EO C340.05 – SIMULATE LIFE IN SPACE

1. **Performance.** Simulate Life in Space.

2. **Conditions**

   a. Given:

      (1) Space food,

      (2) Rinseless soap,

      (3) Work gloves,

      (4) 1/2-inch National Coarse nuts and bolts,

      (5) Supervision, and

      (6) Assistance as required.

   b. Denied: N/A.

   c. Environmental: Classroom or training area large enough to accommodate the entire group.

3. **Standard.** The cadet shall simulate life in space, to include:

   a. exercising;

   b. working;

   c. washing hands; and

   d. sampling space food.

4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Explain the medical effects of weightlessness and have the cadets simulate exercises that astronauts must perform to maintain bone density and muscle mass, to include: a. stretching and warm up exercises; b. strengthening exercises; and c. cool down exercises.	Practical Activity	35 min	C3-183 (p. 44, p. 45)
TP2	Explain the challenges of living in space and have the cadets simulate aspects of life in space by: a. washing their hands with rinseless soap; and b. sampling space food.	In-Class Activity	30 min	C3-183 (p. 48, p. 49)
TP3	Have the cadets simulate working in space by installing a nut on a bolt wearing two pairs of thick work gloves.	In-Class Activity	20 min	C3-183 (p. 50, p. 51)

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5. **Time**

a.	Introduction/Conclusion:	5 min
b.	Practical Activity:	35 min
c.	In-Class Activity:	50 min
d.	Total:	90 min

6. **Substantiation**

   a. A practical activity was chosen for TP 1 as it is an interactive way to allow cadets to experience some aspects of life in space. This activity contributes to the development of knowledge of life in space in a fun and challenging setting.

   b. An in-class activity was chosen for TPs 2 and 3 as it is an interactive way to provoke thought and simulate some of the challenges of living in space.

7. **References.** C3-183 (ISBN 978-0-75662-227-5) Graham, I. (2006). *Space Travel*. New York, NY: DK Publishing, Inc.

8. **Training Aids**

   a. Presentation aids (eg, whiteboard/flip chart/OHP/multimedia projector) appropriate for the classroom/training area,

   b. Space food (eg, freeze-dried ice cream, freeze-dried strawberries),

   c. Rinseless soap,

   d. Work gloves, and

   e. 1/2-inch National Coarse nuts and bolts.

9. **Learning Aids**

   a. Space food (eg, freeze-dried ice cream, freeze-dried strawberries),

   b. Rinseless soap,

   c. Work gloves, and

   d. 1/2-inch National Coarse nuts and bolts.

10. **Test Details.** N/A.

11. **Remarks.** N/A.

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