

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