

# Rocío Montejo Ráez



## Biography

A highly competent and enthusiastic exercise scientist with a proven ability to help people achieve their health goals. Possessing a successful track record of evaluating client's physical fitness, understanding their needs, and developing practical and achievable workout routine for them to reach their targets and improve their health. Possessing the necessary communication skills required to gain the trust of clients and thereby retain their business.

Rocio is looking for a job opportunity to work in the exercise and health industry and keep developing her professional and personal skills.



## Education

Jan 2014

### Certificate III & IV in Fitness

Australian Institute of Personal Trainers

Sep 2006

Sep 2009

### Bachelor Exercise & Sport Sciences

University of Granada (Spain)

Sep 2003

Jun 2006

### Degree PE Teacher

University of Jaén (Spain)



## Experience

Aug 2016

Currently

### Exercise Scientist

Vigor Personal Training Studio

#### Competencies

- > Designing individual exercise programs based on assessment of the clients level of fitness, goals and abilities.
- > Setting up and monitoring fitness equipment and ensuring that equipment is safe, clean and in working condition.
- > Undertaking safety and risk assessments and ensuring all fitness activities are undertaken in a safe manner.
- > Developing and planning strategies and programs for health, wellness and effective injury prevention in conjunction with the current researchers and the studio manager.



Biography



Education



Experience



Extra cv



Certifications



Languages



References



Contact

Mar 2016  
May 2016

## Health & Lifestyle coordinator

Spotless Facility Services

### Competencies

- › Planning & implementation of health and lifestyle programs to village residents to promote a culture of well-being & health.
- › Assessment, provision and review of gym based exercise programs, including prescription and delivering, strength and conditioning programs, sporting and other recreational programs.
- › Facilitation of workplace stretching and conditioning programs in conjunction with current corporate injury prevention strategies.
- › Developing and planning strategies and programs for health, wellness and effective injury prevention in conjunction with the injury management coordinator.
- › Work site ergonomic assessments, audits and training.
- › Coordination of group exercise and sporting competitions to foster a healthy workforce.
- › Manual handling audits and training.
- › Coordination of social and recreational activities on site.

Sep 2015  
Feb 2016

## Gym manager & Exercise Scientist

Empower2TheMax

### Competencies

- › Perform health assessments
- › Prescript and deliver exercise programs
- › Design & promotion of activities to meet customers' demands
- › Managing maintenance, insurance, repairs & cleaning
- › Carrying out health and safety checks on the equipment and site
- › Complaint and incident handling

May 2013  
Jul 2015

## Fitness instructor & activity support officer

PCYC Beenleigh

### Competencies

- › Perform health assessments
- › Prescript and deliver exercise programs
- › Core Flex class instructor (pilates, yoga, stretching...)
- › Rock climbing instructor
- › Gym instructor
- › Fitness leader (weight loss program, "MS" group)
- › Design of brochures, flyers and posters



*Rocío Montejo Ráez*

### Areas of Expertise

Sport & Exercise consultant

Lifestyle assessments

Stretching

Core workout

Computerized training

Health mobile applications  
(m-Health)

Oct 2011  
Jun 2012

## Assistant trainer

Granada Soccer Club

### Competencies

- › Design, implement, conduct and monitor strength and conditioning programs
- › Assist with rehabilitation of injured players
- › Assist with coordinating, maintenance and staffing of material and facilities
- › Assist with plan, supervision and evaluation of programs

Sep 2009  
Sep 2011

## Teacher of Physical Education

High School  
Sagrada Familia

Oct 2007  
Jun 2008

## Professional practices

SERVISPORT

### Competencies

- › Perform quality studies on the degree of user satisfaction with company activities.
- › Studies on activity demands
- › Preparation of brochures, flyers and posters
- › Development of educational programs and activities
- › Study and improvements proposals for the annual business plan

2006/2007  
&  
2005/2006

## Project coordinator

*"Creating database and software tool for Physical Education"*

### Competencies

- › Prepare project organization and communication charts
- › Track the progress and quality of work being performed by design disciplines/trades
- › Use project scheduling and control tools for monitoring project plans, work hours, budgets and expenditures
- › Review field inspection reports from Consultants throughout the project lifecycle
- › Prepare substantial completion certificates and ensure all required close out documents are obtained
- › Keep Project Manager and other roles up to date about the project status and issues

Mar 2006  
Jun 2006

## Practice as Teacher of Physical Education

School  
Alfredo Cazaban

Nov 2004

## Instructor in course *"Physical exercise in disabled children"*

University of  
Jaen, Spain



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## ★ Extra curricular activities

Dec 2009  
Jan 2010

### Psychology course

Training programs in social skills

Nov 2009

### Vocal of the cometeer

XII Congress of Andalucía psychology of physical activity and sport

Nov 2009

### Presentation for the talk

Contents of a psychological basis in sport: conceptual review and study of the coaches thoughts

Nov 2009

### Article

Creating a computerized training led to the development of teacher specialist Physical Education. Posted in *Quality Assessment of Higher Education and Research (VI Forum)* ISBN 978-8469235560

## ✶ Languages

- Spanish *Native*
- English *Competent (6.5 IELTS)*
- French *Basic*



## Certifications

- Better Breathing: Respiratory Muscle Training and Airway Clearance *Better Breathing Hippocamp August 29, 2016*
- The Data Scientist's Toolbox *Johns Hopkins University August 30, 2015*
- R Programming *Johns Hopkins University October 4, 2015*
- ESSA membership *Exercise Scientist #10214*
- First Aid Perform CPR *#HLTAID003 Fitness Training Academy (FITTA) Expire date First Aid: 21/03/2018 Expire date CPR: 18/04/2017*
- Certificate Group Exercise Leader *Australian Institute of Personal Trainers*
- Climbing Artificial Surfaces Instructor Top Rope *#SISSS00046 Skill Set Outdoor Training College Statement Date: 05/08/2015*
- Australian Drivers License *Automatic and manual vehicles*
- Blue card Australia



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## Personal references

- Barry Donovan *barry@empower2themax.com.au*  
*Director of Empower2TheMax* 0401887765
- Sargeant Mark Heister *mark.heistier@pcyc.org.au*  
*Branch Manager PCYC Beenleigh*
- Brendon Pidgeon *brendon.pidgeon@pcyc.org.au*  
*Fitness Manager PCYC Beenleigh* 0419 881 254
- Lance Faulkner *lance@lfes.com.au*  
*BHMSc, MExSc, AEP, CISSN* 0437 720 579  
*Accredited Exercise Physiologist* <http://www.lfes.com.au>  
*Certified Sports Nutritionist*  
*Strength and Conditioning Coach*
- Marcos Morales *supermarcos@gmail.com*  
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*ACS Accredited #3270713* <http://www.supermarcos.net>

## Contact

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Brisbane, QLD, 4030



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