The Right Stuff: Human Bioscience

A hands-on program to test an astronaut’s fitness.

The Right Stuff is an excellent introduction for students studying health, human biosciences and human performance.

Students take their own measurements using specialist equipment, including the Vital Signs Monitor, and interpret the data to calculate their fitness and metabolic rate. Includes an introduction to homeostasis, brain function, cognition and learning skills.

This hands-on program for Year 9-11 students is designed to engage them in the study and practice of human bioscience. Students learn about the role of fitness, metabolism and bone density while exploring the effects of microgravity on human physiology.

Students collect personal data including:

- Height and weight
- Heart rate
- Blood pressure
- Respiration rate
- Blood-oxygen saturation
- Hand-grip strength and
- Visual acuity.

Students conduct three detailed investigations:

- Cardio-vascular fitness using exercise bicycles
- Calculate metabolic rate by measuring expired gases
- Blood and urine analysis

**Year levels:** Year 9 — 11.
**Time:** 10:00am — 2:30 pm
**Cost:** $25 per student plus GST. (Interstate and international students P.O.A. Please ask if your school is eligible for a subsidy.)
**Maximum group size:** 30 students
**Minimum group size:** 12 students
The Right Stuff—Booking Sheet

Bookings can also be submitted online at www.vssec.vic.edu.au

Name: _______________________________________________________________________________________

School Name: ________________________________________________________________________________

Address: ______________________________________________________________________________________

Telephone: __________ Fax: _______________

Email address: ________________________________________________________________________________

Number of students attending (max 30): ______

Number of teachers attending: ______

Please nominate three dates/times in order of preference.

Bookings are popular and are allocated on a first come first served basis.

1. _______________________________________________________________________________________

2. _______________________________________________________________________________________

3. _______________________________________________________________________________________

Human Bioscience - $25 (plus GST) per student. (Interstate and international students P.O.A. Please ask if your school is eligible for a subsidy.) Includes all equipment and manuals used during the program.

A maximum of 4 teachers can accompany the students at no cost.

Your reservation will be confirmed via email. You will then have one week to confirm your booking with a $100 non-refundable deposit.

If wheelchair access is required, please notify in advance.

Liability: Schools may be liable for any damage caused by their students to any equipment or furniture within the Space Centre.

Victorian Space Science Education Centre
400 Pascoe Vale Road
Strathmore VIC 3041
Ph: (03) 9379 3456
Fax: (03) 9374 3855
bookings@vssec.vic.edu.au
www.vssec.vic.edu.au

Please make cheques payable to:
Strathmore Secondary College
Ref: HBdeposit
ABN: 52 165 055 724