

Rocío Montejo Ráez



Biography

A highly competent and enthusiastic sport 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. Indeed during the previous 18 months successfully signed up new members in her core-flex class session, making this class the most successful where more participants attended in their workplace. Now looking to further an already successful career by working for a respected and committed health rehabilitation centre.

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

- 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
- 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

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

Sep 2009
Sep 2011

Teacher of Physical Education

High School
Sagrada Familia

Oct 2011
Jun 2012

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



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✎ Languages

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

✓ Certifications

- ESSA membership *Exercise Scientist #10214*
- First Aid *#HLTAID003*
Perform CPR *Fitness Training Academy (FITTA)*
Expire date First Aid: 21/03/2018
Expire date CPR: 21/03/2016
- Certificate Group *Australian Institute of*
Exercise Leader *Personal Trainers*
- Australian Drivers *Automatic and manual vehicles*
License
- Blue card Australia

Personal references

- 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>
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Eagleby, QLD, 4207



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