

John F. Adamek, Ph.D.

[Email](#) | [Linkedin](#)

A. EDUCATION

Graduate

2024 **Doctor of Philosophy in Biobehavioral Kinesiology**
Summa Cum Laude
University of Illinois at Urbana-Champaign
Dissertation: The Influence of Time-Variant Psychological Factors on the Acute Exercise-Cognition Interaction

2019 **Master of Science in Sport Studies**
Summa Cum Laude
United States Sports University
Thesis: The Association of Exercise Type on Cognitive and Motor Interference During Dual-Task Performance

Undergraduate

2016 **Bachelors of Sport Science in Strength & Conditioning**
United States Sports University

B. SCHOLARLY ACTIVITY

Peer reviewed journal publications:

1. **Adamek, J. F.**, North, J., Markowitz, E., & Petruzzello, S. J. (2025). The effects of physical activity on anxiety and depression in college students: Mediating effects of exercise tolerance and psychological resilience. *International Journal of Sport and Exercise Psychology*. Doi: 10.1080/1612197X.2025.2543502
2. Thomas, D., Xu, L., Yu, B., Alanis, O., **Adamek, J.**, Canton, I., Lin, X; Lou, Y., & Mullen, S. P. (2025). Physical activity misinformation on social media: Systematic review. *JMIR Infodemiology*. Doi: [doi:10.2196/62760](https://doi.org/10.2196/62760)
3. **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/5cqrn
4. 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
5. 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.
6. Mullen, S. P., Lou, Y., **Adamek, J.**, 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
7. **Adamek, J.** (2017). Academic fraud in revenue and nonrevenue sports. *The Sport Journal*, 20, 1-10.

Peer reviewed conference presentations:

1. **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*.
2. Szamocki, M. R., Greenlee, T., North, J. N., **Adamek, J. F.**, Markowitz, E. N., & Petruzzello, S. J. (May, 2024). Can personality traits influence resilience: Evidence from a firefighter training academy. Poster presented at the *Annual Meeting for the American College of Sports Medicine*.
3. North, J. R., Box, A. G., **Adamek, J. F.**, Markowitz, E. N., Szamocki, M. R., & Petruzzello, S. J. (May, 2024). Heart rate variability and its associations with affective valence during exercise. Poster presented at the *Annual Meeting for the American College of Sports Medicine*.
4. Markowitz, E. N., Box, A. G., North, J. N., **Adamek, J. F.**, Szamocki, M. R., & Petruzzello, S. J. (May, 2024). The impact of physical activity location on affective states. Poster presented at the *Annual Meeting for the American College of Sports Medicine*.
5. Mullen, S. P., Thomas, D. D., Frail, O., Ruzella, R. M., Ryono, K., Aguiñaga, S. P., Ruedas-Gracia, N., Okunoren, O., Canton, I., **Adamek, J. F.**, Goldstein, M., Callaghan, B., Singha, G., & Larrison, C. R. (March, 2024). Feasibility of the TIPSTART Program for First-generation college students with symptoms of mental illness. Presented at the annual meeting and scientific sessions for the *Society of Behavioral Medicine*.
6. North, J. R., Box, A. G., **Adamek, J. F.**, & Petruzzello, S. J. (June, 2023). Cardiac vagal tone as a predictor of a favorable cognitive appraisal of exercise. Thematic poster to be presented at the *Annual Meeting for the American College of Sports Medicine*.
7. **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 to be presented at the *Annual Meeting for the American College of Sports Medicine*.
8. **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*.
9. 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*.
10. **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
11. **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
12. 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

Invited presentations

1. **Adamek, J. F.** (March, 2017). *Integrating sports science for youth development*. Presented to the Mahopac Sports Association. Mahopac, NY
2. **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
3. 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.
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. **Adamek, J. F.** (October, 2015). *Evaluation and program design for the tennis athlete*. Presented at the annual meeting for The Tennis Congress. Tucson, AZ

6. **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
7. **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.

C. PROFESSIONAL EXPERIENCE

C1. Academia

2024 – 2025 (*Per diem/remote*)

Lead Biostatistician
Oakland University

Biostatistician consultant for Dr. Kate Rougeau as part of their research trials which aims to decipher psychophysiological effects of physical activity on hormones, emotional affect, personality differences, and behavior decision making.

- Develop statistical codebooks in R and SPSS for data cleaning and statistical analysis
- Prepare method and result sections for conference abstracts, journal manuscripts, and grant proposals.

2021 – 2024

Graduate Research Assistant
University of Illinois at Urbana-Champaign

Exercise Psychophysiology Laboratory, under the direction of Dr. Steven Petruzzello. Research focuses on the understanding of psychological, social, and cognitive factors facilitating physical activity and exercise behavior. I acted as a data scientist and statistician in the research lab. Responsibilities include:

- 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.
- 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

2019 – 2021

Research Assistant
University of Illinois at Urbana-Champaign

Exercise Technology and Cognition Laboratory, under the direction of Dr. Sean Mullen. Responsibilities have included (in addition to those listed above) evaluating the feasibility and efficacy of users' experience with technology (i.e., e-games) on behavioral, cognitive, and physical outcomes as well as leading 5+ clinical research trials and ***federally funded R01 projects*** including:

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

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.

C2. Industry

2025 – Present

Human Performance Specialist
CONTINUUM

- Integrated biometric and behavioral data (cardiopulmonary, metabolic, sleep) into AI-driven performance models, translating technical findings into actionable insights for clients and leadership
- Designed and authored client-facing Sleep Study reports, merging validated survey data with Oura Ring metrics; streamlined reporting process saved \$200K annually.
- Partnered with R&D and marketing teams to align scientific findings with product messaging, supporting donor and client engagement.
- Researched and translated cardiovascular biomarker protocols into accessible documents for both internal staff and external stakeholders.

2017 – 2019

Health & Exercise Science Consultant/Owner
Sports Science Integration

- Delivered seminars and educational reports translating performance psychology and biometric data for elite sports organizations (NY Rangers, Under Armour, Miami Heat, USA Baseball)
- Secured consulting contracts with NY Rangers, Under Armour, Miami Heat, and USA Baseball.
- Created accessible, data-driven presentations for non-technical stakeholders to drive adoption of performance science solutions.
- Collaborated with medical teams and researchers to align services with client behavioral profiles.

2016 – 2019

Product Manager/Technician
MicrogateUSA

- Partnered with rehabilitation clinicians on case studies to validate biomechanical and cognitive assessment technologies (i.e., Optogait, Gyko).
- Guided product development for rehabilitation-focused measurement tools.

2012 – 2017

Director of Health & Fitness
Courtsense

- Established and managed a multidisciplinary health and rehabilitation team integrating preventive, rehabilitation, and performance services.
- Collaborated with researchers and companies on applied rehabilitation research project.
- Communicated insights annually at industry conferences and news outlets.

2012 – 2012

Head of Strength & Conditioning
Go Performance and Fitness

- Designed the structure and program of the youth sports conditioning program and group fitness classes aimed to optimize performance and injury reduction.

D. TEACHING EXPERIENCE

Lead Instructor

University of Illinois at Urbana-Champaign

2022	Kinesiology 140: Social Sciences of Human Movement <i>*Received Teacher Ranked Excellent by their students (Spring2022)</i>
2021 – 2023	Kinesiology 100: Walking and Movement Wellness <i>*Received Teacher Ranked Excellent by their students for all semesters</i>
2021 – 2023	Kinesiology 340: Social and Psychological Aspects of Phys Activity <i>*Received Teacher Ranked Excellent by their students for all semesters</i>
2019	Kinesiology 247: Intro to Sport Psychology (online)

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

2019	Personal Trainer Preparatory College Credit Course
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Teaching Assistant

University of Illinois at Urbana-Champaign

2024	Kinesiology 249: Sport & Modern Society
2023	I-Health 232: Health Equity in the U.S.
2022 - 2023	Kinesiology 108: Stress Management
2022 - 2023	Kinesiology 443: Psychophysiology in Exercise & Sport
2022	Community Health 243: Drug Use and Abuse
2021 - 2022	Kinesiology 122: Physical Activity and Health
2021 – 2022	Kinesiology 142: Contemporary Issues in Sport
2020	Kinesiology 247: Intro to Sport Psychology (online)

E. SERVICE

2021 – Present	Ad hoc Reviewer BMJ Open Strength and Conditioning Journal Psychology & Health
2021 – 2022	Graduate Student Advisory Board Member University of Libraries Student Advisory Council (ULSAC)
2020	Graduate Mentor Undergraduate Research Apprenticeship Program at UIUC
2020	Judge for Undergraduate Research Symposium University of Illinois at Urbana-Champaign

F. AWARDS

2021 - 2023	Listed as Teacher Ranked Excellent by their students
2021	Phi Kappa Phi Love of Learning Research Award (\$500)
2022	UIUC Block Grant Fellowship (\$1,740.41)
2018	Presidents List, United States Sports Academy
2017	Presidents List, United States Sports Academy

G. ASSOCIATION MEMBERSHIP

2021 -	Phi Kappa Phi Honor Society
2019 -	North American Society for the Psychology of Sport and Physical Activity
2016 -	American Society of Biomechanics
2014 – 2016	International Youth Conditioning Association
2010 -	American College of Sports Medicine
2009 -	National Strength and Conditioning Association
2008 -	National Academy of Sports Medicine

H. SKILLS & CERTIFICATIONS

H1. Technical Skills

Statistical tools/computer language: Python, R, SPSS, REDCap, Qualtrics, SQL, Matlab, Microsoft Office (Word, Excel, PowerPoint, etc).

H2. Professional Certifications

- CITI Program
 - Social and Behavioral Research for Biomedical Researcher
 - Core Institutional Review Board Training
- Illinois Center for Innovation in Teaching & Learning
 - Certificate in Foundations of Teaching
- Udemy
 - Data Science and Machine Learning Bootcamp with R
 - Machine Learning: Hands-On Python & R in Data Science
- American College of Sports Medicine (ACSM)
 - Exercise is Medicine specialist
- National Strength and Conditioning Association (NSCA)
 - Certified Strength and Conditioning Specialist
- American Council on Exercise (ACE)
 - Behavior Change Specialist
- National Academy of Sports Medicine (NASM)
 - Corrective Exercise Specialist
 - Performance Enhancement Specialist

I. REFERENCE

Contact available upon request