

Biographical Data



Lyndon B. Johnson Space Center
Houston, Texas 77058

National Aeronautics and
Space Administration

NAME: Beth Ann Stringham Shepherd

TITLE: Lead Astronaut Strength, Conditioning and Rehabilitation Specialist

BIRTHPLACE AND DATE: Born April 9, 1960 in Batavia, NY.

EDUCATION: Received a Bachelor of Science degree in Physical Education/Industrial Fitness from Slippery Rock University in 1982. Master of Arts degree in Physical Education/Allied Health Research from Southwest Texas State University, 1991.

RESIDENCE: Seabrook, Texas

MARITAL STATUS: Married to Captain William M. Shepherd, USN.

CHILDREN: None

RECREATIONAL INTERESTS: Enjoys adventure racing, horseback riding, flying, travel, judo, scuba diving, skiing and reading.

SPECIAL HONORS AND AWARDS: Director of Space and Life Science Achievement Award (2001); NASA Group Achievement Award for Phase 1 Program (1998); Astronaut Personal Achievement Silver Snoopy Award (1997); NASA Certificate of Appreciation for Providing Physical Therapy for STS-83 (1997); NASA Medical Operations Certificate of Achievement (1996); Texas State Power Lifting Record for the Squat, Texas State Power Lifting Championship-Drug Free Category (1991); Outstanding Contribution to the State of Texas Association for Health, Physical Education, Recreation and Dance (1989); Certificate of Achievement Employee Wellness Program for Exceptional Performance and Service, Southwest Texas State University (1987-88); Slippery Rock State College Varsity Club Senior Award for Judo and Field Hockey (1978-82).

EXPERIENCE:

1991 Fitness Coordinator for the American General Executive Fitness Center.
1991-1993 Head strength and conditioning coach for all sports at Rice University. Also taught Aerobics for the Physical Education Curriculum at San Jacinto College.
1993 Joined NASA and Krug Life Sciences as a fitness consultant, to start strength and conditioning programs for astronauts at the Johnson Space Center.

1996 Appointed to a full time position as the lead for NASA's Astronaut Strength, Conditioning and Rehabilitation (ASCR) program.

CURRENT ASSIGNMENT:

Beth Shepherd is a Strength Conditioning and Rehab Specialist to NASA's astronauts. Her initial work at NASA focused on preparing astronauts for extravehicular activity (EVA) "space walks". This assignment was quickly expanded to include training for all astronauts assigned to long duration missions on the Russian Mir space station.

Beth was a principal negotiator along with NASA flight surgeons, establishing and integrating the necessary medical operations and exercise countermeasures for the US and Russian programs. She has been responsible for defining requirements and exercise modalities for a new isolated treadmill and a unique resistive exercise device to be used on the follow-on International Space Station program.

She participated in the design and development of both devices, which included flights in zero-g simulation aircraft and exercise on special platforms to test these devices on Earth. As the lead for NASA's Astronaut Strength, Conditioning and Rehabilitation (ASCR) program she coordinated and executed the preflight preparation, in-flight monitoring, and post-flight rehabilitation of 7 US Astronauts who completed long-duration space missions on the Mir station.

She has been assigned similar duties for selected astronauts preparing for Space Shuttle flights, including the physical training programs for Deputy Director General Valery Ryumin, an "Energia" cosmonaut, and Senator John Glenn, who flew a second mission in space as a payload specialist aboard the Shuttle at age 77.

In addition to her flight related training duties, Beth implemented and is now in charge of medical assessment testing and annual physical fitness assessments for all astronauts and payload specialists at the Johnson Space Center.

She supervises the Astronaut Gym and the new Astronaut Rehabilitation Facility, a multi-million dollar project which she helped design. She continues to be a key advisor within NASA and among International Partner space agencies for matters dealing with fitness and exercise countermeasures for the International Space Station and Shuttle programs.

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