



## METADATA

**Title:** Operational Ability of the Warfighter

**Other Titles:** The exogenous and endogenous factors affecting their performance

**Language:** English

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

**ISBN:** 978-618-228-275-5

**Subject:** MEDICINE AND HEALTH SCIENCES, LIFE SCIENCES, BIOLOGICAL SCIENCES

**Keywords:** Military operation / Survivability of the warfighter / Environment / Military activities / Personal characteristics

...

**Bibliographic Reference:** Kounalakis, S. (2024). Operational Ability of the Warfighter [Undergraduate textbook]. Kallipos, Open Academic Editions. <http://dx.doi.org/10.57713/kallipos-1021>

### 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.

