

# John F. Adamek, Ph.D.

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## Summary

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Highly motivated clinical researcher with a demonstrated history of clinical trial oversight, peer-reviewed manuscript writing and publication, and statistical analysis and interpretation. Strong background in conducting research studies, communicating with internal and external research teams, presenting findings at professional conferences, and ability to collaborate in a fast-paced, global team environment to develop cutting-edge research and deliver high-quality results. Proficient in R, Python, SPSS, SQL, Microsoft Office applications, IRB procedures, quality assurance (QA), good clinical practices (GCP), and ICH standards.

## Education

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### University of Illinois at Urbana-Champaign

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

May 2024

### United States Sports Academy

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

2018

*Bachelor of Sports Science*

2016

## Skills

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**Data Analytic Tools:** Python | R & key packages (RMarkdown, Tidyverse (dplyr, ggplot2), Lubridate) | SPSS | Mplus | SQL | Matlab | Qualtrics | Microsoft Office (Word, Excel, PowerPoint, etc)

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

**General:** Problem Solving | Leadership | Mentorship | Community Outreach | Interpersonal Skills | Active Listening

## Professional Experience

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### Research Assistant, University of Illinois at Urbana-Champaign

2019 - 2023

Exercise Psychophysiology Laboratory/Exercise Technology and Cognition Lab

- Design and implement coding scripts in R, Python, SPSS, Mplus, and MATLAB for data cleaning and statistical analysis, saving 15-20 hours of weekly man-time.
- 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

- 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.

#### **Director of Health & Fitness, Courtsense**

2012 – 2017

- Hired and developed a staff of health and fitness professionals.
- Oversight departments budget, expenses/income, marketing, and future development.
- Communicated insights annually at industry specific conferences (i.e., Tennis Congress) and held 5+ interviews at news outlets (i.e., NewYorker, NYtennis).

#### **Rehabilitation Specialist, Physical Therapy and Rehabilitation Center**

2009 – 2012

- Restored, maintained, and promoted physical function by improving quality of life with clinical patients
- Managed medical documentation and forms

#### **Select Publications**

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North, J., **Adamek, J. F.**, Markowitz, E., Petruzzello, S. J. (in prep). 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 to be 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.

Thomas, D., Xu, L., Yu, B., Alanis, O., **Adamek, J.**, Canton, I., Luo, Y., Mullen, S. P. (2023). A systematic review of research on physical activity-related misinformation on social media. <https://doi.org/10.31234/osf.io/q45fu>

**Adamek, J. F.**, Malani, R., Petruzzello, S., & Gothe, N. (June, 2023). The effect of affect during high intensity interval training on executive function. Thematic poster presented at the *Annual Meeting for the American College of Sports Medicine*.

**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 - 2024

Strength and Conditioning Journal 2023 - 2024

##### **Graduate Mentor**

Undergraduate Research Apprenticeship Program at UIUC 2020 – 2021

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

Undergraduate Research Symposium 2020

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

University of Libraries Student Advisory Council (ULSAC) 2021 - 2022

##### **Community Outreach Physical Activity Initiative**

Bogota (NJ) Middle School – Exercise for the Brain 2015 - 2016

#### **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