

AdeLola Adeyemo
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EDUCATION

University of Illinois- Chicago, Chicago, IL

Ph.D. Student (2014- present)

Concentration: Integrative Pathophysiology, Nutrition, and Health Promotion

Advisor: Dr. Michael D. Brown

University of Miami, Coral Gables , FL

Masters of Science in Clinical Exercise Physiology

May 2014

University of Miami, Coral Gables , FL

Bachelors of Science in Education in Exercise Physiology

Minors: Chemistry, Sports Medicine

May 2013

HONORS AND AWARDS

President's Honor Roll (Spring 2013)

Provost Honor Roll (Spring 2013, Spring 2011, Fall 2009 University of Miami)

Dean's List (Spring 2013, Spring 2012, Fall 2011, Fall 2009 University of Miami)

Robert C. Byrd Honors Scholar (2009- 2013)

Ronald A. Hammond Scholar (2009- 2013, University of Miami)

Stephenson High School Valedictorian (2009)

PROFESSIONAL EXPERIENCE

Graduate Research Assistant, University of Illinois- Chicago , Chicago, IL

Vascular Health Lab, Department of Kinesiology and Nutrition, *Dr. Michael D. Brown*

- Illuminating the effects of differential lifestyle factors and the mechanisms by which they effect cardiovascular disease risk actors. Research focuses on cellular and molecular biology in combination with human intervention and community involvement.

Graduate Teaching Assistant, University of Illinois- Chicago , Chicago, IL

Lab Instructor , **KN 352 Principles of Exercise Physiology** August 2014- present

- Leading undergraduate students in laboratory sessions aimed at applying basic exercise physiology testing techniques and procedures.

Laboratory of Neuromuscular Research and Active Aging, University of Miami , Coral Gables, FL

Research Assistant August 2013-June 2014

- Led research investigating the interaction of acute and chronic flexibility training on power output in healthy individuals (*Graduate Study Special Project*)
- Worked collaboratively in laboratory regarding data entry and formatting on projects related to power and hypertrophy training in elderly individuals with sarcopenic obesity
- Conducted tests with BIODEX 4 equipment in order to determine inter-tester reliability and to determine an equation relating data from this newer machine with data from the widely used BIODEX 2 machine

Housing and Residential Life , University of Miami

Security Assistant August 2013-June 2014

- Implemented emergency policies and procedures in cases of emergency events
- Responded to disciplinary problems involving residents and staff
- Established communication between crisis personnel and coordinating effective and efficient responses

Royal Style Pharmacy, Lithonia, GA

Pharmacy Technician May 2011- Present, *seasonal*

- Counting, filling, and dispensing prescriptions to ensure proper treatment and recovery of customers
- Attending to customers to guarantee quick and polite service
- Inputting and systematizing inventory to keep operation and records of facility current and well-managed

University of Miami Athletics Coral Gables, FL

Peer Tutor August 2011- May 2014

- Supplemented professors' lectures with sessions centered on enhancing student comprehension of class material

University of Miami Office of Academic Enhancement, Coral Gables, FL

Academic Fellow August 2010- May 2013

- Served as a key bridge between first-year students and the University, and assisted with balancing the change in course load/ work between high school and college
- Connected first-year students to available resources on campus
- Planned and facilitated academic –based and informational, yet enjoyable, programs and events for residents to attend

NFC Management at Royal Caribbean Cruises Ltd , Miami, FL

Wellness Works Intern August 2012-December 2012

- Led employees in fifteen minute stretch breaks throughout the morning at the different South Florida locations to provide them with an active break, re-stimulating their minds and bodies
- Assisted in the planning and execution of multiple corporate wellness and health initiatives including a “Walktober” challenge and Breast Cancer Awareness programs to generate healthy competition in the workplace and raise funds for community outreach and corporate foundations
- Compiled healthy cook book from employee entries and conducted lunchtime health and nutrition seminars to offer holiday tips and tricks for physical and mental wellness

Summer Medical and Dental Education Program ,

Case Western Reserve University , Cleveland, Ohio June 2011-July 2011

- Attended daily lectures in biology, physics, organic chemistry, biochemistry, and mathematics in preparation for academic success in both undergraduate and graduate pursuits.
- Participated in small-group research project focused on public health to investigate “Malnutrition in Inner-city Public Schools and the Effects on Physical and Cognitive Development of Children”
- Shadowed physicians in different areas of the medical field to receive exposure to diverse specialties and gain experience in patient interaction and treatment

Star Lab Summer Science Program, Clark Atlanta University, Atlanta, GA

Teacher (June 2010- July 2010), **Teacher's Assistant** (June 2009- July 2009),

- Assisted and led lectures and experiments aimed at exposing middle school students to upper level chemistry concepts

Sports Medicine of Atlanta Inc., Snellville, GA

Undergraduate Intern May 2010- July 2010

- Observed Physical Therapy and Doctor of Physical Therapy interns with patients of the clinic.
- Worked both side-by-side and individually with some of the patients in such things as Proprioceptive Neuromuscular Facilitation (PNF) stretching, muscle strengthening and rehabilitation exercises
- Took part in initial consultations with patients ranging from stroke victims, Parkinson's Disease patients, and elderly citizens, to young athletes, small children, and middle-aged individuals who were involved in different accidents to gain experience in diagnosis and treatment of different injuries and ailments

PUBLICATIONS AND PRESENTATION

A Novel Progression Method For Power Training Based On Power Plateaus (Scientific Abstract). Anoop Balachandran, Steven Krawczyk, Melanie Potiaumpai, Jonathan Siegel, Kristine Gandia, *Adelola Adeyeno*, Frederico G. De Faveri, Sarthi Dalal, Michael Pacheco, Joseph Signorile, University of Miami, Coral Gables, FL. (Sponsor: Dr. Arlette Perry, FACSM)

Time Course Changes In Output Between Upper Body And Lower Body Exercises After 7 Weeks Of High Velocity Training (Scientific Abstract) . Steven Krawczyk, Anoop Balachandran, Melanie Potiaumpai, Jonathan Siegel, Kristine Gandia, *Adelola Adeyeno*, Joseph Signorile, University of Miami, Coral Gables, FL. (Sponsor: Dr. Arlette Perry, FACSM)

EXTRACURRICULAR AND VOLUNTEER ACTIVITIES

President's 100 August 2010 – May 2013

- A distinct group of students that serve as many students', families' and donors' first personal introduction to the University of Miami and sit on a variety of informational panels, playing a large part in student orientation programs throughout the year

African Student Union (ASU), Univ. of Miami , *President* (2012-2013) , *Secretary* (2010-2012),

- As a student organization open to people of varying backgrounds we are dedicated to raising cultural

awareness of the heritage, diversity and current issues that face Africa, while promoting unity among the community. We provide a variety of programs and activities throughout the academic year including forums and cultural presentations that provide insight into and address misconceptions surrounding the vast continent of Africa

International Week committee chair November 2012 - April 2013

-Coordinated a series of activities and events that celebrated, showcased, and intertwined the various cultures of Africa, the Middle East, and Europe during a week-long showcase of different regions of the world