



1
00:00:07,829 --> 00:00:03,909
excellent question all right

2
00:00:12,310 --> 00:00:09,910
what things did you have to study to be

3
00:00:13,509 --> 00:00:12,320
an astronaut

4
00:00:15,350 --> 00:00:13,519
all right that's a good question you

5
00:00:16,870 --> 00:00:15,360
guys are all extraordinarily trained

6
00:00:19,429 --> 00:00:16,880
what uh

7
00:00:20,870 --> 00:00:19,439
if we've got some budding astronauts

8
00:00:22,230 --> 00:00:20,880
over here what

9
00:00:24,470 --> 00:00:22,240
what should they be doing i'm assuming

10
00:00:28,630 --> 00:00:24,480
they better hit the books on science and

11
00:00:32,630 --> 00:00:30,950
that's uh you got it just right the uh

12
00:00:34,950 --> 00:00:32,640
one of the beautiful things about uh

13
00:00:37,350 --> 00:00:34,960

getting to work here is uh you can study

14

00:00:39,830 --> 00:00:37,360

uh just about anything that uh that

15

00:00:41,910 --> 00:00:39,840

you're really interested in uh science

16

00:00:43,510 --> 00:00:41,920

and math being a big part of it but we

17

00:00:45,670 --> 00:00:43,520

have uh

18

00:00:48,150 --> 00:00:45,680

medical doctors

19

00:00:50,630 --> 00:00:48,160

geologists

20

00:00:53,750 --> 00:00:50,640

engineers and

21

00:00:55,910 --> 00:00:53,760

physicists in the group here with us

22

00:00:57,430 --> 00:00:55,920

so it's pretty much anything in the math

23

00:00:58,869 --> 00:00:57,440

and science field

24

00:01:00,709 --> 00:00:58,879

we've got a couple of school teachers

25

00:01:03,910 --> 00:01:00,719

here with us

26

00:01:05,429 --> 00:01:03,920

so studying education as well as the

27

00:01:07,910 --> 00:01:05,439

math and science

28

00:01:10,469 --> 00:01:07,920

but there really is room up here for for

29

00:01:13,109 --> 00:01:10,479

everybody the important part though is

30

00:01:15,109 --> 00:01:13,119

to work really hard and do well in

31

00:01:17,910 --> 00:01:15,119

school it will make a difference in your

32

00:01:20,390 --> 00:01:19,429

and what about

33

00:01:23,749 --> 00:01:20,400

what about

34

00:01:25,590 --> 00:01:23,759

fitness requirements these days

35

00:01:27,749 --> 00:01:25,600

you know some of us remember watching

36

00:01:29,350 --> 00:01:27,759

the right stuff where

37

00:01:32,149 --> 00:01:29,360

oh

38

00:01:33,990 --> 00:01:32,159

that's pretty impressive

39

00:01:40,710 --> 00:01:34,000

uh

40

00:01:45,910 --> 00:01:41,510

go ahead

41

00:01:47,749 --> 00:01:45,920

president the fitness requirements are

42

00:01:49,350 --> 00:01:47,759

still uh still there

43

00:01:51,350 --> 00:01:49,360

matter of fact the international space

44

00:01:53,510 --> 00:01:51,360

station just recently incorporated a new

45

00:01:55,270 --> 00:01:53,520

fitness machine it's like it's a very

46

00:01:57,510 --> 00:01:55,280

very fancy

47

00:01:59,350 --> 00:01:57,520

uh workout machine you see in a gym but

48

00:02:01,590 --> 00:01:59,360

it's called the a red and we can do a

49

00:02:03,270 --> 00:02:01,600

lot of good exercise on the leg action

50

00:02:05,270 --> 00:02:03,280

strength uh training for your legs as

51
00:02:06,870 --> 00:02:05,280
well as your upper body so

52
00:02:09,270 --> 00:02:06,880
particularly for the long duration folks

53
00:02:11,190 --> 00:02:09,280
it's very important to maintain

54
00:02:12,790 --> 00:02:11,200
your muscles in good tone and help you

55
00:02:15,510 --> 00:02:12,800
read that when you get back on planet

56
00:02:20,710 --> 00:02:17,430
excellent okay there's a young lady back

57
00:02:30,710 --> 00:02:23,350
um when you say you exercise what do you

58
00:02:34,550 --> 00:02:32,309
well we have a couple of different uh

59
00:02:37,270 --> 00:02:34,560
exercise machines up here on the space

60
00:02:38,869 --> 00:02:37,280
shuttle we brought up it looks like a

61
00:02:40,869 --> 00:02:38,879
like a bicycle that you would find in a

62
00:02:42,550 --> 00:02:40,879
gymnasium so we can use that

63
00:02:43,670 --> 00:02:42,560

and they have one here on the space

64

00:02:45,670 --> 00:02:43,680

station

65

00:02:48,869 --> 00:02:45,680

and the other machine you can do all

66

00:02:50,949 --> 00:02:48,879

kinds of stuff you can do squats

67

00:02:53,030 --> 00:02:50,959

you can do curls so we have a lot we can

68

00:03:00,550 --> 00:02:53,040

do we also have a treadmill so you can

69

00:03:05,990 --> 00:03:03,110

any this okay we've got another question

70

00:03:08,070 --> 00:03:06,000

from a young man hold on

71

00:03:10,309 --> 00:03:08,080

do you know how many stars they are

72

00:03:14,149 --> 00:03:10,319

in the space

73

00:03:15,430 --> 00:03:14,159

asking how many stars in space

74

00:03:23,750 --> 00:03:15,440

i'll be interested in hearing the answer

75

00:03:26,949 --> 00:03:24,710

well

76

00:03:29,110 --> 00:03:26,959

aboard the international space station

77

00:03:31,110 --> 00:03:29,120

we can look down and see our beautiful

78

00:03:33,350 --> 00:03:31,120

planet earth and we can also look up and

79

00:03:35,670 --> 00:03:33,360

see the rest of the cosmos and we can

80

00:03:37,589 --> 00:03:35,680

see that there are so many stars out

81

00:03:39,830 --> 00:03:37,599

there that it's very hard to count them

82

00:03:42,309 --> 00:03:39,840

all and we can see that our earth is a

83

00:03:44,229 --> 00:03:42,319

very small very small planet in such a

84

00:03:46,470 --> 00:03:44,239

big universe and it's just really

85

00:03:48,630 --> 00:03:46,480

amazing because it gives us a a deep

86

00:03:50,630 --> 00:03:48,640

perspective of that we have to really

87

00:03:52,710 --> 00:03:50,640

take good care of our own planet and

88

00:03:54,309 --> 00:03:52,720

that our own planet is just a is a small

89

00:03:56,710 --> 00:03:54,319

place and we have the whole rest of the

90

00:03:58,710 --> 00:03:56,720

universe to work together in an

91

00:04:00,229 --> 00:03:58,720

international sense and go go explore

92

00:04:01,589 --> 00:04:00,239

this whole universe that's in front of

93

00:04:03,990 --> 00:04:01,599

us and all the discoveries that we'll

94

00:04:05,509 --> 00:04:04,000

make together so maybe we'll someday be

95

00:04:07,509 --> 00:04:05,519

able to count how many stars that we

96

00:04:09,990 --> 00:04:07,519

have because we've we're starting to go

97

00:04:11,750 --> 00:04:10,000

to the go to the stars as human beings

98

00:04:13,350 --> 00:04:11,760

together and that's what's really

99

00:04:15,350 --> 00:04:13,360

exciting about serving aboard the

100

00:04:17,270 --> 00:04:15,360

international space station and flying

101

00:04:18,949 --> 00:04:17,280

up and down on space shuttles is that

102

00:04:21,909 --> 00:04:18,959

we're part of that great adventure and

103

00:04:23,990 --> 00:04:21,919

we need you kids to study hard because

104

00:04:27,110 --> 00:04:24,000

we we can't do it all by ourselves we

105

00:04:29,350 --> 00:04:27,120

really need you guys to to work hard and

106

00:04:30,230 --> 00:04:29,360

do whatever you're supposed to do and do

107

00:04:32,790 --> 00:04:30,240

it well