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**John F. Adamek, M.S.**  
Department of Kinesiology and Community Health  
University of Illinois at Urbana-Champaign  
Exercise Psychophysiology Lab

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## Education

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- 2016                      **Bachelors of Sports Science**  
*Exercise Science*  
Department of Strength & Conditioning  
United States Sports Academy, Daphne, AL
- 2018                      **Master of Sports Science, Summa Cum Laude**  
*Sports Studies*  
Department of Sports Studies  
United States Sports Academy, Daphne, AL  
*Thesis:* The Association of Exercise Type on Cognitive and Motor Interference during Dual-Task Performance
- Expected 2023                      **Doctor of Philosophy**  
*Biobehavioral Kinesiology*  
Department of Kinesiology and Community Health  
University of Illinois at Urbana-Champaign, Urbana, IL  
Advisor: Dr. Steven J. Petruzzello

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## Research Experience

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- 2021 – present  
    **Graduate Research Assistant**, Exercise Psychophysiology Laboratory.  
    *PI:* Dr. Steven Petruzzello, Ph.D.
- Administer cognitive, neuropsychological, and fitness testing.
  - Develop standardized cognitive and behavioral tasks to be used in data collection
  - Develop and lead various research projects, oversee data management systems, and working directly with the IRB.
  - Collect, process, and analyze data using a variety of statistical software packages (SPSS, R, Python, MPlus).
- 2019 – 2021  
    **Graduate Research Assistant**, Exercise Technology and Cognition Lab.  
    *PI:* Dr. Sean Mullen, Ph.D.
- Administer cognitive, neuropsychological, and fitness testing

- Collected, processed, and analyzed data using a variety of statistical software packages (SPSS, R, Python, MPlus).
- Managed research protocols and oversaw IRB amendments and renewals for numerous ongoing funded research projects.

**Cognitive Regulation Training and Exercise (CORTEX)-II Trial. NIA # 1R01AG052707-A101**

CORTEX-II was designed as a parent study of the CORTEX Trial to test the efficacy of a dual site (at-lab and at-home) 4-week pre-exercise booster training to enhance adherence and engagement to a 12-month exercise program among middle-aged adults (35-64 years).

*Role:* Research Assistant

**Therapy Integrating Peer-Sharing, Technology, Aerobic and Resistance Training (TIPSTART) Trial.**

A multi-faceted, 10-week mental health and exercise training program to enhance self-regulatory functioning and mental health outcomes in first-generation college students.

*Role:* Exercise Specialist

## Teaching Experience

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*University of Illinois at Urbana – Champaign*

Teaching Assistant

2022	<b>KIN 140: Social Science of Human Movement</b> <i>Listed as Teacher Ranked Excellent by their students (Spring 2022)</i>
2022	<b>KIN 108: Stress Management</b>
2022	<b>KIN 443: Psychophysiology in Exercise &amp; Sport</b>
2022	<b>CHLH 243: Drug Use and Abuse</b>
2021 – 2023	<b>KIN 340: Social and Psychological Aspects of Phys Activity</b> <i>Listed as Teacher Ranked Excellent by their students (Fall 2021, Spring 2022)</i>
2021 – 2022	<b>KIN 122: Physical Activity and Health</b>
2021 – 2022	<b>KIN 142: Contemporary Issues in Sport</b>
2021 – 2023	<b>KIN 100: Walking and Movement Wellness</b> <i>Listed as Teacher Ranked Excellent by their students (Fall 2021)</i>
2019 – 2020	<b>KIN 247: Intro to Sport Psychology</b>

*World Instructional Training School at The City College of New York (CUNY)*

2019 **Personal Trainer Preparatory College Credit Course**  
Adjunct Faculty

## Other Professional Experience

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### *Employment*

2008 – 2009	<i>Personal Fitness Trainer</i> Bally Total Fitness
2009 – 2011	<i>Exercise Rehabilitation Specialist</i> Physical Therapy and Rehabilitation Center
2011 – 2012	<i>Head of Athletic Development</i> Go Performance and Fitness
2012 – 2017	<i>Director of Strength and Conditioning/ Head Sports Scientist</i> Courtsense
2016 – 2021	<i>Director of Health &amp; Fitness</i> The Effortless Life Operating System (TELOS)
2016 – 2019	<i>Director of Training</i> MicrogateUSA
2017	<i>Coordinator of Prospect Development Pipeline Program</i> USA Baseball
2017 – 2019	<i>Sports Scientist</i> Sports Science Integration

### *Consultant*

2016 – 2019	New York Rangers: Athletic Development Testing
2017 – 2019	USA Baseball
2017	Under Armor: National East Coast Qualifiers
2018	Hockey Talent Management

## Publications

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### *Thesis*

1. **Adamek, J. F.** (2019). *The association of exercise type on cognitive and motor interference during dual-task performance*. Published master's thesis. United States Sports Academy, Daphne, AL.

### *Peer-Reviewed Publications*

1. **Adamek, J.** (2017). Academic fraud in revenue and nonrevenue sports. *The Sport Journal*, 20, 1-10.
2. Mullen, S. P., **Adamek, J.**, Phansikar, M., Roberts, B., & Larrison, C. (in review). Path analysis of effects of first-generation status and engagement in social interaction, physical

activity, and therapy on depression and satisfaction with life among college students.  
*Journal of College Student Psychotherapy.*

3. Mullen, S. P., **Adamek, J. F.**, North, J., Palac, D. (in review) Refractory postconcussive symptoms: A study of concussion knowledge, treatment strategies, and subjective cognitive functioning.

#### Abstracts

1. **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
2. Mullen, S. P., **Adamek, J. F.**, Phansikar, M., Canton, I., Massey, W. (June, 2020). Relationships among executive functioning, future time perspective, identity, and physical activity self-regulation among low-active middle-aged adults. Poster presented at the *North American Society for the Psychology of Sport and Physical Activity*, Vancouver, CAN
3. **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.
4. Mullen, S. P., **Adamek, J. F.**, Phansikar, M., Roberts, B., & Larrison, C. (April, 2021). Role of first-gen status, friends, engagement in physical activity and therapy in life satisfaction among college students. A research spotlight presented at the *Annual Meeting for the Society for Behavioral Medicine*.
5. **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*.
6. **Adamek, J. F.**, Malani, R., Petruzzello, S., Gothe, N. (June 2023). The effect of affect during high intensity interval training on executive function. Poster to be presented at the *Annual Meeting for the American College of Sports Medicine*.

#### Presentations & Guest Lectures (not included in Abstracts)

1. **Adamek, J. F.** (May, 2015). *Cognitive sports training and sports science for the recreational tennis player*. Workshop presented at the regional Tennis Congress clinic. Tenafly, NJ.
2. **Adamek, J. F.**, & Fraser, J. (October, 2015). *Train the chain for more powerful groundstrokes and a killer serve*. Presented at the annual meeting for The Tennis Congress. Tucson, AZ
3. **Adamek, J. F.** (October, 2015). *Evaluation and program design for the tennis athlete*. Presented at the annual meeting for The Tennis Congress. Tucson, AZ
4. Gorman, P., & **Adamek, J.** (January, 2016). *Movement analysis and evaluation*. Two-day workshop presented to coaches and Olympians of Team USA Track & Field. Mahopac, N.Y.

5. Gorman, P., & **Adamek, J. F.** (August, 2016). *Objective analysis for the baseball player and the role of brain speed*. Presented to the USA Baseball national governing body. Raleigh, N.C.
6. **Adamek, J. F.**, & Fraser, J. (October, 2016). *Maximizing your performance: The physical/technical nexus*. Presented at the annual meeting for The Tennis Congress. Tucson, AZ
7. **Adamek, J. F.** (March, 2017). *Integrating sports science for youth development*. Presented to the Mahopac Sports Association. Mahopac, NY

## Select Media Appearances

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1. *The Discovery Channel*, “Daily Planet: Future Tech”, May 6, 2014  
[https://www.youtube.com/watch?v=4Nn-z5\\_G\\_E](https://www.youtube.com/watch?v=4Nn-z5_G_E)
2. *The New Yorker*, “The World’s Most High-Tech Tennis Coach”. August 28, 2015  
<https://www.newyorker.com/sports/sporting-scene/tennis-2-0>
3. *The Sports digest*, “Dangers of Youth Sport Specialization”, November 13, 2015  
<http://thesportdigest.com/2015/11/dangers-of-youth-sport-specialization/>
4. *New York Tennis Magazine*, “Why Resistance Training is a Critical Component for Youth Tennis Players”, June 7, 2016. <https://newyorktennismagazine.com/article7922/why-resistance-training-critical-component-youth-tennis-players>
5. *New York Tennis Magazine*, “Junior Player Spotlight: Sonia Tartakovsky”, May 7, 2018.  
<https://newyorktennismagazine.com/junior-player-spotlight-sonia-tartakovsky-courtssense>

## Awards / Honors

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2017	<b>Presidents List</b> , United States Sports Academy
2018	<b>Presidents List</b> , United States Sports Academy
2019 – 2020	UIUC Research Apprenticeship Program Mentor
2021	Phi Kappa Phi Honor Society
2021 -	University of Libraries Student Advisory Council (ULSAC)
2021	Phi Kappa Phi Love of Learning Award (research based)
2021 -	Listed as Teacher Ranked Excellent by their students

## Association Membership

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2008 – 2014	National Academy of Sports Medicine
2009 -	National Strength and Conditioning Association
2010 -	American College of Sports Medicine
2014 – 2016	International Youth Conditioning Association
2015 – 2017	International Tennis Performance Association
2016 – 2018	American Society of Biomechanics
2020 -	Cognitive Neuroscience Society
2019 -	North American Society for the Psychology of Sport and Physical Activity
2019 -	Society for Behavioral Medicine
2021 -	Phi Kappa Phi Honor Society

## Skills & Certifications

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### *Technical Skills*

- Statistical languages: SPSS, R statistical software, MPlus, MATLAB, SAS, TensorFlow, Keras
- Programming languages: Python/PsychoPy, R Shiny
- Platforms: Windows, Mac, Linux
- Clinical Trial Systems: CANTAB,
- Databases: MS Access, MySQL
- Scientific equipment/Objective measurements:
  - Wearable metabolic system (COSMED)
  - QEEG (SenseLabs)
  - Gait analysis/Inertia Measurement Unit/Reactive LEDs (Microgate)
  - Heart Rate Variability (Medical electronics)
  - Bioelectrical impedance analysis (RJL Systems)

### *Certifications*

- Data Science and Machine Learning Bootcamp with R – certificate
- R Programming A-Z: R for Data Science – certificate
- Social and Behavioral Research for Biomedical Researcher – certificate
- Foundations of Teaching – certificate
- American College of Sports Medicine (ACSM)
  - Exercise is Medicine specialist – Level 1
- National Strength and Conditioning Association (NSCA)
  - Certified Strength and Conditioning Specialist (CSCS)
- American Council on Exercise (ACE)
  - Behavior Change Specialist Certification
- National Academy of Sports Medicine (NASM)
  - Corrective Exercise Specialist Certification
  - Performance Enhancement Specialist Certification

## References

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Contact available upon request.

Dr. Steven Petruzzello, PhD  
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Department of Kinesiology and Community Health  
University of Illinois at Urbana-Champaign  
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Urbana, IL 61801.