

# 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, in special cardiopulmonary condition 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 improve their health. Rocío is looking for a job opportunity to work in the cardiac 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

- 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.

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

Oct 2017  
Jun 2018

## Cardiac Scientist

VegaVegaGarcia

### 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.



*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)

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.

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.
- › W'brk 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.



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Sep 2015  
Feb 2016

## Gym manager & Exercise Scientist

Empower2TheMax

### Competencies

- › Perform health assessments
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- › 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

## ✓ 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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### Areas of Expertise

Cardiac Rehabilitation

ECG Interpretation and Reporting

Cardiac Monitoring

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Health Mobile Applications (m-Health)

## 🌐 Languages

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

## 🗨️ Personal references

- As requested

## ✉️ Contact

- 📧 *romontejo@gmail.com*
- 🌐 *http://www.pumpyourhealth.com*
- 📞 *0406 347 421*
- 🏠 *Unit 2, 769 Brunswick St, New Farm  
Queensland, 4005*



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### Areas of Expertise

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ECG Interpretation and Reporting

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