

MISSION X: TRAIN LIKE AN ASTRONAUT

Phase 2 Multi-Year Campaign 2015 - 2017

Terms of Reference

Increasingly sedentary lifestyles among children and adolescents, combined with unhealthy diets, are two of the most significant risks that may lead to the onset of chronic adult health issues. International research demonstrates that physical inactivity and poor eating habits among children can lead to major non-communicable diseases, including high blood pressure, cardiovascular disease, and type-2 diabetes. Organizations worldwide recognize this problem and advocate increased physical activity and healthier diets for young people in order to promote healthier societies.

In light of these increasingly global health issues, and seeking to take actions to help address them, the Mission X: Train Like an Astronaut (MX) Multi-Year Campaign aims to encourage proper exercise and nutrition starting at an early age. This concept was endorsed by members of the International Space Life Sciences Working Group (ISLSWG), the NASA Human Research Program, and is an effort of the space agencies and organizations involved in the project to encourage healthy, active lifestyles among children. Using the unique example of space explorers, the Participating Entities seek to motivate and educate young people worldwide that good fitness and nutrition are life-long endeavours.

These Terms of Reference establishing the MX Multi-Year Campaign outline the parameters for the activities and the anticipated role of each Participating Entity.

1. PURPOSE AND SCOPE OF ACTIVITIES

1.1 Purpose

The purpose of the MX Multi-Year Campaign is to demonstrate to children the value of exercise and nutrition by:

- developing multi-national health and fitness challenges that each Participating Entity will implement within their own region
- maintaining and enhancing an activity website to provide student participants a forum for exchange and an online database for activity-related materials
- performing international outreach opportunities with astronauts and cosmonauts to increase awareness regarding the importance of physical fitness and good health

1.2 Scope of Activities

The MX Multi-Year Campaign also referred to as “the activity”, is focused on accomplishing the health and fitness challenge outlined in these Terms of Reference. Upon completion of the multi-year campaign, the Participating Entities may choose to extend MX by repeating or adapting the project in the future.

2. PARTICIPATION GUIDELINES AND IMPLEMENTATION PROCEDURES

2.1 Participating Entities

Participation in the activity is open to government space agencies or organizations with established educational or outreach programs that use space flight activities to help children further their interest in science and engineering, and have the ability to meet the responsibilities outlined in paragraph 2.3 (hereinafter “Participating Entities”).

Space agencies or organizations can become Participating Entities through an executive level acceptance of these Terms of Reference by a letter addressed to the Director of the Human Exploration and Operations Division, NASA Office of International and Interagency Relations.

2.2 Responsibilities of the Chair

NASA will serve as the Chair for the activity. The European Space Agency (ESA) will support the Chair as the primary point of contact for participating ESA member states. The Chair will contribute to the Challenges by:

- providing health and fitness educational materials to be used during the activity
- coordinating monthly teleconferences, and additional planning sessions as needed, with the Participating Entities
- drafting and maintaining the MX planning documents
- managing the MX website, www.trainlikeanastronaut.org
- supporting the Participating Entities to ensure that the challenges are properly implemented
- compiling data on the activity and leading the development of an annual report
- fulfilling the responsibilities of a Participating Entity as outlined in paragraph 2.3

2.3 Responsibilities of Participating Entities

Participating Entities will contribute to the development and implementation of the MX activities by:

- providing health and fitness educational materials to be used during the activities, including information on national fitness policies
- taking part in monthly teleconferences and additional planning sessions
- providing regular feedback on MX planning documents
- sharing agency and organization web links and online content for the MX website www.trainlikeanastronaut.org
- sharing available video content for MX promotional videos
- working with domestic organizations as necessary that will help organize and host the activity
- conducting activities to implement MX within their country, including hosting a kick-off event, compiling data and tracking progress on challenge teams, and organizing the closing event(s) for their country’s competition
- supporting the development and review of an annual report
- working with the Chair and other Participating Entities to ensure success of the project

3. SCHEDULE

The Participating Entities plan to implement the activity including the Walk Around the Earth and/or Walk to the Moon MX challenges along the following annual schedule between 2015 and 2017:

- Walk to the Moon Challenge –
 - Pre-Challenge Phase: May to December
 - Challenge Phase: 6 to 9 week period between January and April
 - Post-Challenge Phase: April to May
- Walk Around the Earth Challenge –
 - Pre-Challenge Phase: February to September
 - Challenge Phase: 6 to 9 week period between October and December
 - Post-Challenge Phase: January to February

4. STATUS OF TERMS OF REFERENCE AND RESOURCES

The adoption of these Terms of Reference will not create any legal obligations on the part of Participating Entities in the activity. Unless other arrangements are made, each Participating Entity will bear the costs of discharging its responsibilities of the activity, including travel and subsistence of its own personnel and transportation of all goods for which it is responsible. The amount of resources provided for any particular portion of the activity may vary among Participating Entities.

5. EXCHANGE OF DATA AND GOODS

Materials developed for the activity are made available on the MX website, www.trainlikeanastronaut.org, including images and educational guides that are available worldwide without restriction as to their use or redistribution.

6. RELEASE OF INFORMATION ABOUT THE PROJECT

Participating Entities may freely release information on the activity as deemed appropriate.

7. MODIFICATIONS

These Terms of Reference may be modified by the Participating Entities by consensus.

8. WITHDRAWAL

Any Participating Entity may withdraw from the activity at any time by providing written notification to the Director of the Human Exploration and Operations Division, NASA Office of International and Interagency Relations.

9. ESTABLISHMENT

Upon acceptance in writing of these Terms of Reference, these Terms of Reference will become effective for those Participating Entities on October 1, 2014 or beyond.

Upon completion of the activity, the Participating Entities may choose to extend the activity by revising and renewing these Terms of Reference.