

# ALEXANDRA ROCHA SOTO - KINESIOLOGIST

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## PROFESSIONAL SUMMARY

Qualified Kinesiologist with international experience in Massage Therapy and Fitness. Skilled in remedial, deep tissue, and sports massage. Bilingual (English/Spanish) with strong customer service and passionate about promoting wellness in multicultural environments.

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## MESSAGE AND WELLNESS EXPERIENCE

### Remedial Massage Therapist

Massage Ministry, Victoria, Australia | July 2024 - May 2025

- Delivered deep tissue, remedial, and sports massages.
- Treated clients with muscle pain, injuries, and mobility issues.
- Provided customer service entirely in English.

### Kinesiologist and Fitness Instructor

Sportlife - Sierra Gorda Mining Company, Chile | April 2022 - April 2024

- Body composition testing and prescribed individualized exercise programs.
- Led active breaks and group fitness classes (Zumba, BodyCombat, Functional Training).
- Sports equipment and fitness facilities management.

### Kinesiologist and Wellness Coaching

Mutual - Codelco Radomiro Tomic Division, Chile | May 2021 - March 2022

- Coaching of fatigue management and healthy lifestyle programs for workers.
  - Performed functional evaluations and health promotion.
  - Massage therapy and recovery support for physically demanding work environments.
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## EDUCATION & CERTIFICATIONS

### Bachelor's Degree in Kinesiology (5 years)

University of Antofagasta, Chile | 2013 - 2018

- Zumba Instructor (2024).
  - IELTS: B2 English Level (2023).
  - FMT Movability: Prehabilitation, Mobility & Function (2018).
  - Kinesiology in Pregnancy and Postpartum – PUC Chile (2018).
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## PROFESSIONAL REFERENCE

**Michelle Zhang** Director | Massage Ministry

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