

Rocío Montejo Ráez



Biography

A highly competent and enthusiastic Exercise Physiologist with a proven ability to help people achieve their health goals and rehabilitation. Possessing a successful track record of assessing client's physical condition, in special cardiopulmonary condition, understanding their needs, and developing practical and achievable exercise prescriptions for them to reach their goals and improve their health. Possessing the necessary communication skills required to gain the trust of clients and thereby improve their health. Rocío is looking for a job opportunity to work in the Exercise Physiology industry and keep developing her professional and personal skills.

Education

- 2019

Master in Clinical Exercise Physiology

Charles Sturt University
- Sep 2006
Sep 2009

Bachelor Exercise & Sport Sciences

University of Granada (Spain)
- Sep 2003
Jun 2006

Degree PE Teacher

University of Jaén (Spain)

Experience

- Jun 2019
Jul 2019

Hospital Placement

RBWH - Brisbane

Competencies

- › Perform base level cardiac investigations including, ECG, Holter Monitoring application and analysis, Exercise stress testing, patient monitoring component in Nuclear Medicine stress and Stress Echocardiography testing, tilt table testing, event monitoring and BP monitoring; within a multidisciplinary team in accordance with prescribed professional and ethical standards.
 - › Apply increasingly independent clinical judgement to more complex clinical caseloads under the clinical practice supervision or professional guidance of a more senior cardiac scientist.
 - › Communicate and work effectively within a multidisciplinary team and with patients, families, carers and other relevant stakeholders.
 - › Participate in the identification, development and implementation of quality and service improvement activities that enhance the delivery of cardiac investigation services within the local service area.

- Biography
- Education
- Experience
- Certifications
- Languages
- References
- Contact

Nov 2018
Dec 2018

Clinical Placement

QUT Health Clinics

Competencies

- › Work under the guidance and supervision of exercise physiology coordinator..
- › Screening, assessing and applying clinical reasoning to ensure the safety and appropriateness of exercise and physical activity interventions for each individual.
- › Assessing movement capacity in people of all ages and levels of health, well-being or fitness.
- › Development of safe, effective individualised exercise interventions.
- › Provision of health education, advice and support to enhance health and well-being.
- › Provision of clinical exercise prescription, for those at risk of developing or those with existing chronic and complex medical conditions and injuries.
- › Provision of exercise-based rehabilitation and advice for patients following the acute stage of injury, surgical intervention, or during recovery to restore functional capacity and well-being.



Rocío Montejo Ráez

Areas of Expertise

Cardiac Rehabilitation
ECG Interpretation and Reporting
Cardiac Monitoring
Respiratory Muscle Training and Airway Clearance
Health Mobile Applications (m-Health)

Oct 2017
Jun 2018

Cardiac Scientist

Vega Vega Garcia

Competencies

- › Work under the guidance and supervision of cardiologists.
- › Follow established procedures to perform cardiac laboratory tests and report test results.
- › Prepare written documentation as required.
- › Process and analysis report of Holter monitors and ambulatory blood pressure.
- › Perform 12 LED ECG, ABI and assessments for clinical supervision.
- › Perform Exercise Stress Tests under the supervision of the cardiologist.
- › Correct basic equipment malfunction and refer more serious equipment problems to supervisor.
- › Perform instrument maintenance and troubleshooting.

Nov 2016
Jun 2017

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

Aug 2016
Nov 2016

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.



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Areas of Expertise

Cardiac Rehabilitation
ECG Interpretation and Reporting
Cardiac Monitoring
Respiratory Muscle Training and Airway Clearance
Health Mobile Applications (m-Health)

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



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Cardiac Rehabilitation

ECG Interpretation and
Reporting

Cardiac Monitoring

Respiratory Muscle
Training and Airway
Clearance

Health Mobile
Applications (m-Health)

✓ Certifications

- ECG Analysis and Interpretation
*University of Queensland
November 13, 2018*
- 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: 11/11/2021
Expire date CPR: 11/11/2019*
- 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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Cardiac Rehabilitation
ECG Interpretation and Reporting
Cardiac Monitoring
Respiratory Muscle Training and Airway Clearance
Health Mobile Applications (m-Health)

🌐 Languages

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

🗨️ Personal references

- As requested

✉️ Contact

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- 🏠 *South Port, Gold Coast
Queensland, 4005*



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Areas of Expertise

- Cardiac Rehabilitation
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- Health Mobile Applications (m-Health)

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