Fiscal Year:	FY 2019	**Task Last Updated:**	FY 02/13/2019
PI Name:	Downs, Meghan Ph.D.		
Project Title:	Temporal Changes in Astronauts' Muscle and Cardiorespiratory Physiology Pre, During, and Post Spaceflight		
Division Name:	Human Research		
Program/Discipline:			
Program/Discipline--Element/Subdiscipline:	HUMAN RESEARCH--Biomedical countermeasures		
Joint Agency Name:		**TechPort:**	No
Human Research Program Elements:	(1) **HHC**:Human Health Countermeasures		
Human Research Program Risks:	(1) **Aerobic**:Risk of Reduced Physical Performance Capabilities Due to Reduced Aerobic Capacity (2) **Muscle**:Risk of Impaired Performance Due to Reduced Muscle Size, Strength and Endurance		
Space Biology Element:	None		
Space Biology Cross-Element Discipline:	None		
Space Biology Special Category:	None		
PI Email:	meghan.e.downs@nasa.gov	**Fax:**	FY
PI Organization Type:	NASA CENTER	**Phone:**	281-483-0863
Organization Name:	NASA Johnson Space Center		
PI Address 1:	1415 Ivory Crossing Ct		
PI Address 2:			
PI Web Page:			
City:	Seabrook	**State:**	TX
Zip Code:	77586-4145	**Congressional District:**	36
Comments:			
Project Type:	FLIGHT	**Solicitation / Funding Source:**	2017-2018 HERO 80JSC017N0001-BPBA Topics in Biological, Physiological, and Behavioral Adaptations to Spaceflight. Appendix C
Start Date:	12/01/2018	**End Date:**	06/06/2021
No. of Post Docs:		**No. of PhD Degrees:**	
No. of PhD Candidates:		**No. of Master' Degrees:**	
No. of Master's Candidates:		**No. of Bachelor's Degrees:**	
No. of Bachelor's Candidates:		**Monitoring Center:**	NASA JSC
Contact Monitor:	Norsk, Peter	**Contact Phone:**	
Contact Email:	Peter.norsk@nasa.gov		
Flight Program:			
Flight Assignment:	NOTE: End date changed to 6/6/2021 per change in PI per HHC/HRP (Ed., 9/20/21)		
Key Personnel Changes/Previous PI:			
COI Name (Institution):	Abercromby, Andrew Ph.D. (NASA Johnson Space Center) Ade, Carl Ph.D. (Kansas State University) Barstow, Thomas Ph.D. (Kansas State University) Feiveson, Alan Ph.D. (NASA Johnson Space Center) Martin, David M.S. (Wyle Laboratories, Inc./NASA Johnson Space Center) Ryder, Jeffrey Ph.D. (NASA Johnson Space Center)		
Grant/Contract No.:	Internal Project		
Performance Goal No.:			
Performance Goal Text:			

Task Description:	Quantification of astronauts' changes in cardiorespiratory fitness and muscle performance and size in parallel with monitoring of pre and in-flight lifestyle habits (i.e., exercise training, nutritional intake, and sleep patterns) is needed to develop countermeasures and technologies for monitoring and mitigating crew health and performance risks during exploration class missions. The research proposed herein will temporally profile changes in astronauts' cardiorespiratory fitness and muscle mass, strength, and endurance over the course of spaceflight missions ranging from 2 months, 6 months, and up to 1 year in duration. Additionally, a statistical based extrapolation will provide predictions for changes associated with exploration missions 2-3 years in duration. To accomplish these objectives, lower and upper body muscle strength, power, and endurance will be measured using a well validated test battery consisting of leg extension, leg press, isokinetic, bench press tests, and isometric mid-thigh pull test. Muscle size will be assessed pre, in, and post-flight using well validated magnetic resonance imaging (MRI) and ultrasound imaging techniques. Cardiorespiratory fitness and related parameters will be tested pre, in, and post-flight using traditional VO2peak test and critical power test protocols paired with non-invasive assessments of oxygen consumption, cerebral and muscle oxygenation and perfusion. Ambulatory and in-flight exercise, nutrition, and sleep will be monitored using a variety of commercial technologies and in-flight assessment tools. This proposal specifically addresses the temporal effects of spaceflight on changes in cardiorespiratory fitness and muscle function, both critical parameters in maintaining the ability to perform mission critical tasks and enabling safe human space exploration beyond low Earth orbit. Integration of data collected during the pre and in-flight periods will lead to a better understanding of how to optimize exercise and non-exercise countermeasures to maintain crew health, safety, and performance during the exploration era.
Rationale for HRP Directed Research:	
Research Impact/Earth Benefits:	
Task Progress:	New project for FY2019.
Bibliography Type:	Description: (Last Updated:)