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|  | We researched Creatine and the role it plays in the human body, naturally and as a supplement. We discovered how it is used as a supplement and how much is used during the different phases. We became aware of the benefits and side effects in relation to Creatine usage and we wanted to know what exactly others were experiencing. Once becoming educated about the typical procedures and consumptions, we too included this in our survey along with values in the extremes to see if people are abusing the supplement. We wanted to see if results were leveling off and after how much time. Thus, we put everything that we wanted to learn more about in our survey and it turned out as follows:  CREATINE SURVEY  We are doing a research project on creatine supplements & if you have used creatine or are currently using creatine, we would appreciate your honest participation in our survey. Your experience will be beneficial to our research. Thank you! Please circle your answers.  1) Age: <14 yrs. old 15-18 yrs. old 19-25 yrs. old 26-35 yrs. old >36 yrs. old  2) How many days a week do you exercise? 1-3 4-5 6-7 (days)  3) The majority of your exercises are? please circle:  High intensity Low intensity  (ex: wt. lifting, sprinting, football... (ex: marathon running...  requiring brief spurts of energy) requiring long blocks of energy)  4) How long was your initial "loading phase" of creatine uptake?  N/A(you didn't have a "loading phase") 1-4 5-8 9-12 (days)  5) During your "loading phase" how many grams of creatine did you consume a day?  N/A <14 15-20 21-26 27-32 >33 (grams)  6) How many grams of creatine are/did you consume during your "maintenance phase" of creatine uptake?  2-4 5-7 8-10 >11 (grams)  7) Circle ALL that you are experiencing/ have experienced with creatine supplements:  weight gain (> 5 lbs) an increase in the # of repetitions you perform  enhanced strength more endurance better power performance  tire less easily/longer work outs a rise in your resting metabolic rate  8) After how many days did you notice results?  N/A(no noticeable results) 1-5 6-10 11-15 16-20 >21 (days)  9) Have your results leveled off? N/A(no results in the first place) YES NO  10) How long did it take your results to level off from when you first noticed the results?  N/A(They never leveled off) 1-5 6-10 11-15 16-20 >21 (days)  11) Circle ALL that you are experiencing/ have experienced with creatine supplements:  gastrointestinal side effects dehydration muscle cramping/tears/pulls  diarrhea nausea dizziness stomach ache(s) seizures liver problems  passed out/collapsed sluggishness/fatigue heart problems kidney problems  12) Please circle how you'd rate your overall exercise performance due to creatine supplements:  greatly impaired slightly impaired no improvement slight improvement excellent improvement  We performed an observational study in which we observed individual responses and measured the variables of interest but not attempting to influence the responses. We made sure the questions were not confusing or misleading. They were not favorable towards any one answer or in bias of Creatine. We made sure that there were spaces for non-applicable responses, when necessary. We made many copies of the survey to pass out.  We wanted to dispense our survey in the Tri-Valley to find out what people in the Tri-Valley are experiencing while on Creatine Supplements. We looked in the phone book under every gym and General Nutrition Center within Pleasanton, Dublin, and Livermore. We visited each place in the phone book and explained the educational basis behind our survey. We had to get a hold of many of the managers so they could approve our survey, thus allowing their members/customers to fill them out. Many of the managers felt like they could not be liable for such a survey and that we would have to contact the main owners. The GNC in Pleasanton and Livermore would not help us with our survey but the GNC in Dublin did. Every time a customer purchased Creatine they were asked to voluntarily fill out our survey. At the same time, there was a sign posted pointing them to the front desk if they have ever taken Creatine. We were unable to distribute our surveys at the 24 hour Fitness Centers because we were told it would have taken until summertime for the Owner to get back to us. We were successful in distributing our surveys to Fitness 2000 in Dublin, California Fitness Center in Livermore, and Schoeber's Athletic Club in Pleasanton. At each gym, we posting the same signs pointing them to the front desk. We left notes for the employees making them aware of the survey and their responsibility in handing it to people. The people were to fill them out there and give them back to the front desk. We left the surveys at the GNC and the gyms for the same amount of time, which was three weeks. After this amount of time, we obtained 68 surveys all together. We were happy to get responses from at least one place in Pleasanton, Livermore, and Dublin, making our sample somewhat random and dispersed throughout the Tri-Valley. They were not part of a true random sample because of the nonresponses from certain gyms taking away the equal chance of representation of every gym. Our surveys were voluntary creating some bias and it was against our control that they were not part of a simple random sample. We did not receive an equal number of surveys from each place but we put them all together and tallied them up. Once each response was tallied we took its percent. Then we examined the results.  When putting out a survey one must remember to:  -research the topic and include what he/she wants to learn from it  -make sure that the wording of the questions are not confusing, misleading, or too lengthy  -make sure it is not bias towards any response in order to get honest results  -be aware of undercoverage (when some groups in the population are left out) and nonresponse (when individuals refuse to cooperate)  -give every subject an equal chance of being surveyed (make sure it is a simple random sample) |

*This Web Site is Best viewed with 256 or more colors.*

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