

Andreas Kreutzer

309 Willow St
Hurst, TX 76053
(817) 966-9890
a.kreutzer@tcu.edu

Education

- Texas Christian University** Fall 2012 – Spring 2014
Fort Worth, TX
- M.S. Kinesiology - Exercise Physiology
 - Graduation date: May 10, 2014
- Boise State University** Fall 2006 – Spring 2010
Boise, ID
- B.A. English – Writing
 - Graduation date: May 15, 2010
- Saarland University** Winter 2003 – Summer 2006
Saarbrücken, Germany
- Majors: English & Kinesiology
 - Transferred to Boise State University

Selected Work Experience

- Instructional Lab Coordinator** Since Aug 2015
Texas Christian University – Fort Worth, TX
- Teach undergraduate classes
 - Instruct students on laboratory techniques and equipment use
 - Provide oversight and supervision for student lab workers
 - Ensure day-to-day functioning and safe operation of Kinesiology labs
 - Maintain and repair laboratory equipment
 - Co-manage lab budget, inventory, and equipment acquisition and repair
 - Conduct and assist with exercise physiology research
 - Analyze and prepare data for grants, manuscripts, and presentations
- Research Assistant/Associate** Aug 2014 – Aug 2015
Institute for Exercise and Environmental Medicine – Dallas, TX
- Conducted Pulmonary Function Testing, Exercise Research, and Clinical Cardiopulmonary Exercise Testing
 - Analyzed and prepared data for grants, manuscripts, and presentations
 - Managed databases for a variety of studies
 - Maintained and repaired laboratory equipment
 - Calibrated and performed quality control on all equipment
 - Managed laboratory inventory and ordered supplies
 - Managed pulmonary laboratory webpage and social media efforts
- Graduate Assistant – Exercise Physiology** Aug 2012 – May 2014
Texas Christian University – Fort Worth, TX
- Fulfilled teaching assistant duties for a variety of classes
 - Performed calibration and maintenance of laboratory equipment
 - Conducted and assisted with exercise physiology research
 - Co-managed laboratory inventory and ordered supplies
- Public Relations & Social Media Manager** Mar 2011 – Aug 2014
Northcap – Las Vegas, NV
- Wrote and distributed press releases
 - Primary point of contact for phone and email requests
 - Created and distributed weekly newsletter
 - Planned and executed social media strategy
 - Oversaw media buying

Research Experience

- Acute kinematic, kinetic and endocrine responses to resistance exercise
 - Thermoregulatory responses to different exercise modalities in varying environments
 - Endocrine responses to National Collegiate Athletic Association Division-I sports participation
 - The effect of recovery drink composition on endurance performance, substrate utilization, metabolic biomarkers, and exercise induced muscle damage
 - Effects of differing training programs on military physical performance
 - Dyspnea on Exertion in obesity – gas exchange, pulmonary function, exercise capacity, respiratory mechanics, work of breathing, and body composition before and after exercise training/weight loss
 - Endothelial function in young healthy, pre-hypertensive, and postmenopausal adults
 - Genetic influences on athletic performance, sports self-selection, and athlete health
 - Effects of nutritional supplementation on body composition changes during exercise training
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Teaching Experience

Exercise Assessment & Prescription	Since Spring 2016
Anatomical Kinesiology	Since Fall 2015
Racquetball	Fall 2012 – Spring 2014
Theory of Coaching (teaching assistant)	Spring 2014
Physical Education for the Secondary Youth (teaching assistant)	Spring 2014
Individual & Dual Sports (teaching assistant)	Fall 2012 & 2013
Exercise Psychology (teaching assistant)	Fall 2013
Exercise Physiology Lab	Spring 2013

Certifications

AHA – Basic Life Support (CPR, AED and First Aid)	Mar 2017
Radcomm – Hazardous & Radioactive Material Handling and Shipping	Mar 2017
NSCA – Certified Strength and Conditioning Specialist	Jun 2014
Texas Christian University – Radiation Safety Certification	Aug 2013
GE Healthcare – Dual-Energy X-Ray Absorptiometry	Jan 2013

Skills

Laboratory skills

- Exercise testing
- Flow-mediated dilation
- Musculoskeletal Ultrasound
- Pulmonary function testing
- Cardiopulmonary Exercise Testing
- Body composition
- Metabolic testing
- Endocrine testing
- Kinematic and kinetic testing
- Clinical exercise testing
- Genotyping
- Phlebotomy
- Magnetic Bead-Based, Spectrophotometric, Radioimmuno- (RIA), and Enzyme-linked immunosorbent (ELISA) assays
- Polymerase chain reaction and gel electrophoresis
- General laboratory skills

Computer skills

- General computer skills
- Microsoft Office Suite & Adobe CS Master Suite
- SPSS, Systat, SAS, R statistics
- Touch Typing (60+ words per minute)

Interpersonal skills

- Strong verbal & written communication skills
- Management skills
- Leadership skills
- Problem solving
- Decision making

Languages

- Bi-lingual German/English
- Intermediate Spanish & French

Memberships

National Strength and Conditioning Association (NSCA)	Since Feb 2013
American College of Sports Medicine (ACSM)	Since Feb 2013
American College of Sports Medicine – Texas Chapter (TACSM)	Since Nov 2012

Publications & Abstracts

Master's Thesis:

- Acute kinematic, kinetic, and hormonal responses to cluster sets in parallel back squat exercise in trained and untrained young men utilizing hypertrophic intensities

Peer Reviewed Publications

- Tufano JJ, Conlon JA, Nimphius S, Oliver JM, **Kreutzer A**, Haff GG (2017-in press). Different Cluster Sets Result In Similar Metabolic, Endocrine, And Perceptual Responses In Trained Men. *Journal of strength and conditioning Research*.
- Oliver, JM, Jenke, SC, **Kreutzer, A**, Mata, JD, Jones, MT. Acute effect of cluster set and traditional set configurations on myokines associated with hypertrophy. *International Journal of Sports Medicine*. 2016;37(13):1019-24.
- Oliver JM, Stoner L, Rowlands DS, Cladwell AR, Sanders E, **Kreutzer A**, Mitchell JB, Purpura M, Jaeger, R. Novel Form of Curcumin Improves Endothelial Function in Young, Healthy Individuals: A Double-Blind Placebo Controlled Study. *Journal of Nutrition and Metabolism*. 2016;2016:1089653.
- Oliver JM, **Kreutzer A**, Jenke SC, Phillips MD, Mitchell JB, Jones MT. Velocity Drives Greater Power Observed During Back Squat Using Cluster Sets. *J Strength Cond Res*. 2016;30(1):235-43.
- Mitchell JB, Goldston KR, Adams AN, Crisp KM, Franklin BB, **Kreutzer A**, Montalvo DX, Turner MG, Phillips MD. Temperature Measurement Inside Protective Headgear: Comparison With Core Temperatures and Indicators of Physiological Strain During Exercise in a Hot Environment. *J Occup Environ Hyg*. 2015;12(12):866-74.
- Oliver JM, **Kreutzer A**, Jenke S, Phillips MD, Mitchell JB, Jones MT. Acute response to cluster sets in trained and untrained men. *Eur J Appl Physiol*. 2015;115(11):2383-93.

Poster Presentations & Abstracts

- Martinez CA, **Kreutzer A**, Kreutzer M, Stone JD, Mitchell JB, Oliver JM. The Effect of ACTN3 Genotype on Self-reported One-mile Running Time in Young, Recreationally Active Women. *ACSM Annual Meeting 2017*. Denver, CO.
- **Kreutzer A**, Jenke SC, Stone JD, Mata JD, Jagim A, Jones MT, Mitchell JB, Oliver JM. Cluster and Traditional Set Configurations Elicit Similar Myokine Responses. *NSCA Annual Meeting 2016*. New Orleans, LA.
- Stone JD, **Kreutzer A**, Mata, JD, Jagim A, Jones MT, Oliver JM. Off-season and in-season plasma cortisol responses in National Collegiate Athletic Association Division-I football players. *NSCA Annual Meeting 2016*. New Orleans, LA.
- Bhammar DM, Stickford JL, Bernhardt V, Marines-Price R, Bassett T, **Kreutzer A**, Roman MC, Babb TG. Dyspnea Intensity, Descriptors, And Negative Symptoms During Exercise In Obese And Nonobese Children. *Med Sci Sports Exerc*. 2016;48(5 Suppl 1):455.
- **Kreutzer A**, Zavala P, Fleming S, Jones MT, Oliver JM, Jagim A. The effect of 8 weeks of colostrum and bio-active peptide supplementation on body composition in recreational male weight lifters. *ISSN Annual Conference 2016*. Clearwater Beach, FL.
- **Kreutzer A**, Jenke SC, Jones MT, Phillips MD, Mitchell JB, Oliver, JM. Velocity drives power output during the back squat using cluster set and traditional configurations. *NSCA Annual Meeting*. *J Strength Cond Res*. 2014;28:1-130.
- Jenke SC, **Kreutzer A**, Jones MT, Phillips MD, Oliver, JM. Differences in time under tension during the back squat using traditional versus cluster set configurations. *NSCA Annual Meeting*. *J Strength Cond Res*. 2014;28:1-130.

Awards and Honors

Certificate of Excellence for Outstanding Academic Achievement	Fall 2013 – Spring 2014
Harris College Student Research Symposium Poster Award (\$100)	Apr 2014
Student Research Development Award – TACSM (\$500)	Feb 2014
Sports Writer of the Semester	Dec 2006