

[Project Mars] Chapter X: Recreation

Created by *Peter S* on 2020-04-16, last updated on 2020-04-16

Name: Peter S (沈静然 Jingran Shen)

Student ID: 11710116

Class Number: Int-D

Instructor: Stephen Pellerine

Why Recreation

According to Wikipedia, “Recreation is an activity of leisure.” “Recreational activities are often done for enjoyment, amusement, or pleasure and are considered to be ‘fun’.” In the late 14th century, the word came out with the meaning of (Douglas Harper, 2020) “refreshment or curing of a person, refreshment by eating”, and then “recovery from illness”. From this we notice the importance of recreation - to help human beings relax from hardships in lives and enjoy living. Moving to Mars is not an easy work. Our research group will be going through countless difficulties to find a way to survive on Mars, so fun activities should be arranged to ease up the pressure. Furthermore, we are willing to find more possibilities to enjoy ourselves on a new planet. Interesting ideas are always worth a try.



(Image: KitchenerToday Staff, 2020)

Categories

There are various categorization schemes. We can consider recreation to be indoor or outdoor (Plentifun, 2018), or we can further divide it into more groups, including Physical, Social, Outdoor, Arts and Crafts, Dramatic, Musical, Cultural, Service Activities (Larry Jackson, 2005). Now that these will be done on Mars, we would like to use a different categorization scheme for our own objectives. Recreation will be categorized into three groups: Healing Activities, Experimental Activities and Exploratory Activities.



(Image: Eric Milzarski, 2018)

Physical Activities

- Sports like basketball, and more fun can be discovered in a weightless environment
- Resistive Exercise Device, Stationary Bicycle, Treadmills for working out: Lift weights upside down, Running down towards Earth. For NASA, there 3 main machines (COLBERT, CEVIS, ARED)
- ...

Social Activities

- Computer and Internet Services: Family photos, family videos
- Chat with other researchers
- Create simulators or games for people on Earth to know more about the outer space (I like this one, cool and meaningful for educational / research purpose as well)

- Prank Call, for fun (Reid Wiseman, 2016)? Or maybe do phone / radio talkshows
- ...

Outdoor Activities

- Spacewalk?
- ...

Arts and Crafts Activities

- Space View Drawing / Photographing: Looking out the window is a must-do for astronauts. There are numerous windows in the International Space Station. The shades and textures of Earth are amazing. Sunsets and sunrises also occur every 45 minutes above Earth's atmosphere (Flint Wild, 2019)
- ...

Dramatic Activities

- TV programs, movies available in space
- Shoot outer space scenes for social media
- ...

Musical Activities

- Guitar and Keyboard Music (Clay from NASA, 2013): Lots of space-themed music can be re-performed in space, like playing David Bowie's *Space Oddity* (Chris Hadfield, 2013) which is awesome
- A Cappella

- ...

Cultural Activities

- Book Reading (Clay from NASA, 2013): Bags of real books as a small library, and various online resources
- Learn languages from researches of other countries
- ...

Recreation: Experimental Activities

Experimental Activities aim to help researchers discover how the outer space might affect normal recreation on Earth in several ways. In short, these activities are for research and experiments.

According to NASA (Flint Wild, 2019), “Station crew members even manage to have fun while working. Experiments in space sometimes involve ordinary toys and how microgravity affects them.”



(Image: Fred Sayers, 2019)

An example of this is from *VideoFromSpace* in 2016. One of the astronauts, Tim Peake, who has been “on the ISS for months, tests how his body responds to being dizzy, after being rapidly spun”.

(We can also do interesting experiments in the outer space and post them in a video channel or do them one live. It will be cool as well)

Recreation: Exploratory Activities

Exploratory Activities aim to look for new recreation possibilities in outer space.

This section needs more minds to come up with brand new entertainment methods for astronauts and we are willing to take your fascinating imagination into account.



(Image: Educators and Students from Grades 5-8, 2011)

NASA provides a document named “Spaced Out Sports Educator Guide” to “challenge students to design or redesign a game for astronauts to play in space”. It is an interesting process of design and practice.

(Can we start a design program for this maybe? Like NASA Space Apps Challenge - Space Recreation in 2016)

Cooperation Possibilities

- Game / Simulator Design will require knowledge from researchers in the team
- Researchers are free to build their own field-related experimental projects for fun
- ...

References

- [1] Wikipedia. Recreation. <https://en.wikipedia.org/wiki/Recreation>
- [2] Douglas Harper. (2020). recreation. Online Etymology Dictionary. <https://www.etymonline.com/search?q=recreation>
- [3] KitchenerToday Staff. (2020). Recreation facilities to stay closed until at least June 30. KitchenerToday. <https://www.kitchenertoday.com/coronavirus-covid-19-local-news/recreation-facilities-to-stay-closed-until-at-least-june-30-2255181>
- [4] Plentifun. (2018). Types of Recreation. <https://plentifun.com/types-of-recreation>
- [5] Larry Jackson. (2005). Types of Recreation. Leisure Lines. <http://leisurelines.blogspot.com/2005/07/types-of-recreation.html>
- [6] Conway's Chamber of Commerce. (2020). Relocation - Recreation. <https://conwayscchamber.com/relocation/recreation/>

- [7] Flint Wild. (2019). Free Time in Space. NASA. <https://www.nasa.gov/audience/foreducators/stem-on-station/ditl/freetime>
- [8] Clay. (2013). A Day in the Life - Free Time in Space. NASA. <https://www.youtube.com/watch?v=FRQDrFVIwY&list=PLiuUQ9asub3TtsIREI42HtcKm5p5A2eFk&v=irCmnn5vIRQ&feature=playerembedded>
- [9] Educators and Students from Grades 5-8. (2011). Spaced Out Sports Educator Guide. NASA. https://www.nasa.gov/pdf/591752main_Science-Sports.pdf
- [10] Eric Milzarski. (2018). 5 things astronauts do for fun while in space. We Are The Mighty. <https://www.wearethemighty.com/what-astronauts-do-for-fun?rebelltitem=1#rebelltitem1>
- [11] Chris Hadfield. (2013). Space Oddity. Rare Earth in Youtube. <https://www.youtube.com/watch?timecontinue=239&v=KaOC9danxNo&feature=embtitle>
- [12] NASA Space Apps Challenge. (2016). Space Recreation. NASA. <https://2016.spaceappschallenge.org/challenges/mars/space-recreation>
- [13] Tim Peake. (2016). Spinning Fast in Space Make You Dizzy? Astronaut Experiment | Video. VideoFromSpace from Youtube. <https://www.youtube.com/watch?timecontinue=69&v=GPnLShiJ-t4&feature=embtitle>
- [14] Reid Wideman. (2016). Everything About Living in Space. NASA Johnson from Youtube. <https://www.youtube.com/watch?v=ouDKD9G9jOE>