

# What are the requirements for becoming a NASA astronaut?

NASA is stepping up the search for potential candidates for a young, enthusiastic new generation of astronauts ready to take part in missions to send humans to the moon, Mars and possibly distant planets. [more](#).

The need to explore the human space is becoming more urgent than ever, and besides advanced equipment, the quality of manpower is also an extremely important factor in any space mission. [come on](#). NASA is stepping up the search for potential candidates for a young, enthusiastic new generation of astronauts ready to take part in missions to send humans to the moon, Mars and possibly distant planets. [more](#).

So are there any criteria that need to be met to become a 'standard' astronaut? Recently, NASA posted a video answering questions about the application process, while revealing some basic skills and qualifications necessary to become an astronaut, and of course this is not simple requirements.

First of all, you have to prove your ability with the Valsalva Maneuver test. Basically, the Valsalva maneuver is a breathing technique used to help restore a normal heartbeat if the heart begins to beat too fast, done by closing the mouth, squeezing the nose to keep the air in the body. Max your breath in and try to exhale while the airway is blocked. This movement is described as pushing when defecating, which increases the pressure in the chest. Sudden airflow when breathing through the nose will cause a rapid change in heart rate and blood pressure. In general this is a somewhat confusing technique, difficult and extremely dangerous to perform because it can lead to fainting, aneurysms, stroke, vascular damage.

In addition, flexibility, teamwork skills and eagerness to learn are some of the things that NASA looks for.

Physically, you must meet the following requirements:

1. Vision 20/20 (natural, or with glasses)
2. Blood pressure should not exceed 140/90 in a sitting position
3. Height from 1.57m to 1.91m
4. Balance body

In terms of qualifications, applicants must have at least one master's degree in the field of STEM (Science (Science), Technology (Technology), Engineering (Engineering) and Math (Mathematics)) from an educational institution. [recognition](#). In addition to your master's degree, you must meet one of the experience requirements including: Having undergone courses in medical certification, pilot training, and certification in field research. [aviation manager or manager](#).



After passing the selection round, candidates are not considered official astronauts but must continue to participate in a training course, from basic to intensive tests within 2 years. After this course, those assigned to fly will become official astronauts, the remaining will be reserve astronauts. For astronauts selected to fly, the mission training program will last a few more years.

NASA astronauts (both reserve and official) can expect to receive a salary of between 104,898 and 161,141 USD per year, along with a range of other incentives and allowances.

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