



METADATA

Title: Operational Competence of the Warfighter

Other Titles: The intrinsic and extrinsic factors that affect his performance

Language: Greek

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ISBN: 978-618-5726-32-4

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. (2023). Operational Competence of the Warfighter [Undergraduate textbook]. Kallipos, Open Academic Editions. <http://dx.doi.org/10.57713/kallipos-157>

Abstract

Many factors can affect the combat effectiveness and safety of the warfighter in an operation. The most important external factors that can affect, to a small or large degree the combatant's operational capability are the environment (hot environment, cold environment, humid environment, altitude, atmospheric pollution, high hydrostatic water pressure during immersion), the characteristics of the operation (duration, intensity, ground characteristics) and the equipment (clothing, armament). Likewise, the activities for carrying out and completing the mission, such as excavation and manual material handling, play an important role. Also, the fighter's load carriage and shooting ability are central to its combat effectiveness in a mission. Finally,

endogenous factors are also important, such as the fighter's age, gender and physical characteristics, as well as proper nutrition, hydration and mental strength. All of the above factors interact, to a lesser or greater degree, making operational efficiency an intractable equation. The purpose 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 book 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 his performance and/or inability to carry on, an important factor which can potentially jeopardize his safety.

