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Kostas Rigas was born in Karditsa in 1951. He graduated in 1974 from the National Technical University of Athens with a degree in Electrical Engineering. His was awarded a PhD degree from the University of Strathclyde in Glasgow, Scotland in 1978, his thesis entitled "Telescopic, Self-energized, Above the Knee Prosthesis". The same year he came to the newly founded School of Medicine, University of Ioannina, Laboratory of Medical Physics, headed by Dimitris Glaros. He participated in the development of the Medical Physics Laboratory Exercises for students of the medical school. He developed the Unit for the study of the physiological and pathological gait which belongs to the Medical Physics Lab. He is responsible and wrote the relevant educational material for the "Mechanics" part of the Medical Physics course which is taught to the medical students. He also teaches the elective course “Biological Fluid Mechanics”. He introduced medical informatics course in the curriculum of medical students at the University Ioannina. He is in charge and actively participated in the creation of the Unit of Computer and Internet of the University of Ioannina, located in the Department of Medicine, which is supported by staff and operates seamlessly. He is also the creator and moderator of the self-managed by students of the Medical School website "album" (http://need.uoi.gr/album), which features educational and informative material. He created and manages the freely accessible internet application "Nutrients and Energy, Exercise and Diet" (http://need.uoi.gr), which offers the calculation of the incoming by food human body energy, the energy consumed by human activities, the energy balance, and the corresponding change in weight.