

Fernando Montes, Exercise Physiologist (Ret)
Los Angeles County Fire Department

Fernando is the Exercise physiologist for the Los Angeles County Fire Department, where he provides subject matter expertise to the department in the areas of:

- Human performance optimization initiative
- Medical screening for firefighters
- Physical development for recruit training
- Wildland academy cadre
- P.E.E.R. support program
- Strategic planning in the human performance domain
- Injury prevention
- Return to work / rehabilitation of firefighters.
- Firefighter rehab

Research currently underway:

- Occupational Physical Assessment & Testing (OPAT) of recruit classes
- Prevention of Exertional Heat Illness / Exertional Heat Stroke
- Saliva Base hydration testing
- The use of oral rehydration solutions (ORS) in the fire service
- Training loads in wildland firefighting
- Hydration protocols in the wildland environment
- Training loads in recruit training tower
- Carbohydrate drink in the wildland environment

Prior to joining the Los Angeles County Fire Department, Fernando worked as a military contractor with:

- Naval Special Warfare:
Supporting physiological and performance enhance programs during unit culmination exercises (CULEX)
- U.S. Army Special Operations Command-USASOC
Human performance specialist in the USASOC THOR3 program, which is part of SOCOM's preservation of the force and family initiative with the 10th Special Forces Group, Fort Carson CO

Additionally, Fernando is starting his 4th decades in the human performance domain, Fernando has worked at all levels of the human performance environment:

- Professional Baseball – Cleveland Indians MLB, Texas Rangers MLB
- FBI Hostage Rescue Team
- Polk County Sheriff's Department
- U.S. Women's and Men's Field Hockey
- Stanford University – Football & Women's Basketball
- 1984 Summer Olympics, Los Angeles CA
- Pasadena City College
- California State University @ Los Angeles