



Mid Atlantic Regional Chapter of the American College of Sports Medicine

Annual Scientific Meeting, November 2nd - 3rd, 2018
Conference Proceedings
International Journal of Exercise Science, Issue 9, Volume 7



Comparing Perceived Effects and Usage of Creatine between Division 2 Athletes and Recreationally Active Individuals

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Creatine is a natural substance that can be found in the body in very small doses. Creatine has been proven to help muscle cells produce more energy through the PCr system, in turn improving high intensity exercise performance, speeding up muscle growth, and offering other potential health benefits as preventive measures. **PURPOSE:** This study aimed to gauge the use and knowledge of creatine in NCAA division 2 college athletes (n=56) and compare these results to recreationally active individuals (n=59) at East Stroudsburg University of Pennsylvania. **METHODS:** A survey was used in order to gauge Division 2 collegiate athletes and recreationally active individuals on their usage and knowledge of creatine supplementation. A total of 6 demographic based questions were used, and 6 knowledge-based questions were used making 12 questions total. Potential subjects were recruited at both recreational gyms found on the campus of East Stroudsburg University; as well as Koehler fieldhouse which is home to all of the NCAA division 2 athletic teams on campus. **RESULTS:** Recreationally active individuals used creatine more for muscle hypertrophy, where as athletes predominantly used creatine for increases in strength. Results indicated that athletes had a greater knowledge (64.6%) and understanding of creatine than did recreationally active individuals (56.2%). **CONCLUSION:** Division 2 collegiate athletes had more knowledge on creatine supplementation than recreationally active subjects who were found to have a higher rate of creatine supplementation.