Paper ID: 88687
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IAF/IAA SPACE LIFE SCIENCES SYMPOSIUM (A1)
Human Physiology in Space (2)

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DYNAMICS OF THE LEVEL OF FUNCTIONAL RESERVES OF COSMONAUTS IN A LONG SPACE FLIGHT ACCORDING TO THE RESULTS OF THE "INDIVIDUAL STRATEGIES" TEST

Abstract

Planning of interplanetary missions makes it urgent to search for indicators reflecting the state of functional reserves of the human organism during adaptation to weightlessness conditions. Expansion of knowledge of gravitational physiology and modernisation of countermeasures system requires development of modern test procedures. The paper deals with the results of data obtained during the approbation of a new locomotor test. The results of the Individual Strategies Test ("TIS") examination before, during and after spaceflight (SF) (n=11) are presented. As a result of analysing the TIS data obtained, 85The work was supported by basic funding of the Russian Academy of Sciences FMFR-2024-0037.