

# John F. Adamek, Ph.D.

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## Summary

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Analytically minded health scientist with a demonstrated history of clinical trial oversight, peer-reviewed manuscript writing and publication, statistical analysis and interpretation, and supporting on-going research for publication and grant proposals. Strong background and experience in public health outcomes, research methods, developing analytical plans and protocols, data management, collaborating with internal and external research teams, and thriving in a fast-paced, global team environment to develop cutting-edge research and deliver high-quality results. Proficient in R, Python, REDCap, Qualtrics, SPSS, SQL, Microsoft Office applications, human research, IRB procedures, quality assurance, and good clinical practices.

## Education

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### University of Illinois at Urbana-Champaign

*Ph.D. in Health and Kinesiology, Summa Cum Laude*

2024

### United States Sports Academy

*Master of Science in Sport Studies, Summa Cum Laude*

2018

*Bachelor of Sports Science*

2016

## Professional Experience

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### Lead Biostatistician, Oakland University

2024 – Present

*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/Exercise Technology and Cognition Lab

- 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 protocols, 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.
- Oversight departments budget, expenses/income, marketing, and future development.

- Managed initiatives tracking athletes' asymmetries and motor patterns to predict and mitigate injury risks, facilitating collaboration between training and rehabilitation teams.
- Collaborated with researchers and companies on various research projects to advance the science and research within the facility.

## Select Publications & Presentations

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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. N., Markowitz, E. N., Szamocki, M. R., Petruzzello, S. J. (May, 2024). Executive function predicts affective responses during exercise. Poster presented at the *Annual Meeting for the American College of Sports Medicine*.

Mullen, S., Lou, Y., **Adamek, J. F.**, Phansikar, M., Mackenzie, M., Roberts, B., & Larrison, C. (2023). Path analysis of effects of first-generation status on physical activity and 4-year college degree completion. *Journal of Evidence Based Social Work*. Doi: 10.1080/26408066.2023.2265922.

**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.**, & Petruzzello, S. (June, 2022). Does leisure-time physical activity variety lead to better cognitive function despite not meeting PA guidelines? Poster presented at the *Annual Meeting for the American College of Sports Medicine*.

## Leadership and Service

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### Ad hoc Reviewer

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

### Graduate Mentor

Undergraduate Research Apprenticeship Program at UIUC	2020 – 2021
Undergraduate Research Symposium Judge	2020
Graduate Student Advisory Board Member	2021 - 2022

### Funding

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

## Skills and Professional Training

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### 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