

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)