

STANIMIR NIKOLOV

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EDUCATION

University of Stirling, UK

Bachelor of Arts with Honours in Sport Studies

Sept 2012 – May 2016

Expected Grade: First Class (Hons)

- Focused primarily on physiology, nutrition and metabolism
- Gained experience in testing DNA and blood parameters as well as measuring body composition neuromuscular, respiratory and cardiovascular function
- Dissertation: Mitochondrial haplogroups associated with mtDNA copy number and endurance exercise performance

Lomonosov High School, Bulgaria

Computer Technologies, Science and Humanities

Sept 2008 – June 2012

94% Overall Grade

- Curriculum focused on computer and natural sciences, and mathematics
- Awarded by the school for academic achievements

ACADEMIC EXPERIENCE

Undergraduate Vacation Studentship, University of Stirling

Research Assistant

June 2015 – July 2015

Awarded by Rank Prize

- Topic: the relationship among miRNA, olive oil supplementation and blood lipid profile
- Involvement: sample preparation qPCR, RFLP, PCR and gel electrophoresis

Undergraduate Vacation Studentship, University of Stirling

Research Assistant

Apr 2015 – June 2015

Awarded by the Physiological Society (UK)

- Topic: the effect of Omega-3 fatty acid supplementation in ameliorating the effect of mild traumatic brain injury from repetitive soccer ball heading
- Involvement: assisted in administration of the heading protocol, electromyography, transcranial magnetic stimulation, blood sampling, cognitive and body balance tests

Daily Mile Research Project, University of Stirling

Data Collection Assistant

Sept 2015 – Mar 2016

Voluntary

- Topic: the effect of running one mile daily during School time on children's health, physical and school performance
- Involvement: collected body composition data and administer physical tests

Glasgow Midnight Football League, University of Stirling

Data Input Assistant

July 2015

Financed by Bank of Scotland

- Topic: the effectiveness of Glasgow Midnight Football League on improving teenagers' anti-social behaviour
- Involvement: transferred questionnaire data into SPSS Statistics

Tsukuba Summer School, University of Tsukuba, Japan

Programme Participant (Scholar)

July 2015

Awarded by Tsukuba and Stirling Universities

- Topic: sport, physical activity and culture in Japan
- Involvement: participated in lectures, seminars, practical sessions, presentations and networking events

NON-ACADEMIC EXPERIENCE

Active Stirling

June 2013 – Present

Positions: Gym Instructor, Weightlifting Coach, and Cleaner

- Inducted new members, designed training programme, maintained clean and tidy work environment
- Planned and coached training sessions

Information Services, University of Stirling,

June 2013 – 05/2015

Positions: Office Assistant, Print Room Operator, Wi-Fi Support Assistant and Event Assistant

- Carried out administrative work as well as productions of posters, leaflets, magazines and books
- Maintained university's printer system, installed Wi-Fi settings on a wide range of devices
- Assisted staff during university events

Students Union and School of Sport, University of Stirling

Feb 2013 – 05/2015

Positions: Corse Representative, School Officer, Tour Guide and Student Support Mentor

- Facilitated liaison between students and staff to help improve the quality teaching within the University
- Organised Open Day events and promoted university's academic programmes to potential students
- Advised new university students on their academic and social life

Clackmannanshire Council

Jan 2015 – Apr 2015

Assistant Event Organisers

- Designed booklets, invitations and presentation slides
- Set up event venue and welcomed event guests

Career Development Centre, University of Stirling

Coach Development Programme Participant

Oct 2013 – May 2014

- Participated in various coaching workshops, seminars and events
- Organised and led coaching sessions to Primary and Secondary School Children

Taekwondo Club Hemus, Bulgaria

May 2011 – Nov 2011

Coach and Administrator

- Organised paperwork, financial reports and liaised with other institutions
- Coached martial arts and sports conditioning

ADDITIONAL QUALIFICATIONS AND INVOLVEMENT

Possess the following qualifications:

Computer Software and Hardware Technician
Driving Licence
PVG Scotland
First Aid Certificate

Personal Trainer Level 3
Sports Conditioning Level 3
Gym Instructor Level 2
1st Dan Kukkiwon (Black Belt in Taekwondo)

Member of University of Stirling's International Society, Business club and Cultural Arts Exchange Society

References available upon request