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PROFESSIONAL MEMBERSHIPS



Dr Stefan Kolimechkov is a member of the American College of Sports Medicine (ACSM ID # 862559), the European College of Sport Science (ECSS ID # 26528), and the Fédération Internationale d'Éducation Physique et Sportive (FIEPS).

LIST OF SCIENTIFIC PUBLICATIONS

PEER-REVIEWED JOURNAL ARTICLES

24. **Kolimechkov, S.**, Seijo, M., Swaine, I., Thirkell, J., Colado, J. C., & Naclerio, F. (2023). Physiological effects of microcurrent and its application for maximising acute responses and chronic adaptations to exercise. *European journal of applied physiology*, 123(3), 451–465. <https://doi.org/10.1007/s00421-022-05097-w>
23. Bonova, I., **Kolimechkov, S.**, Mavrudiev, P., Mitsov, D., Dasheva, D. (2022). The effect of trainability on the physical fitness of young athletes. *Journal of Applied Sports Sciences*, 1(2022), 57-72. <http://dx.doi.org/10.37393/JASS.2022.01.5>
22. **Kolimechkov, S.**, Douglas, D., Izov, N., Alexandrova, A., & Petrov, L. (2022). The effect of turmeric and its compound curcumin on muscle recovery in athletes: mini review. *Kinesiologia Slovenica*, 28(1), 83-95. <https://doi.org/10.52165/kinsi.28.1.83-95>
21. Petrov, L., Alexandrova, A., Makaveev, R., Penov, R., Bonova, I. & **Kolimechkov, S.** (2022). Copper, selenium, zinc, and iron deficiencies in male athletes. *Journal of Physical Education and Sport*, 22(2), 423 - 429. doi: 10.7752/jpes.2022.02053
20. **Kolimechkov, S.**, Petrov, L., Vankova, D., & Douglas, D. (2022). Nutritional Assessment of Female Yoga Practitioners with Different Levels of Experience. *Sport Mont*, 20(1), 45-49. doi: 10.26773/smj.220208
19. Petrov, L., Alexandrova, A., Kachaunov, M., Penov, R., Sheytanova, T., & **Kolimechkov, S.** (2021). Effect of glutathione supplementation on swimmers' performance. *Pedagogy of Physical Culture and Sports*, 25(4), 215-224. <https://doi.org/10.15561/26649837.2021.0403>
18. **Kolimechkov, S.**, Yanev, I., Kiuchukov, I., Petrov, L. (2021). Kinematic analysis of double back straight somersault and double back straight somersault with full twist on rings. *Science of Gymnastics Journal*, 13(2), 191 - 202. DOI: <https://doi.org/10.52165/sgj.13.2.191-202>
17. **Kolimechkov, S.**, Petrov, L., & Alexandrova, A. (2021). Artistic gymnastics improves biomarkers related to physical fitness and health at primary school age. *International Journal of Applied Exercise Physiology*, 10(1), 115-128.
16. Izov, N., Alexandrova, A., Petrov, L., Kachaunov, M., Sheytanova, T., & **Kolimechkov, S.** (2020). Dynamics of training distress, performance, and excretion of cortisol and cortisone in urine during six weeks of training in elite swimmers. *Human. Sport. Medicine*, 20(S1), 84-91. <https://doi.org/10.14529/hsm20s111>
15. **Kolimechkov, S.**, Castro-Piñero, J., Petrov, L., Alexandrova, A. The effect of elbow position on the handgrip strength test in children: validity and reliability of TKK 5101 and DynX dynamometers. *Pedagogy of Physical Culture and Sports*. 2020;24(5):240-7. <https://doi.org/10.15561/26649837.2020.0504>
14. **Kolimechkov, S.** & Petrov, L. (2020). The Body Mass Index: A Systematic Review. *Journal of Exercise Physiology and Health*, 3(2), 21-27.
13. Miteva, S., Yanev, I., **Kolimechkov, S.**, Petrov, L., Mladenov, L., Georgieva, V., & Somlev, P. (2020). Nutrition and body composition of elite rhythmic gymnasts from Bulgaria. *International Journal of Sports Science & Coaching*, 15(1), 108–116. <https://doi.org/10.1177/1747954119892803>
12. Penov, R., Petrov, L., **Kolimechkov, S.** (2020). Changes in heart rate and blood lactate concentration during karate kata competition. *Pedagogy of physical culture and sports (Pedagogics, psychology, medical-biological problems of physical training and sports)*, 24(3):137-142. <https://doi.org/10.15561/26649837.2020.0306>

11. Neykov, S., Bachev, V., Petrov, L., Alexandrova, A., Andonov, S., & **Kolimechkov, S.** (2019). Application of hypoxicators in the rowers' training. *Pedagogics, Psychology, Medical-Biological Problems of Physical Training and Sports*, 23(5), 239-245. DOI: 10.15561/18189172.2019.0505
10. **Kolimechkov, S.**, Yanev, I., Kiuchukov, I., Petrov, L., Alexandrova, A., Zaykova, D., & Stoimenov, E. (2019). Nutritional status and body composition of young artistic gymnasts from Bulgaria. *Journal of Applied Sports Sciences*, 1, 39-52.
9. 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.
8. Alexandrova, A., Petrov, L., Makaveev, R., Tsvetanova, E., Georgieva, A. & **Kolimechkov, S.** (2019). Erythrocyte Oxidative Status after Maximal Aerobic Test in Wrestlers. *Human. Sport. Medicine*, 19(1), 15-21. DOI: 10.14529/hsm190102.
7. **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.
6. Petrov, L., Penov, R., **Kolimechkov, S.** & Alexandrova, A. (2018). Physiological and biochemical changes after a programmed kumite in male Shotokan karate practitioners. *Archives of Budo Science of Martial Arts and Extreme Sports*, 14, 171 - 178.
5. Alexandrova, A., Penov, R., Petrov, L., Cholakov, K., & **Kolimechkov, S.** (2018). Competitive bout model as a tool for estimation of female karateka specific endurance. *European Journal of Physical Education and Sport Science*, 4(9), 30-41.
4. **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.
3. **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. **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.
1. **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 ('Спорт и Наука')* 2013, 4, 106-115.

ARTICLES PUBLISHED IN PROCEEDING BOOKS

4. Bonova, I., Mileva, E. & **Kolimechkov, S.** (2022). Morphological characteristics and health status of 8-19-year old girls. In T. Iancheva (Ed.), International Scientific Congress 'Applied Sports Sciences' 2022, Vol.2 (pp. 265 - 271). Sofia, Bulgaria: Scientific Publishing House NSA Press.
3. Bachev, V., Petrov, L., Alexandrova, A., Neykov, S., **Kolimechkov, S.** and Mihaylov, V. (2019). Some metrological aspects of measurements of quantitative characteristics during a hypoxic training of elite rowers, XXIX International Scientific Symposium 'Metrology and Metrology Assurance' (MMA) 2019 (pp. 150-153). Sozopol, Bulgaria. doi: 10.1109/MMA.2019.8935990.
2. Bonova, I., **Kolimechkov, S.**, Hristov, O., Petrova, B., Kostova, N. & Vekova, A. (2019). Physical fitness levels of Bulgarian primary school children in relationship to overweight and obesity. In T. Iancheva (Ed.), International Scientific Congress 'Applied Sports Sciences' 2019 (pp. 335-339). Sofia, Bulgaria: NSA Press.
1. **Kolimechkov, S.**, Petrov L. & Alexandrova A. (2017). Physical activity assessment using a modified PAQ-C questionnaire. In T. Iancheva (Ed.), International Scientific Congress 'Applied Sports Sciences' 2017 (pp. 346-350). Sofia, Bulgaria: NSA Press.

ABSTRACTS PUBLISHED IN CONFERENCE PROCEEDINGS

17. **Kolimechkov, S.** (2021). Effects of microcurrent therapy with or without resistance exercise on muscle strength, body composition, and physical function in older adults. 1st Meeting of the Centre for Exercise Activity and Rehabilitation at the Institute for Lifecourse Development, University of Greenwich, 7 December 2021.
16. **Kolimechkov, S.** & Petrov, L. (2021). Relative handgrip strength is a better indicator than absolute handgrip strength for the assessment of health-related musculoskeletal fitness in children. 26th Annual Congress of the European College of Sport Science, 8-10 September 2021.
15. **Kolimechkov, S.**, Petrov, L., Gateva, M. & Alexandrova, A. (2021). Precompetitive stress in rhythmic gymnasts assessed by using salivary alpha-amylase, protein and potassium. *Medicine & Science in Sports & Exercise*: August 2021 - Volume 53 - Issue 8S - p 329-330 doi: 10.1249/01.mss.0000763032.63866.c8
14. **Kolimechkov, S.**, Petrov, L., Vankova, D. & Douglas, D. (2021). Nutritional assessment of female yoga practitioners with different levels of experience. Abstracts from the 18th Annual Scientific Conference of Montenegrin Sports Academy and 16th FIEP European Congress 'Sport, Physical Education, Physical Activity and Health: Contemporary perspectives': Dubrovnik, Croatia. 8-11 April 2021. *Montenegrin Journal of Sports Science and Medicine*, 10(S1), 5-19. doi: 10.26773/mjssm.210401
13. **Kolimechkov, S.**, Petrov, L., Alexandrova, A. & Jemni, M. (2020). Artistic gymnastics improves health-related biomarkers at primary school age. 25th Annual Congress of the European College of Sport Science, 28-30 October 2020.
12. Bonova, I., **Kolimechkov, S.**, Hristov, O., Petrova, B., Kostova, N. & Vekova, A. (2019). Physical fitness levels of Bulgarian primary school children in relationship to overweight and obesity. 2nd International Scientific Congress of Applied Sports Sciences & 1st Balkan Scientific Congress 'Physical Education, Sports, Health', Sofia, Bulgaria, 15-16 November 2019
11. **Kolimechkov, S.** & Petrov, L. (2019). Turmeric: Benefits for Athletes. Symposium 'Bioactive substances with application in sport' from the 2nd International Scientific Congress of Applied Sports Sciences & 1st Balkan Scientific Congress 'Physical Education, Sports, Health', Sofia, Bulgaria, 15-16 November 2019
10. Bachev, V., Petrov, L., Alexandrova, A., Naykov, S., **Kolimechkov, S.** & Mihaylov, V. (2019). Some metrological aspects of measurements of quantitative characteristics during a hypoxic training of elite rowers. XXIX International Scientific Symposium 'Metrology and Metrology Assurance', Sozopol, Bulgaria, 6-10 September 2019.
9. **Kolimechkov, S.**, Miteva, S., Yanev, I. & Petrov, L. (2019). Body composition and nutrient intake of Olympic and elite rhythmic gymnasts. 24th Annual Congress of the European College of Sport Science, Prague, Czech Republic, 3-6 July 2019.
8. **Kolimechkov, S.**, Kiuchukov, I., Petrov, L., Alexandrova, A., Yanev, I., Zaykova, D. & Stoimenov, E. (2018). Physical fitness assessment of young artistic gymnasts. BASES Conference 2018 – Programme and Abstracts, Harrogate, UK, 27-28 November. *Journal of Sports Sciences*, 36:sup1, DOI: 10.1080/02640414.2018.1521633.
7. **Kolimechkov, S.**, Petrov, L. & Alexandrova, A. (2018). Combined sets of European physical fitness percentile scores, with appropriate interpolations, for children and adolescents for the Alpha-fit test battery. 13th FIEP European Congress and 29th FIEP World Congress, Istanbul, Turkey, 26-29 September 2018. Marmara University Press.
6. Petrov, L., Alexandrova, A., **Kolimechkov, S.**, Kiuchukov, I., Yanev, I., Zaykova, D. & Stoimenov, E. (2018). Physical development of young artistic gymnasts. XXVIII International Conference: Bulgarian

Presidency of the Council of the European Union - Innovation and Prosperity, Stara Zagora, Bulgaria, 1 June 2018.

5. Kiuchukov, I., **Kolimechkov, S.**, Yanev, I., Alexandrova, A., Zaykova, D., Stoimenov, E. & Petrov, L. (2018). Physical fitness and physical preparation of young artistic gymnasts. Annual Conference of the Department of Gymnastics at the National Sports Academy, Sofia, Bulgaria, 23 May 2018.
4. **Kolimechkov, S.**, Petrov, L. & Alexandrova, A. (2017). Physical activity assessment using a modified PAQ-C questionnaire. 1st International Scientific Congress of Applied Sports Sciences, Sofia, Bulgaria, 1-2 December 2017.
3. **Kolimechkov, S.**, Petrov, L. & Alexandrova, A. (2017). Effect of elbow position on grip strength in children: validity and reliability of TKK 5101 and DynX dynamometers. BASES Conference 2017 – Programme and Abstracts, Nottingham, UK, 28-29 November. Journal of Sports Sciences, 35:sup1, DOI: 10.1080/02640414.2017.1378421.
2. **Kolimechkov, S.**, Petrov, L., Alexandrova, A. & Cholakov, K. (2017). BeepShuttle: Software for assessing the cardiorespiratory fitness of children and adolescents. 12th FIEP European Congress, Luxembourg, 13-16 September 2017.
1. **Kolimechkov, S.**, Petrov, L., Alexandrova, A., Andreeva, L. & Atanasov, P. (2013). Assessment of the nutrition and physical development of pre-school and primary school children practising artistic gymnastics. VI-th National Nutrition Conference, Varna, Bulgaria, 17 May 2013.

KEY GRANTS & PROJECTS

2. Methods for the Assessment of Physical Fitness and Physical Development in Primary School Children 1 Year Project (2019): 1 550 EUR (3 030 BGN) Funded by Grant '435/07.02.2019' from the National Sports Academy, Sofia, Bulgaria. Research Team Principal: Assist. Iveta Bonova PhD, Assist. Nadejda Kostova PhD, Assist. Oleg Hristov PhD, Borislava Petrova, **Stefan Kolimechkov PhD**, Petia Niagin, Valentin Vukov,

1. Assessment of the Physical Development in Bulgarian Artistic Gymnasts: 1 Year Project (2018): 2 500 EUR (5 075 BGN) Funded by Grant '08/15.02.2018' from the National Sports Academy, Sofia, Bulgaria. Research Team Principal: Assoc. Prof. Iliia Kiuchukov PhD, Assoc. Prof. Albena Alexandrova PhD, Assoc. Prof. Dr Lubomir Petrov PhD, Assist. Prof. Iliya Yanev PhD, Assist. Prof. Emil Videv PhD, Assist. Prof. Dilyana Zaykova PhD, Assist. Emil Stoimenov, **Stefan Kolimechkov PhD**