

Aerospace Medicine Rounds

Sustaining Physical Fitness and Performance in Space: Overview of Exercise Support



Tuesday, April 1, 2025
12:00 – 1:00 p.m. (EST)

Ms. Natalie Hirsch

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Learning Objectives:

By the end of these rounds, participants will be able to:

1. To describe the types of exercise devices available on the International Space Station and how they are used
2. To review how physical fitness evaluations are conducted pre-flight, in-flight and post-flight
3. To discuss the effectiveness of exercise countermeasures during long duration missions on the International Space Station.

Zoom Details:

<https://utoronto.zoom.us/j/86174393708>

Meeting ID: 861 7439 3708 Passcode: 867444

A post-rounds evaluation survey will be circulated shortly after this date.

Please email aerospace.med@utoronto.ca to be added to the Aerospace Medicine Rounds and/or the Occupational Medicine Rounds Mailing Lists.

The Winter/Spring 2025 Schedule for Aerospace Rounds is being developed, and will be posted soon at <https://deptmedicine.utoronto.ca/rounds>



*The 'Aerospace Medicine Rounds' is a self-approved group learning activity (Section 1) as defined by the Maintenance of Certification Program of the RCPSC. **To be eligible for Section 1 MOC credits, participation in the event must be formally recorded. For tracking purposes, participants attending must ensure their Zoom display/login name includes first and last name.***

If unable to attend, it is possible to claim RCPSC Section 2 credits at 0.5 credits per activity for watching the recorded video. All recordings of prior Aerospace Medicine & Occupational Medicine Rounds are posted here: <https://deptmedicine.utoronto.ca/rounds>

Save the Date:

The next Aerospace Medicine Rounds will be taking place on
Tuesday June 17, 2025 with
Mr. Norman Penny, on the topic of Helicopter Ditching