

DR STEFAN KOLIMECHKOV

REGISTERED PERSONAL TRAINER & SPORTS SCIENTIST



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EDUCATION

Doctor of Philosophy (PhD) ▪ Pedagogy in Physical Education ▪ NSA, Bulgaria ▪ 2018

Master of Arts (MA) ▪ Physical Education ▪ NSA, Bulgaria ▪ 2012

Bachelor of Arts (BA) ▪ Sport & Physical Education ▪ NSA, Bulgaria ▪ 2011

Training, Qualifications and Certificates

Registered Scientist (RSci) ▪ Science Council UK ▪ 2019

Qualified Teacher Status (QTS) ▪ Department for Education UK ▪ 2014

Chartered Personal Trainer Practitioner ▪ CIMSPA ▪ 20

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 ▪ *International Journal of Sports Science & Coaching*, Vol. 15(1), 2020

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>.

2. 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.

3. 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.