

STEFAN KOLIMECHKOV

BASES CERTIFIED EXERCISE PRACTITIONER



Registered Scientist in the UK (RSci). PhD student at the National Sports Academy, Sofia, Bulgaria ▪
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EDUCATION

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

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

Training, Qualifications and Certificates

Certified Exercise Practitioner ▪ British Association of Sport and Exercise Sciences (BASES) ▪ 2017

Registered Scientist (RSci) ▪ Science Council UK ▪ 2017

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

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

Level 3 Personal Trainer ▪ REPs UK ▪ 2014

Level 2 in Coaching Gymnastics ▪ British Gymnastics ▪ 2013

EXPERIENCE

Gymnastics Coach ▪ January 2013 - present

'Elite Gymnastics Academy' CIC ▪ London, United Kingdom

WAG & MAG coach, General gymnastics coach, Pre-school coach

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 ▪ *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.

2. Article ▪ *African Journal for Physical Activity and Health Sciences (AJPHEs)*, Vol. 22(2:2), 2016

Kolimechkov, S.T., Petrov, L.A., Alexandrova, A.V. & Atanasov, P.S. (2016). Nutrition and physical development assessment of pre-school and primary school children practising artistic gymnastics. *African Journal for Physical Activity and Health Sciences*, 22(2:2), 565-577.

3. Article ▪ *Journal of Sport Science (Sport & Science Magazine)*, Vol. 4, 2013

Kolimechkov S., Petrov, L., Ilinova, B., Alexandrova, A., Andreeva, L. & Atanasov, P. (2013). Assessment of the physical development of pre-school and primary school children practising artistic gymnastics. *Journal of Sport Science*, 4, 106-115.