

# John F. Adamek, Ph.D.

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## Summary

Results driven research scientist with a proven track record of clinical trial oversight, peer-reviewed manuscript writing and publication, and statistical analysis and interpretation. Extensive background in kinesiology, experimental design, research methods, collaborating with internal and external research teams, presenting findings at professional conferences, and thriving in a fast-paced, global team environment to develop cutting-edge research and deliver high-quality results. Proficient in research and data analytic tools including R, Python, REDCap, Qualtrics, SPSS, SQL, Microsoft Office applications, human research, IRB procedures, quality assurance, and good clinical practices.

## Education

### University of Illinois at Urbana-Champaign

*Ph.D. in Biobehavioral Kinesiology, Summa Cum Laude*

2024

### United States Sports Academy

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

2018

### *Bachelor of Sports Science*

2016

## Skills

**Data Analytic Tools:** Python | R | SPSS | Mplus | SQL | Matlab | Qualtrics | Microsoft Office Applications

**Technical:** Experimental Design | Hypothesis Testing | Machine Learning | Quantitative Methods | Exploratory Data Analysis | Data Management | Literature Reviews | Statistical Inference | Summary Reports

**General:** Problem Solving | Leadership | Self-starter | Mentorship | Community Outreach | Interpersonal Skills | Active Listening | Presentation Skills

## Professional Experience

### 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.
- Deliver over \$1M in instructional services and educate individuals how to design, conduct, analyze, and report research findings.
- 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.

### Health Science Consultant/Owner, Sports Science Integration

2017 - 2019

- Established Sports Science Integration, integrating sport science services with medical professionals to optimize client outcomes.
- Led educational seminars on topics such as: kinesiology, biomechanics, cognitive neuroscience, and motor learning.
- Conduct quantitative research on physical and cognitive performance markers, establish baseline levels, and specific training interventions resulting in optimal performance.

- Sport Science consultant alongside various professional teams and organizations such as the NY Rangers, Under Armor, Miami Heat, and USA Baseball.

#### **Product Manager, MicrogateUSA**

2016 - 2019

- Developed training and educational material for products related to user interface experience, data management, and programming templates resulting in a 300% decrease in customer complaints.
- Conducted educational seminars and clinics on the use of biomechanical equipment, gait analysis devices, and cognitive training platforms for various institutions and organizations.
- Oversaw the technical (i.e., coding, programming, and software navigation) and usability (i.e., creating, executing, and interpretation) characteristics from the user's perspective.

#### **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
- 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.
- Developed and oversaw internal research projects, utilizing gait analysis, biomechanics, and neurofeedback technologies.
- Collaborated with researchers and companies on various research projects to advance the science and research within the facility.
- Communicated insights annually at industry specific professional conferences

#### **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.**, & 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

##### **Graduate Mentor**

Undergraduate Research Apprenticeship Program at UIUC

2020 – 2021

##### **Undergraduate Research Symposium Judge**

2020

##### **Graduate Student Advisory Board Member**

2021 - 2022

#### **Professional Training**

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