## MANNED SPACEFLIGHT

### SCIENCE JOURNAL

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### UDC 629.78.007

### Main Tasks of Training and Results of Activity of the ISS Crew for Expedition 52/53 When Carrying out the Mission Plan

S.N. Ryazansky, A.A. Kuritsyn, A.I. Kondrat, V.A. Kopnin, D.E. Rybkin, E.I. Korzun

**Abstract**. The paper considers results of the ISS-52/53 crew activity aboard the Soyuz-MC-05 spacecraft and the ISS. Main tasks of the research program carried out by the crew are given. The tasks carried out in the course of extravehicular activity are reviewed. **Keywords:** tasks of crew training, spaceflight, International Space Station, scientific applied research and experiments.

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# Medical Aspects of Securing the Flight of the ISS Crew for Expedition 52/53 (Express Analysis)

V.V. Bogomolov, V.I. Pochuev, I.V. Alferova, E.G. Khorosheva, V.V. Krivolapov

**Abstract**. The paper shows the results of medical support of the ISS crew for Expedition 52/53 and gives a brief description of operation of the medical support system and maintaining the stability of human environment aboard the ISS RS. Besides, the paper sums up results of the implementation of medical recommendations, program of medical monitoring and the use of onboard facilities meant to prevent the alteration of cosmonauts' health status in spaceflight.

Keywords medical support, medical monitoring, preventive system, human environment, work/rest schedule.

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### **Cosmonaut Training for Emergency Situations Aboard the Space Station**

S.V. Bronnikov, A.Ye. Malikov, I.A. Rozhkova

**Abstract.** The paper consideres the problems of training cosmonauts for emergency situations, argues the necessity of training crews in flight, gives the on-board simulator structure and describes the process of on-board training.

**Keywords:** space station, crew safety, training, skills, level of preparedness, on-board simulator, training tasks, methods of on-board training.

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# On One Approach to Solving the Problem of the Spacecraft Descent in the Earth's Atmosphere

M.A. Dzhabarov, N.E. Zubov

**Abstract.** An analytical solution of the problem of tracking the programmed descent trajectory of spacecraft in the Earth's atmosphere under the lateral control was obtained for the sixth-order mathematical model. For this purpose, a regulator was synthesized using the poles precise placement method. The numerical simulation results of tracking the programmed descent trajectory from the moment of entering the atmosphere to opening the parachute landing system are presented.

Keywords: spacecraft, descent, Earth's atmosphere, nominal trajectory, control law.

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### Some Issues of Improving Extravehicular Activity of Cosmonauts

A.A. Altunin, D.I. Verba, P.P. Dolgov, V.S. Korennoy, Yu.I. Onufrienko

**Abstract.** The paper discusses some problems of carrying out actual tasks of extravehicular activity by cosmonauts, such as: launch of small spacecraft, jettisoning of the used equipment, photographing and video filming of equipment, instruments and elements on the outer surface of the station. Also, it presents proposals on the development of new technical facilities for performing specific extravehicular tasks and improving cosmonaut training.

**Keywords**: extravehicular activity, small spacecraft, launching facility, jettisoned object, photographing, video filming, simulator for cosmonaut training.

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### Substantiating the Possibility to Use a Fermented Milk Probiotic Product for Mitigating Medical Risks during Long-Term Space Missions A.I. Kobatov

Abstract. The paper discusses the issues relating to the influence of space flight factors on biological characteristics of microorganisms included as the members of exomicroflora (microorganisms staying at the atmosphere inside the spacecraft) and of endomicroflora (microorganisms colonizing a cosmonaut gastrointestinal tract). It was shown that the microorganisms can change their characteristics under conditions of a high radiation background aboard a space vehicle. This produces extra technical and health risks for crew members. The paper presents an approach to mitigate health risks through production and use of acidophilic probiotic product, possessing an immunomodulatory effect, directly aboard a space vehicle.

Keywords: exomicroflora, endomicroflora, ionizing radiation, health risks, probiotic, acidophilic product, Lactobacillus acidophilus.

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### Human Factors in Aviation and Space Exploration

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**Abstract.** The paper analyses materials of the conference "Human factors in aviation and space exploration: formation and importance of taking them into consideration" and provides information about the directions and results of psychophysiological studies in domestic aviation medicine in the pre- and post-war periods. Research data on biomedical training for the first space flights is given. The contribution made by national specialists in the preparation and implementation of the space flight of Yuri Gagarin is shown. The peculiarities of developing a methodology of taking into account the psychophysiological capabilities of a human in aviation and spaceflight are considered. The topical problems subject to be resolved in the interests of further space exploration and preparation of interplanetary expeditions are identified.

**Keywords**: human factor, space flights, ergonomic software, psychology, functional status, psychophysiological reliability.

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## Joint ESA-Roscosmos Experiment called "Plasma Cristall-4" aboard the International Space Station

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**Abstract.** The new "Plasma Cristall-4" space experiment ("PC-4" SE) jointly conducted by the European Space Agency (ESA) and Roscosmos on-board the International Space Station (ISS) is described. "PC-4" SE has been operating on-board the ISS since June 2015 and is intended to proceed with research of the fundamental properties of highly non-ideal plasma-dust systems under zero-gravity conditions and development of new technological applications. The conducting of experiments is regulated by a special Agreement between ESA and Roscosmos on the Joint "PC-4" SE in the "Columbus" European Laboratory Module. Content of the flight and ground parts of the "PC-4" scientific equipment (SE), design of the gas-discharge experimental chamber and main parameters of the dusty plasma experiment as well as scheme of controlling the performance of the experiment aboard the ISS, international cooperation while conducting "PC-4" SE and its first results from the orbit are presented.

Keywords: dusty plasma, gas discharge, dusty plasma structures, scientific equipment.

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