

# **PROPOSAL LETTER**

by Assoc. Prof. Albena Alexandrova, PhD

Physiology and Biochemistry Department at the National Sports Academy, Sofia, Bulgaria

Dear Dr. Luptáková and Dr. Novak,

As a supervisor of Stefan Kolimechkov I would like to nominate my doctoral student for the 2017 FIEP New Leaders' Programme from the 12<sup>th</sup> FIEP European Congress.

Stefan Kolimechkov is now a second-year PhD student at the National Sports Academy, Sofia, Bulgaria in the programme: "Theory and Methods of Physical Education and Sports Training, including Physiotherapy", and I am supervising him in the research on nutrition and physical fitness of pre-school and primary school children, which is the thesis for his PhD work.

I met Stefan for the first time two years ago, when he looked into the possibilities of doing research for his PhD thesis in the Department of Physiology and Biochemistry at the National Sports Academy, Sofia. From the very beginning he appeared very enthusiastic, intelligent, and asked good questions about the projects we were working on.

He was taken on as a PhD student in our department in July 2015. Before starting experimental work he had found many papers on the subjects relevant to the topic of the experiments. He had read them carefully and then discussed them with me and other senior members of the department. I was quite impressed by his analytical abilities and profound understanding of the problems. Doing the experimental work, Stefan stood out with the precision, creativity and many long hours which he put in, in order to complete the work on time. I can sincerely say that it was a real pleasure to communicate and work in a team with a person like him.

Stefan Kolimechkov has very good writing skills and has already published two scientific articles.

He has excellent presentation skills, which he demonstrated at the final examination of his master thesis and during the presentations of different topics related to our research work as a part of the routine practice in our department.

In addition, Stefan is still competing at the very top level in artistic gymnastics, and he is a two-time London Rings Champion (2015 and 2016). So he is extremely familiar with sporting issues and is able to apply scientific methods in solving sporting tasks.

At the beginning of 2015 he started working as a sports coach at a Primary School. The work with children requires specific skills and much knowledge. This knowledge can be acquired through intense communication with experts in the field, which is most readily available at scientific forums.

For Stefan it will be of great benefit to meet with colleagues from the scientific community, to exchange ideas about work, to share the experience of researchers in the field and to learn about the latest developments in sports science.

All this provides me with the confidence to say that Stefan Kolimechkov merits receiving my highest possible recommendation for taking part in the 2017 FIEP New Leaders Programme from the 12<sup>th</sup> FIEP European Congress.

Sincerely,



Albena Alexandrova  
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P.S. Please find enclosed the brief biography of Stefan Kolimechkov, along with the required photo and e-mail address.

## BRIEF BIOGRAPHY OF STEFAN KOLIMECHKOV

STEFAN KOLIMECHKOV, PHD STUDENT

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Stefan Kolimechkov was born on 31<sup>st</sup> of October 1987 in a small town in the south-west part of Bulgaria. Just a few years later his father was promoted and started working as a Colonel in the Ministry of Defence. His family moved to the city of Sofia where Stefan started his primary education. In 2011 Stefan graduated from the National Sports Academy 'Vassil Levski' – Sofia (NSA) with a Bachelor's degree in two majors (Sports and Physical Education). His thesis, entitled 'Comparative Kinematic Analysis of the Dismounts - Double somersault bwd. stretched and Double somersault bwd. stretched with 360° turn on Still Rings', enjoyed huge success and was granted one of the highest awards at the Gymnastics Department of the NSA. The following year Stefan prepared his Master's thesis, entitled 'Assessment of the Daily Diet of Pre-school and Young School Children practising Artistic Gymnastics', which was awarded the highest possible mark at the Physical Education Department of the NSA, and subsequently Stefan obtained his Master's degree in Physical Education.

Stefan is now a PhD student at the National Sports Academy. In July 2015, he was enrolled for a three-year higher education distance learning course, which leads to a PhD degree in the Physical Education Pedagogy Research Area in the following PhD programme: 'Theory and Methods of Physical Education and Sports Training, including Physiotherapy'. His current research is concerned with the nutrition and physical fitness of primary school children engaged in artistic gymnastics, and builds upon all the studies which he has carried out so far. He has

been conducting this PhD research in the United Kingdom since the beginning of 2015, with the help of his supervisors from the National Sports Academy in Sofia.

Stefan has been working as a gymnastics coach for the Elite Gymnastics Academy CIC in London since January 2013, has been volunteering as a Physical Education assistant at St Edmund's Primary School and working for the same school as a sports coach since the beginning of 2015. Moreover, Stefan is competing at the very top level in artistic gymnastics, and he is a Two-time London Rings Champion (2015 & 2016).

Stefan holds a Qualified Teacher Status (QTS Ref.N1387592) for the purpose of teaching in maintained schools and non-maintained special schools in England. The award has been made by the National College for Teaching & Leadership (NCTL) in the UK. He is also a Full Member of the Association for Physical Education - N7180 (afPE), which is the only Physical Education subject association in the UK. Moreover, he is a student member of the British Association for Sport and Exercise Sciences - N107218 (BASES), a gold member of Sports Coach UK - NGM506 (the National Coaching Foundation in the United Kingdom), and a gold member of British Gymnastics N1999204 (the UK Governing Body for the sport of Gymnastics), which has awarded him a Level 2 certificate in coaching artistic gymnastics (UKCC).

Kolimechkov is a registered Exercise Professional who has met the criteria and standards of the EuropeActive, and has been admitted to the European Register (EREPS) with the status of Level 6 Personal Trainer, Advanced Health and Exercise Specialist.

## Publications

1. 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.
2. 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.