



Brynn Adamson, PhD

*Researcher, Educator, &
Kinesiology Specialist*

Assistant Professor at UCCS Beth-El College of Nursing and Health Science

PROFILE

Brynn has been researching, writing about, and speaking on the positive impact that movement has on multiple sclerosis and other neurological conditions since her undergraduate years at Brigham Young University. Her reputation as a young and powerful new voice in this field grew quickly as she was invited to speak at close to two dozen national conferences. As she moved on to her post graduate studies at the University of Chicago, Brynn received grants for her work on a near-continuous basis, and her peer-reviewed publications continue to be cited.

In 2012, Brynn began putting her discoveries to work by teaching them, focusing on the biomechanics of movement. Early on, the programs she developed to stimulate neuro-communication were successfully employed to help stop, and reverse, the affects of aging.

Today Brynn is pleased to be returning to the science of movement and its impact on multiple sclerosis. Her 4 week workshops using Tai Chi as a neurostimulator are in high-demand year round.

HONORS & AWARDS

- Illinois Qualitative Dissertation Award (May 2019)
- Laura J. Huelster Award, University of Illinois at Urbana-Champaign (April 2018)
- Excellence in Undergraduate Teaching Award (April 2018)
- Excellence in Undergraduate Teaching Award (April 2017)
- Conference Travel Award (October 2016, October 2014)
- Meritorius Student Abstract | Society of Behavioral Medicine (April 2014)
- Conference Travel Award (October, 2014)

EDUCATION

- 01/2014 – 08/2018 University of Illinois at Urbana-Champaign — PhD: Kinesiology
- 08/2012 – 12/2013 University of Illinois at Urbana-Champaign — Master of Science: Kinesiology
- 08/2009 – 05/2011 Brigham Young University — Post-Baccalaureate Studies: Exercise Science, Psychology, Portuguese
- 06/2003 – 05/2007 Brigham Young University — Bachelor of Science: Biology