
John F. Adamek, M.S.
University of Illinois at Urbana-Champaign
Exercise Psychophysiology Lab
121 Chestnut Court, Garwood NJ 07027

Education

- 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
Thesis: The Affective-Cognitive-Exercise Interaction

Research Experience

- 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

University of Illinois at Urbana – Champaign

Teaching Assistant

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

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

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

Other Professional Experience

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 & 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

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

1. *The Discovery Channel*, “Daily Planet: Future Tech”, May 6, 2014
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-courtscene>

Awards / Honors

2017	Presidents List , United States Sports Academy
2018	Presidents List , 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

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

Technical Skills

- Statistical languages: SPSS, R programming, MPlus, MATLAB, SAS, Python
- 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

Contact available upon request.

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