

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

Mar 2016

Currently

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.
- › Project work with new technologies and communication system.



Biography



Education



Experience



Extra cv



Certifications



Languages



References



Contact

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



Rocío Montejo Ráez

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

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



Rocío Montejo Ráez

Areas of Expertise

Sport & Exercise consultant

Lifestyle assessments

Stretching

Core workout

Computerized training

Health mobile applications
(m-Health)

★ 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

- 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: 21/03/2016*
- 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



Rocío Montejo Ráez

Areas of Expertise

Sport & Exercise consultant

Lifestyle assessments

Stretching

Core workout

Computerized training

Health mobile applications
(m-Health)

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*
Software developer 0406 525 071
ACS Accredited #3270713 <http://www.supermarcos.net>

Contact

- @ romontejo@gmail.com
-  <http://www.pumpyourhealth.com>
-  0406 347 421
-  Unit 1, 12 Ellem Drive
Chinchilla, QLD, 4413



Rocío Montejo Ráez



Rocío Montejo Ráez

Areas of Expertise

Sport & Exercise consultant

Lifestyle assessments

Stretching

Core workout

Computerized training

Health mobile applications
(m-Health)