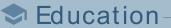
Rocío Montejo Ráez

Siography

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.



Master in Clinical Exercise Physiology 2019

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)



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.

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.

Nov 2016 Jun 2017

Gym manager & Exercise Scientist

Empower 2The Max

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



Rocío Montejo Ráez

Areas of Expertise

Cardiac Rehabilitation

ECG Interpretation and Reporting

Cardiac Monitoring

Respiratory Muscle Training and Airway Clearance

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.
- > 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



Rocío Montejo Ráez

Areas of Expertise

Cardiac Rehabilitation

ECG Interpretation and Reporting

Cardiac Monitoring

Respiratory Muscle Training and Airway Clearance

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



Rocío Montejo Ráez

Areas of Expertise

Cardiac Rehabilitation

ECG Interpretation and Reporting

Cardiac Monitoring

Respiratory Muscle Training and Airway Clearance

Certifications

- ECG Analysis and Interpretation
- Better Breathing:
 Respiratory Muscle
 Training and
 Airway Clearance
- The Data Scientist's Toolbox
- R Programming
- ESSA membership
- First AidPerform CPR
- Certificate Group Exercise Leader
- Climbing Artificial Surfaces Instructor Top Rope
- Australian Drivers License
- Blue card Australia

University of Queensland November 13, 2018

Better Breathing Hippocamp August 29, 2016

Johns Hopkins University August 30, 2015

Johns Hopkins University October 4, 2015

Exercise Scientist #10214

#HLTAID00'3
Fitness Training Academy (FITTA)
Expire date First Aid: 11/11/2021
Expire date CPR: 11/11/2019

Australian Institute of Personal Trainers

#SISSS00046 Skill Set Outdoor Training College Statement Date: 05/08/2015

Automatic and manual vehicles



Rocío Montejo Ráez

Areas of Expertise

Cardiac Rehabilitation

ECG Interpretation and Reporting

Cardiac Monitoring

Respiratory Muscle Training and Airway Clearance

★ 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
- South Port, Gold Coast
 Queensland, 4005



Rocío Montejo Ráez

Areas of Expertise

Cardiac Rehabilitation

ECG Interpretation and Reporting

Cardiac Monitoring

Respiratory Muscle Training and Airway Clearance

