

# Brynn Adamson, PhD

Address: 2007 Khan Annex Huff Hall, 1206 S. Fourth St. Champaign, IL 61820  
Email: bcadams2@illinois.edu | Telephone: (217) 244-8461

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## EDUCATION

01/2014 – 08/2018

**University of Illinois at Urbana-Champaign | Urbana, IL**

**PhD: Kinesiology**

Dissertation Title: The Role of Exercise in Negotiating an Identity as Disabled: A Qualitative Exploration of the Experiences of Individuals with Multiple Sclerosis

08/2012 – 12/2013

**University of Illinois at Urbana-Champaign | Urbana, IL**

**Master of Science: Kinesiology**

08/2009 – 05/2011

**Brigham Young University | Provo, UT**

**Post-Baccalaureate Studies: Exercise Science, Psychology, Portuguese**

06/2003 – 05/2007

**Brigham Young University | Provo, UT**

**Bachelor of Science: Biology**

## PROFESSIONAL EXPERIENCE

08/2018 – Present

**Assistant Teaching Professor | Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign, Urbana, IL**

01/2014 – 08/2017

**Graduate Research Assistant | Exercise Neuroscience Research Laboratory, University of Illinois at Urbana-Champaign, Urbana, IL**

## GRANTS

**CO+RE: The Community + Research Partnership Program Grant through the University of Illinois at Urbana-Champaign Office of the Vice Chancellor for Research and Innovation.**

"MOVE MS and Beyond: Fostering group exercise for individuals with MS and other disabilities through research-supported community programs." \$17,013.00, (under review – 04/2020).

**Provost's Faculty Retreat Grant**, University of Illinois at Urbana-Champaign, Co-applicant.

"Enabling Classroom Creativity: Accessible, free, and simple real-time classroom feedback with students' personal devices." \$4,000, (under review – 04/2020).

**Provost's Faculty Retreat Grant**, University of Illinois at Urbana-Champaign, Co-applicant. "

Providing alternatives for internship experiences: Using simulations to provide students with practical experiences." \$4,000, (under review – 04/2020).

**National Multiple Sclerosis Society Pilot Grant**, Principal Investigator. "MOVE MS: Group Exercise Program." \$36,976, (Funded – 09/2019).

**National Multiple Sclerosis Society Collaborative Research Grant**, Co-Investigator. "Multiple Sclerosis Wellness Research Collaborative at Illinois." \$152,000. (Unfunded – 08/2019).

**Provost's Faculty Retreat Grant**, University of Illinois at Urbana-Champaign, Co-applicant. "Enhancing Critical Awareness through Autoethnography and an Anti-Ad Campaign in Health Behavior." \$4,000, (Funded – 04/2019).

**Provost's Faculty Retreat Grant**, University of Illinois at Urbana-Champaign, Principal applicant. "Improving Internship Experiences and Internship-to-Job Transitions." \$4,000, (Unfunded – 03/2019).

**NIH National REACT Center Pilot Grant**, Co-Investigator. "Lutein and Multiple Sclerosis Experimental Study (LuMES): A Randomized Pilot Trial." \$63,395, (Funded – 05/2019)

**National Multiple Sclerosis Society Pilot Grant**, Principal Investigator, "MOVE MS: Group Exercise Program." \$42,615, (unfunded – 01/2019).

## PEER-REVIEWED PUBLICATIONS

**Adamson, B.C.**, Kinnett-Hopkins, D., Athari Anaraki, N., & Sebastiao, E. (Under review). The experiences of inaccessibility and disability in the realm of physical activity: A photoelicitation study with individuals with multiple sclerosis. *Disability and Rehabilitation*

Clarke, C., & **Adamson, B.C.** (Under Review). A systemics approach to Exercise is Medicine. *Biosocieties*.

**Adamson, B.C.**, Adamson, M.D., Clarke, C., Richardson, E., Sydnor, S.\*equal contribution.\* (In preparation). Social Justice through Sport and Exercise Studies: Praxis and Theory for the New Decade

Kinnett-Hopkins, D., Athari Anaraki, N., & Sebastiao, E. & **Adamson, B.C.** (In preparation). Motivations for exercise among disabled individuals with multiple sclerosis.

Sebastiao, E., McAuley, E., Shigematsu, R., **Adamson, B.C.**, Bollaert, R.E., & Motl, R.W. (2018). Home-based, square-stepping exercise program among older adults with multiple sclerosis: Results of a feasibility randomized controlled study. *Contemporary Clinical Trials*, 73: 136-144

**Adamson, B.C.**, Adamson, M.D., Littlefield, M.M., & Motl, R.W. (2018). 'Move it or lose it': Perceptions of the impact of physical activity on multiple sclerosis symptoms, relapse, and disability identity. *Qualitative Research in Sport, Exercise and Health*, 10(4): 457-475.

Learmonth, Y. C., **Adamson, B. C.**, Balto, J. M., Chiu, C. Y., Molina-Guzman, I., Finlayson, M., Barstow, E. & Motl, R. W. (2018). Investigating the needs of healthcare providers for promoting exercise in persons with multiple sclerosis: A qualitative study. *Disability and Rehabilitation*. 40(18): 2172-2180.

Motl, R.W., Hubbard, E.A., Bollaert, R.E., **Adamson, B.C.**, Kinnett-Hopkins, D., Balto, J.M., Sommer, S.K., Pilutti, L.A., McAuley, E. (2017). Randomized controlled trial of an E-learning designed behavioral intervention for increasing physical activity behavior in multiple sclerosis. *Multiple Sclerosis Journal: Experimental, Translational and Clinical*. 3(4): 2055217734886.

Kinnett-Hopkins, D., **Adamson, B.C.**, Rougeau, K., & Motl, R.W. (2017). People with MS are less physically active than healthy controls but as active as those with other chronic diseases: An updated meta-analysis. *Multiple Sclerosis and Related Disorders*. 13(1): 38-43.

Learmonth, Y. C., **Adamson, B. C.**, Balto, J. M., Chiu, C. Y., Molina-Guzman, I., Riskin, B. J., Finlayson, M. & Motl, R. W. (2017). Identifying exercise promotion strategies for individuals with MS that can be delivered through healthcare providers. *Health Expectations*. 20(5): 1001-1010.

Learmonth, Y.C., **Adamson, B.C.**, Balto, J.M., Chiu, C.Y., Molina-Guzman, I., Finlayson, M., Riskin, B.J., & Motl, R.W. (2017) Multiple sclerosis patients need and want information on exercise promotion from healthcare providers: A qualitative study. *Health Expectations*. 20(4): 574-583.

Learmonth, Y.C., **Adamson, B.C.**, Kinnett-Hopkins, D., Bohri, M., & Motl, R.W. (2017). Results of a feasibility randomized controlled study of the Guidelines for Exercise in Multiple Sclerosis project. *Contemporary Clinical Trials*. 54: 84-97.

**Adamson, B.C.**, Yang, Y., & Motl, R.W. (2016). Association between compliance with physical activity guidelines, sedentary behavior and depressive symptoms. *American Journal of Preventive Medicine*. 91: 152-157.

**Adamson, B.C.**, Learmonth, Y.C., Kinnett-Hopkins, D., Bohri, M., & Motl, R.W. (2016) Feasibility Study Design and Methods for Project GEMS: Guidelines for Exercise in Multiple Sclerosis. *Contemporary Clinical Trials*. 47: 32-39.

Sebastião E., Galvez P., Bobbit J., **Adamson B.C.**, & Schwingel A. (2016). Visual and participatory research techniques: photo-elicitation and its potential to better inform public health about physical activity and eating behavior in underserved population. *Journal of Public Health*. 24: 3-7.

Ensari, I., **Adamson, B.C.**, & Motl, R.W. (2016). Longitudinal Association Between Depressive Symptoms and Walking Impairment in Multiple Sclerosis. *Journal of Health Psychology*. 21(11): 2732-2741.

**Adamson, B.C.**, Ensari, I., & Motl, R.W. (2015). The effect of exercise on depressive symptoms in adults with neurological disorders: A systematic review and meta-analysis. *Archives of Physical Medicine and Rehabilitation*. 96(7): 1329-1338.

Schwingel, A., Linares, D.E., Galvez, P., **Adamson, B.C.**, Aguayo, L., Bobbit, J., Castaneda, Y., Sebastiao, E., & Marquez, D.X. (2015). Developing a culturally sensitive lifestyle behavior change program for older Latinas. *Qualitative Health Research*. 25(12): 1733-1746.

Mitchell, U.H., Johnson, A.W., & **Adamson, B.C.** (2015) Relationship between functional movement screen scores, core strength, posture, and body mass index in school children in Moldova. *Journal of Strength and Conditioning Research*. 29(5): 1172-1179.

## CONFERENCE PRESENTATIONS

Social Justice through Sport and Exercise Studies: Praxis and Theory for the New Decade: Symposium, Social Justice through Sport and Exercise Psychology 2020 Symposium, Nashville, TN, *accepted, conference cancelled*. April 2020. (Co-Presenter).

A Syndemics Approach to Exercise Science, Midwest Sociological Society, Omaha, NE, *accepted, conference cancelled*. March, 2020. (Co-presenter).

Macular Carotenoids, Retinal Morphometry, and Cognitive Function in Multiple Sclerosis, American Society for Nutrition Annual Meeting, Baltimore, MD, June 2019.

Exercise is Medicine: Alternative Considerations. International Congress of Qualitative Inquiry, Urbana-Champaign, IL. May 2019 (Co-presenter).

"The Unknown Factor": Examining Embodiment in Multiple Sclerosis through the Lens of Play. National Conference for Physician-Scholars in the Social Sciences and Humanities. Ann Arbor, MI. April 2019.

Facilitating a peer-developed and peer-delivered, community-based exercise program: The case of MOVE MS. Society of Behavioral Medicine Annual Meeting. Washington, DC. March 2019. (Presenter).

Identification of Supportive Motivations for Encouraging Physical Activity among Persons with Multiple Sclerosis. Society of Behavioral Medicine Annual Meeting. Washington, DC. March 2019.

Retinal Carotenoids and Neurocognitive Function among Persons with Multiple Sclerosis. Society of Behavioral Medicine Annual Meeting. Washington, DC. March 2019.

Results of the Guidelines for Exercise in Multiple Sclerosis (GEMS) Project: A Feasibility Randomized Controlled Trial. Society of Behavioral Medicine Annual Meeting. San Diego, CA. March 2017. (Presenter).

Dynamic Roles of Physical Activity for Individuals with Multiple Sclerosis. North American Society for the Sociology of Sport Annual Meeting. Tampa, FL. November 2016. (Presenter).

Physical Activity After a Relapse in MS: An Exploratory Study. Consortium of Multiple Sclerosis Centers Annual Meeting. National Harbor, MD. June 2016.

Capitalizing on the interaction between patients and health-care providers: A qualitative study exploring the needs and wants of multiple sclerosis health-care providers for promoting exercise. Consortium of Multiple Sclerosis Centers Annual Meeting. National Harbor, MD. June 2016.

How Multiple Sclerosis Challenges and Informs the Social Model of Disability. International Congress of Qualitative Inquiry. Urbana-Champaign, IL. May 2016. (Presenter).

Association between compliance with physical activity guidelines, sedentary behavior and depressive symptoms. Society of Behavioral Medicine Annual Meeting. Washington DC. April 2016. (Presenter).

Physical activity as a mediator between depression and sleep disorders. Shape America National Conference. Seattle, WA. March, 2015.

Exercise and depression in adults with neurological disorders: Systematic review and meta-analysis. Society of Behavioral Medicine Annual Meeting. San Antonio, TX. April 2015. (Presenter).

Longitudinal association between depressive symptoms and walking impairment in Multiple Sclerosis. Society of Behavioral Medicine Annual Meeting. San Antonio, TX. April 2015.

Abuelas en Acción: A promising faith-based intervention to promote healthy lifestyles among older Latinas. American Public Health Association Annual Meeting. New Orleans, LA. November 2014. (Presenter).

"Department of Kinesiology." International Congress of Qualitative Inquiry. Urbana-Champaign, IL. May 2014. (Co-Presenter).

## TEACHING EXPERIENCE

- Spring 2020 Community Health 101: Introduction to Public Health (Online instructor)  
Community Health 304: Foundations of Health Behavior (Instructor)  
Community Health 380: Orientation to Internship (Instructor)  
Community Health 469: Environmental Health (Instructor)  
Community Health 485: Internship (Instructor)
- Fall 2019 Community Health 304: Foundations of Health Behavior (Instructor)  
Community Health 380: Orientation to Internship (Instructor)  
Community Health 485: Internship (Instructor)
- Summer 2019 Community Health 101: Introduction to Public Health (Online instructor)  
Community Health 485: Internship (Instructor)  
Community Health 587: Integrated Learning Experience (Supervisor)  
Community Health 589: Applied Practical Experience (Supervisor)
- Spring 2019 Community Health 250: Health Care Systems (Instructor)  
Community Health 304: Foundations of Health Behavior (Instructor)  
Community Health 380: Orientation to Internship (Instructor)  
Community Health 469: Environmental Health (Instructor)  
Community Health 485: Internship (Instructor)
- Fall 2018 Community Health 250: Health Care Systems (Instructor)  
Community Health 304: Foundations of Health Behavior (Instructor)  
Community Health 380: Orientation to Internship (Instructor)  
Community Health 485: Internship (Instructor)
- Spring 2018 Community Health 415: International Health (TA-frequent lecturing)  
Community Health 579: Cultural Competency in Public Health (TA)  
Kinesiology 102: Introduction to Bowling (Instructor)
- Fall 2017 Community Health 415: International Health (TA-frequent lecturing)  
Community Health 573: Biostatistics in Public Health (TA-taught lab section)  
Kinesiology 102: Introduction to Bowling (Instructor)
- Spring 2017 Community Health 274: Introduction to Epidemiology (TA)  
Kinesiology 102: Introduction to Bowling (Instructor)
- Fall 2016 Kinesiology 122: Physical Activity and Health (TA)
- Spring 2016 Community Health 421: Health Data Analysis (TA)  
Kinesiology 122: Physical Activity and Health (TA)
- Fall 2015 Kinesiology 122: Physical Activity and Health (TA)
- Spring 2015 Kinesiology 122: Physical Activity and Health (TA)  
Kinesiology 355: Biomechanics of Human Movement (TA-taught lab section)

- Fall 2014      Kinesiology 355: Biomechanics of Human Movement (TA-taught lab section)
- Spring 2014    Community Health 314: Introduction to Aging (TA)  
Community Health 415: International Health (TA)  
Kinesiology 355: Biomechanics of Human Movement (TA-taught lab section)
- Fall 2013      Kinesiology 355: Biomechanics of Human Movement (TA-taught lab section)
- Spring 2013    Community Health 415: International Health (Instructor)  
Kinesiology 102: Introduction to Bowling (Instructor)  
Kinesiology 355: Biomechanics of Human Movement (TA-taught lab section)
- Fall 2012      Community Health 405: Gerontology (TA)  
Kinesiology 102: Introduction to Bowling (Instructor)  
Kinesiology 355: Biomechanics of Human Movement (TA-taught lab section)

## HONORS AND AWARDS

**Illinois Qualitative Dissertation Award Honorable Mention** | International Congress of Qualitative Inquiry (May 2019)

**List of Teachers Ranked by their Students as Excellent** | University of Illinois at Urbana-Champaign (Fall 2019-Outstanding, Spring 2019-Outstanding, Fall 2018-Outstanding, Spring 2018-Outstanding, Fall 2017-Outstanding, Spring 2017-Outstanding, Spring 2015-Outstanding, Fall 2014-Outstanding, Spring 2014-Outstanding, Fall 2013-Outstanding, Spring 2013, Fall 2012-Outstanding)

**Laura J. Huelster Award** | Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign (April 2018)

**Excellence in Undergraduate Teaching Award (Teaching Assistant)** | College of Applied Health Sciences, University of Illinois at Urbana-Champaign (April 2018)

**Excellence in Undergraduate Teaching Award (Teaching Assistant), Campus Award** | University of Illinois at Urbana-Champaign (April 2018)

**Conference Travel Award** | Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign (October 2016, October 2014)

**Meritorius Student Abstract** | Society of Behavioral Medicine (April 2014)

**Conference Travel Award** | Graduate College, University of Illinois at Urbana-Champaign (October, 2014)

## PROFESSIONAL MEMBERSHIPS

Member | American Public Health Association (2014-2015)

Member | National Society for the Sociology of Sport (2016-present)

Member | Society for Behavioral Medicine (2014-present)

## PROFESSIONAL SERVICE

B.C. Adamson

**Ad Hoc Journal Reviewer**

*Qualitative Research in Sport, Exercise and Health*  
*Disability and Rehabilitation*  
*Systematic Reviews*  
*Psychology Research and Behavior Management*  
*Journal of Health Psychology*

**DEPARTMENTAL/COLLEGE SERVICE**

**01/2020- Present** | **Student Wellness Committee**, University of Illinois at Urbana-Champaign

**05/2019-Present** | **Departmental Thesis and Dissertation Reviewer**, Department of Kinesiology and Community Health

**09/2018-11/2018** | **2018-2019 Teaching Excellence Awards Committee**, College of Applied Health Sciences, University of Illinois at Urbana-Champaign