

ALEXANDRA ROCHA SOTO - KINESIOLOGIST

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📍 Díaz Gana 900, El Roble Building Apt. 143, Antofagasta, Chile.

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.

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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