

DR STEFAN KOLIMECHKOV

REGISTERED PERSONAL TRAINER & SPORTS SCIENTIST

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EDUCATION

Doctor of Philosophy (PhD) ▪ Physical Education ▪ National Sports Academy, Bulgaria ▪ 2018

Master of Arts (MA) ▪ Physical Education ▪ National Sports Academy, Bulgaria ▪ 2012

Bachelor of Arts (BA) ▪ Sport & Physical Education ▪ National Sports Academy ▪ 2011

Training, Qualifications and Certificates

Registered Scientist (RSci) ▪ Science Council UK ▪ 2019

Qualified Teacher Status (QTS) ▪ National College for Teaching & Leadership UK ▪ 2014

Level 6 Personal Trainer, Advanced Health and Exercise Specialist ▪ EREPS ▪ 2016

Level 3 in Coaching Gymnastics ▪ British Gymnastics ▪ 2018

EXPERIENCE

Personal Trainer / Gymnastics Coach ▪ January 2013 - Present

STK Sport ▪ London, United Kingdom

Providing gymnastics coaching and Yoga to Schools, clubs and private clients

Gymnastics Coach ▪ January 2008 – December 2012

'Levski' Sports Club ('Levski Spartak' G.C. Department) ▪ Sofia, Bulgaria

Head Gymnastics Coach

Gymnast

- Best result: 4th in the Men's Rings Final at the 2012 National Gymnastics Championships, Bulgaria
- Three-time London Gymnastics Champion on Rings (2015, 2016 & 2017)

PUBLICATIONS

1. Article ▪ *Science of Gymnastics Journal*, Vol. 11(2), 2019

Kiuchukov, I., Yanev, I., Petrov, L., **Kolimechkov, S.**, Alexandrova, A., Zaykova, D., & Stoimenov, E. (2019). Impact of gymnastics training on the health-related physical fitness of young female and male artistic gymnasts. *Science of Gymnastics Journal*, 11(2), 175 - 187.

2. Article ▪ *European Journal of Physical Education and Sport Science*, Vol. 5(4), 2019

Kolimechkov, S., Petrov, L., & Alexandrova, A. (2019). Alpha-fit test battery norms for children and adolescents from 5 to 18 years of age obtained by a linear interpolation of existing European physical fitness references. *European Journal of Physical Education and Sport Science*, 5(4), 1-14.

3. Article ▪ *Journal of Advanced Sport Technology (JAST)*, Vol. 1(3), 2018

Kolimechkov S., Petrov, L., Alexandrova, A., & Cholakov, K. (2018). BeepShuttle Junior: Software for the Administration of the 20m Shuttle Run Test in Children and Adolescents. *Journal of Advanced Sport Technology*, 1(3), 35-40.

4. Article ▪ *European Journal of Physical Education and Sport Science*, Vol. 3(4), 2017

Kolimechkov S. (2017). Physical fitness assessment in children and adolescents: a systematic review. *European Journal of Physical Education and Sport Science*, 3(4), 65-78.