



METADATA

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Authors: Kounalakis, S., Assistant Professor, Hellenic Army Academy

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Abstract

The role of the trainers is to maximize the combatant's operational capacity always with the maximum safety. Maximization can be achieved by optimizing opposing factors. This textbook examines each of these factors and their possible

interactions, with an emphasis on the physiological responses of the combatant's body, which lead to a reduction of their performance and/or inability to carry on, an important factor which can potentially jeopardize their safety.

