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APPROXIMATE ENERGY COST OF ACTIVITIES

ACTIVITY	KCAL/HR	BTU/HR
SLEEPING	72	280
TENNIS	378	1500
BASEBALL (PITCHING)	390	1550
SOCCER	490	1980
BASKETBALL	684	2720
WRESTLING	780	3100
WALKING		
1 MILE IN 30 MINUTES	170	670
1 MILE IN 17 MINUTES	290	1150
RUNNING		
1 MILE IN 10.5 MINUTES	720	2880
1 MILE IN 8.5 MINUTES	870	3480

FIGURE 33

was far better off with his foot restraints, and obviously that's true, because this way you are not using these big muscles in your legs.

Anything that will tend to stabilize you at the place where you are to work so that you don't have to worry about trying to kick yourself around, because every time you do that, that causes another motion you have to fight, so pretty soon you have got every muscle in your body fighting. So, it is a very costly thing if you don't plan the activity where you can be tied down.

Congressman ECKHARDT. What I was getting at is whether or not there was a certain stimulus, for instance a man is excited or a man is called upon to make an output of energy suddenly, sort of an adrenal gland function?

Dr. BERRY. We are sure that there is some of this. I don't think that any of the crewmen would say that there isn't a certain amount of excitement that goes with the extravehicular activity, as with any activity like this. However, I think the amazing thing is that all of our crewmen have been very task-oriented, they know the tasks that they have to do here right away, they have this all planned out, just how they will go about it. They have done it many times in training, and the more times they have done it in training the more routine it is for them to do that particular task, and they don't really think about, "Gee, I am suddenly out in space."

I mean, they don't get that particular adrenal—

Congressman ECKHARDT. I wasn't thinking of that, but this would be the same thing that a high jumper or pole vaulter would feel. He has gone through training, but he is going to meet a task—