



Dr Stefan Kolimechkov

DIRECTOR AT
CHELSEA GYMNASTICS
ACADEMY

Contact

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Certificates

- Qualified Teacher Status (QTS)
Department for Education UK, 2014
- Chartered Activity & Health Practitioner
CIMSPA, 2020
- Level 3 in Coaching Gymnastics
British Gymnastics, 2018

Awards

Gold medal

Three-time London Gymnastics Champion on Rings (2015, 2016 & 2017)

Publications

European journal of applied physiology

Kolimechkov, S., Seijo, M., Swaine, I., Thirkell, J., Colado, J. C., & Naclerio, F. (2022). Physiological effects of microcurrent and its application for maximising acute responses and chronic adaptations to exercise.

<https://doi.org/10.1007/s00421-022-05097-w>

Education

2015–2018 **Doctor of Philosophy (PhD)**

Pedagogy in Physical Education awarded by the Physiology and Biochemistry Department at the National Sports Academy, Bulgaria

2011–2012 **Master of Arts (MA)**

Physical Education

awarded by the National Sports Academy, Bulgaria

2007–2011 **Bachelor of Arts (BA)**

Sport & Physical Education

awarded by the National Sports Academy, Bulgaria

Experience

2022–PRESENT **Director**

Chelsea Gymnastics Academy Ltd

Providing gymnastics to the community in the Royal Borough of Kensington and Chelsea, London.

2013–2022 **Personal Trainer / Gymnastics Coach**

STK SPORT

Providing gymnastics coaching as Self-employed to private clients, schools, and clubs in London, UK.

2008–2012 **Gymnastics Coach**

Levski Sports Club (Levski Spartak G.C. Department)

Head Gymnastics Coach, Sofia, Bulgaria.