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Education

Doctor of Philosophy Human Bioenergetics, Ball State University, 2004
Master of Science Exercise Science, Brigham Young University, 2001
Bachelor of Science Physical Education, Utah State University, 1998

Professional Experience

2008 to present *Exercise Science Program Coordinator, Assistant Professor*
Department of Exercise Science and Outdoor Recreation
Utah Valley University

2006 to 2008 *Health Promotion Program Coordinator, Assistant Professor*
Department of Health, Physical Education, and Recreation,
South Dakota State University

2004 to 2006 *Post-Doctoral Research Fellowship*
Human Performance Laboratory,
Ball State University

2001 to 2004 *Doctoral Fellowship*
Human Performance Laboratory,
Ball State University

1999 to 2001 *Graduate Research/Teaching Assistant*
Human Performance Research Center,
Brigham Young University

Professional Organization Memberships

- American College of Sports Medicine

Research Awards

- Presidential Faculty Scholarly Grant (\$900), 2009-2010
- Presidential Faculty Scholarly Grant (\$2000), 2008-2009
- South Dakota Human Services Tobacco Prevention Grant (\$25,000), 2008-2009
- South Dakota Human Services Tobacco Prevention Grant (\$25,000), 2007-2008
- First Endurance research grant (\$2500), 2007
- South Dakota State University Start-up award (\$2500), 2006

Scientific Publications

Trappe S, Costill D, Gallagher P, **Creer A**, Peters JR, Evans H, Riley DA, Fitts RH. Exercise in space: human skeletal muscle after 6 months aboard the International Space Station. *J Applied Physiol* 106: 1159-68, 2009.

Trappe S, **Creer A**, Minchev K, Slivka D, Louis E, Luden N, Trappe T. Human soleus single muscle fiber function with exercise or nutrition countermeasures during 60 days of bed rest. *Am J Physiol Regul Integr Comp Physiol* 294: 939-947, 2008.

Trappe S, **Creer A**, Slivka D, Minchev K, Trappe T. Single muscle fiber function with concurrent exercise or nutrition countermeasures during 60 days of bed rest in women. *J Appl Physiol* 103: 1242-50, 2007.

Trappe S, Harber M, **Creer A**, Gallagher P, Slivka D, Minchev K, and Whitsett D. Single muscle fiber adaptations with marathon training. *J Appl Physiol* 101: 721-727, 2006.

Creer A, Gallagher P, Slivka D, Jemiolo B, Fink W, and Trappe S. Influence of muscle glycogen availability on ERK1/2 and Akt signaling following resistance exercise in human skeletal muscle. *J Appl Physiol* 99: 950-956, 2005.

Gallagher P, Harber M, **Creer A**, Mazzetti S, Trappe T, Alkner B, Tesch P, and Trappe S. Effects of a resistance-training countermeasure to prolonged bedrest on single fiber myosin heavy chain distribution. *Acta Physiol Scand* 185: 61-69, 2005.

Yang Y, **Creer A**, Jemiolo B, and Trappe S. Time course of myogenic and metabolic gene expression in response to acute exercise in human skeletal muscle. *J Appl Physiol* 98: 1745-1752, 2005.

Harber M, Gallagher P, **Creer A**, Minchev K, and Trappe S. Single muscle fiber contractile properties during a competitive season in male runners. *Am J Physiol* 287: R1124-1131, 2004.

Creer A, Ricard M, Conlee R, Hoyt G, and Parcell A. Neural, metabolic, and performance adaptations to four weeks of high intensity sprint-interval training in trained cyclists. *Int J Sports Med* 25: 92-98, 2004.

Chinevere T, Parcell A, Sawyer R, **Creer A**, and Conlee R. Effects of carbohydrate and L-tyrosine ingestion on endurance exercise performance. *J Appl Physiol* 93: 1590-1597, 2002.

Scientific Presentations

The Effect of Maximal Sprint Training on Measures of Endurance Performance. *American College of Sports Medicine*, May 2009, Seattle, WA.

The Influence of Exercise and Nutrition Countermeasures During 60 d of Bedrest in Women: Vastus Lateralis Single Fiber Function. *Experimental Biology*, April 2006, San Francisco, CA

Influences of Exercise on Human Single Muscle Fiber Function with Long-Term Bed Rest. *Bioastronautics Investigators' Workshop*, January 2005, Galveston, TX.

Influence of Muscle Glycogen on Mitogenic Responses to Resistance Exercise. *Integrative Biology Meeting*, October 2004, Austin, TX.

Marathon run training alters single muscle fiber MHC distribution. *American College of Sports Medicine*, June 2004, Indianapolis, IN.

Time course of gene activation in response to moderate intensity running. *Experimental Biology*, April 2004, Washington D.C.

Mitogenic signaling responses in human skeletal muscle with intense contractions. *Experimental Biology*, April 2004, Washington D.C.

Effects of short term, high intensity sprint training on experienced cyclists. *American College of Sports Medicine*, June 2002, St. Louis, MO.

Abstracts

Vukovich M, Bjerke K, Thum M, Gauer A, and Creer A. Insulin-like Growth Factor 1 (IGF-I) and Insulin-like Growth Factor Binding Protein 1 and 3 (IGFBP-1, -3) During a Competitive College Cross-country Season. *ACSM*, May 2009, Seattle, WA.

Fitts R, Romatowski J, Peters J, Trappe S, Gallagher P, Creer A, Costill D, and Riley D. Human skeletal muscle responses to prolonged spaceflight: functional capacity of single slow and fast fibers. *FASEB*, April 2007, Washington DC.

Trappe S, Creer A, Minchev K, Slivka D, Burd N, Louis E, Lee G, and Trappe T. The influence of exercise or nutrition countermeasure during 60-D of bed rest in women: Thigh and calf muscle responses. *Bioastronautics Investigators' Workshop*, February 2007, Galveston, TX.

Conley T, Creer A, Jemiolo B, Yang Y, Slivka D, Raue U, and Trappe S. The Influence of Training Status on ERK and Akt Phosphorylation in Human Skeletal Muscle. *ACSM*, June 2006, Denver, CO.

Slivka D, Creer A, Minchev K, Trappe T, and Trappe S. The Influence of Exercise and Nutrition Countermeasures During 60 d of Bedrest in Women: Soleus Single Fiber Function. *FASEB*, April 2006, San Francisco, CA

Minchev K, Creer A, Slivka D, Trappe T, and Trappe S. The Influence of Exercise and Nutrition Countermeasures During 60 d of Bedrest in Women: View of Myocellular Contractile Properties. *FASEB*, April 2006, San Francisco, CA

Gallagher P, Creer A, Jemiolo B, and Trappe S. No Change in AMPK Phosphorylation (Thr₁₇₂), Despite Significant Decreases in Total Adenine Nucleotide Levels in Human Skeletal Muscle. *FASEB*, April 2005, San Diego, CA.

Harber M, Creer A, Trautmann J, and Trappe S. Single muscle fiber function in male distance runners. *Med Sci Sports and Exerc* 35 (supplement): S384, 2003.

Harber M, Gallagher P, Creer A, Mazzetti S, Trappe T, Alkner B, Tesch P, and Trappe S. Human single muscle fiber morphology with 84-d bedrest and resistance exercise. *FASEB J* 17 (supplement): # 598.19, 2003.

Chinevere T, Parcell A, Sawyer R, Creer A, and Conlee R. Effects of carbohydrate and L-tyrosine ingestion on endurance exercise performance. *Med Sci Sports and Exerc* 34 (supplement): S3, 2002.

Taylor E, Parcell A, Creer A, Sawyer R, Guthrie M, and Eyestone E. The effect of work and rest distribution on lactate production during interval training. *Med Sci Sports and Exerc* 34 (supplement): S275, 2002.

Invited lectures

The importance of diet and recovery on performance in track athletes; Utah Valley University track and field team, January 2009.

Cycling basics for a successful triathlon; South Dakota State Univeristy, March 2008.

Nutrition for Adolescents; Jackrabbit Fastbreak Basketball Clinic, South Dakota State University, February 2008.

Triathlon Training Series: Overtraining; South Dakota State Univeristy, March 2007.

Triathlon Training Series: Bike fit; South Dakota State Univeristy, January 2007.

Invited Reviewer For Professional Journals and Publications

- Journal of Strength and Conditioning
- International Journal of Sports Medicine
- Medicine & Science in Sports & Exercise
- McGraw Hill Publishers

Teaching Experience

Utah Valley University

- Exercise Physiology (Lecture) F, S, Su
- Exercise Physiology (Lab) F, S, Su
- Research Methods F, S
- Ethical Concerns in PE & Rec F, S 2008-09

South Dakota State University

- Exercise Physiology (Lecture) F 2006, 2007,
- Advanced Exercise Physiology (Laboratory) F 2006, 2007
- Exercise Testing and Prescription (Lecture) S 2007, 2008
- Clinical Exercise Physiology (Lecture) S 2007, 2008
- Epidemiology (Internet) Su 2008
- Athlete Profiling (lecture) Su 2008

Ball State University

- Physiology of Exercise (Lecture) F 2005, F 2004, F 2003, S 2003
- Physiology of Exercise (Laboratory) S 2004, F 2002
- Advanced Exercise Physiology (Laboratory) S 2004, S 2005

Brigham Young University

- Exercise Physiology (Laboratory) W 2000
- Beginning Golf (Instructor) S 2000, S 2001
- Beginning Racquetball (Instructor) S 2001, W 2001, F 2000, S 2000, W 1999, F 1999
- Intermediate Racquetball (Instructor) S 2001, W 2001, F 2000, S 2000
- Beginning Swimming (Instructor) S 2001, W 2001, F 2000, S 2000, W 1999, F 1999
- Intermediate Swimming (Instructor) W 2001, F 2000, S 2000, W 2000
- Adaptive Swimming (Instructor) W 2001

Professional & Academic Committees

Utah Valley University

- UVU Faculty-Staff Campaign

South Dakota State Univeristy

- South Dakota State University Academic Assessment Committee, 2007
- South Dakota State Univeristy graduate committee chair, 2007
- South Dakota State Univeristy graduate committee service, 2007

Ball State University

- Student Advisory Committee, 2003 to 2004
- Institutional Review Board, 2003 to 2004
- Graduate Education Committee, 2002 to 2003

Honors & Awards

South Dakota State University

- Jackrabbit Thanking Outstanding People Award, 2007
- Graduate Faculty status, 2007

Ball State University

- Graduate Faculty Status, 2005
- Post Doctoral Fellowship, 2004 to 2006
- Doctoral Fellowship, 2001 to 2004

Brigham Young University

- Graduate Teaching Assistantship, 1999 to 2001
- Graduate Research Assistantship, 1999 to 2001

Service

- Training and nutritional consultant for the Utah Valley University track and field team, 2008 to present
- Club Advisor, Utah Valley University Cycling Club, 2008 to present
- City of Brookings, SD Community Wellness Coordinator, 2007-2008
- City of Brookings, SD Parks and Recreation Board member, 2007-2008