

IAF/IAA SPACE LIFE SCIENCES SYMPOSIUM (A1)
Interactive Presentations - IAF/IAA SPACE LIFE SCIENCES SYMPOSIUM (IP)

Author: Ms. Aylin Quliyeva

Azerbaijan State Academy of Physical Education and Sport, Azerbaijan, quliyevaaylin055@gmail.com

HEROES CONQUERING INTERSTELLAR SPACE

Abstract

In childhood, many boys dream of becoming astronauts. However, this profession requires very serious preparation. A person can achieve his dream only after going through difficult stages. A person who has traveled to space also plays an important role in the international world at the state level. To become an astronaut, 150-190cm height, 50-90kg weight, physical and psychological health are required. If you have a disease, you will not be allowed to become an astronaut. This is because gravity can have a number of negative effects there, unlike the planet we live on. If you meet the above requirements, you will be accepted into the astronaut training program. First, you learn the theory, undergo physical training and medical examination. Even people with physical activity have difficulty in the tests that astronauts pass. After flights, astronauts constantly undergo medical examinations and participate in rehabilitation training. It is enough to wait a year and a half to fly again. But those who think that they have accumulated enough experience continue their life as trainers after passing the certificate. And thus they became teachers of future generations maintain continuity of cosmic experience.