

Trigas Dimitrios

Graduate of T.E.F.A.A. University of Athens (1989).

As a Reserve Officer (Dec 1991-Aug 1992) I was in collaboration with the Officer responsible for the implementation of physical education programmes in the Hellenic Army Academy (HAA).

Since September 1992 I am a member of the scientific staff of Physical and Cultural education department (contract and currently as a permanent scientific staff).

I participated as an Athlete - Coach in the Military Pentathlon team of the Reserve Officers of Greece, in Sports Military competitions abroad, within the framework of C.I.O.R. (International Confederation of Reserve Officers of NATO).

I visited the Military Academies **of the United Kingdom** (1999), **USA**. (2000), **Turkey** (2011) where I was informed about various aspects of Physical Education in the Army.