



Sports and Nutrition Officer



Medical Team Description:

The Medical team is responsible for everything regarding the well-being and training of the analog astronauts. We take care of their athletic preparation, their nutrition and food intake during the mission but also during the extreme environment training. We provide them with a sports schedule that will prepare them for the training and in the base, organise a tight routine for their physical and psychological upkeep. We also have to organise psychological check-ins during the missions to care and monitor their behaviour during isolation. On top of this, we organise medical training online and in person to train our future astronauts. The Team is divided into sub-teams that will all have separate tasks but are required to meet together at least once every two weeks for check-ins with the heads and to create a more friendly coworking environment.

Sports and Nutrition Officer Description:

As a Sports and Nutrition officer, your core responsibilities will be preparing tailored progressive training and nutrition plans for the selected analogue astronauts for their week-to-week training schedule. This is a critical part of the astronauts preparation for both their extreme environment training and the final mission. The key objective of this role is improving the overall health and fitness of the astronaut crew while minimising their risk of injury and ensuring mission readiness. Further to this, you will help to prepare tailored meal plans for the astronauts during the extreme environment training and for the final mission. You will also help to prepare and deliver medical trainings to the astronauts on nutrition and exercise.

Key information for role:

- **Average hours required per week** - 3-5 hours
- **Tasks and Responsibilities:**
 - Attend regular meetings with the medical team to give and collect updates for the heads

- Working with the sub-teams to create trainings online and in person regarding nutrition and exercise.
- Preparing tailored exercise plans for the astronauts.
- Preparing detailed meal plans for the astronauts for their extreme environment training and final mission.
- Act as point of contact for the astronaut team regarding their exercise and nutrition regiment.
- **Essential Requirements for Role:**
 - Experience in functional strength training and nutrition optimisation
 - Prior knowledge in Excel
 - Dedication
 - Teamwork
 - English fluency
 - Will to learn and grow together :)
 - Pursuing a degree in Biomedical engineering or similar
- **Desirable traits for role**
 - Experience as a personal trainer
 - Experience working in student organisations
 - Experience working in medical analogue research
 - Multi-lingual skills (French, Spanish, Italian, German are advantages)
 - Driver's licence

Inclusivity Statement

Don't meet all the requirements? That's okay, one thing all applicants that are chosen show in common is their passion for Asclepios and their passion for the mission. Feel free to apply for any role you think you will enjoy. At Asclepios, we have a very welcoming environment and ensure no one is left behind. We are one big international family!