The Right Stuff: Astronaut Fitness Testing

Human Bioscience Program

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 levels
- 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

Time: 10:00am — 2:30 pm
Cost: $25 per student plus GST (includes all materials & lunch)
Maximum group size: 30 students
Minimum group size: 12 students

For more information and bookings please visit our website

www.vssec.vic.edu.au