomized trial to test the effectiveness of multi-modal cognitive training on yearlong physical activity self-regulation among middle-aged adults. Preprint: doi.org/10.31234/osf.io/48jpt

Adamek, J. F., Taggart, A., Bullard, T., Cohen, J., Kramer, A. K., McAuley, E., & Mullen, S. P. (April, 2020). Cognitive functioning and explicit physical activity attitudes and self-regulation associated with the Activity Choice Index. Poster presented virtually at the *Annual Meeting for the Society for Behavioral Medicine*. San Francisco, CA

Adamek, J. F., Palac, D., Kramer, A. F., McAuley, E., & Mullen, S. P. (June, 2020). Preliminary validation of the Dot Task for measuring cognitive and physical functioning. Poster presented at the *North American Society for the Psychology of Sport and Physical Activity*, Vancouver, CAN

Leadership and Service

Ad hoc Reviewer

BMJ Open	2021 - Present
Strength and Conditioning Journal	2021 - Present
Psychology & Health	2024 - Present

Funding

UIUC Block Fellowship (\$1,740)	2022
Phi Kappa Phi Research Award (\$500)	2021

Skills and Professional Training

Data Analytic Tools

- Python | R | SPSS | Mplus | SQL | Matlab | Qualtrics | Microsoft Office Applications

Technical Skills

- Experimental Design | Hypothesis Testing | Exploratory Data Analysis | Data Management | Literature Reviews | Statistical Inference | Summary Reports

Professional Certification

- CITI Program: Social and Behavioral Research for Biomedical Researcher
- CITI Program: Core Institutional Review Board Training
- American Council on Exercise: Behavior Change Specialist
- American College of Sports Medicine: Exercise is Medicine specialist
- National Strength and Conditioning Association - Certified Strength and Conditioning Specialist