



RAMAPO COLLEGE OF NEW JERSEY
Office of Marketing and Communications
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Ramapo College Hosts the Personal Training Institute of America to Offer Personal Training Certification

MAHWAH, N.J. – Ramapo College of New Jersey is hosting the Personal Training Institute of America (PTIA) to begin preparing individuals for successful careers as Certified Personal Trainers. The course takes place at the College's Bill Bradley Sports and Recreation Center on March 9-10 from 9 a.m.-4 p.m. There are no prerequisites to participate in the program.

The two-day, weekend intensive program on the Ramapo College campus includes lectures, demonstrations and practical hands-on application. An online final exam is taken after the weekend intensive and CPR certification is required which may be earned before or after the weekend intensive. A 10-Hour Internship/Shadowing period where the student observes how other trainers work and interact with their clients is also required for final certification by PTIA. These hours may be fulfilled through a combination of shadowing a trainer and taking group fitness classes at a local facility.

Initial certification is for two years, during which time certified personal trainers are required to keep current on their training and build upon what is learned during certification. Continuing education credits (CEC) equivalent to 10 hours per two-year period is required to maintain certification.

In today's fitness culture, it is well understood that physical fitness has a strong impact on an individual's long-term health. And it is not surprising that the need for trainers who have the ability to safely instruct others in personal training and fitness is continuing to rise. Certified fitness professionals are hired to conduct personal training in a gym, health club or home setting, as well as on cruise ships, spas/resorts, and in the corporate sector.

Registration and tuition payment is completed online via the website, and is requested no less than one week prior to the first day of class. Tuition for the PTIA Personal Trainer Certificate is \$569, payable online in advance. Textbook & materials fees are \$85 and are paid by enrollees by check or cash on the first day of class.

For more information, please visit www.ramapoathletics.com/ptia or contact Kathleen Finnegan, 201-684-7683.

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Ramapo College of New Jersey is the state's premier public liberal arts college and is committed to academic excellence through interdisciplinary and experiential learning, and international and intercultural understanding. The College is ranked #1 among New Jersey public institutions by College Choice, and is recognized as a top college by *U.S. News & World Report*, *Kiplinger's*, Princeton Review and *Money* magazine, among others. Ramapo College is also distinguished as a Career Development College of Distinction by CollegesofDistinction.com, boasts the best campus housing in New Jersey on Niche.com, and is designated a "Military Friendly College" in Victoria Media's *Guide to Military Friendly Schools*.

Established in 1969, Ramapo College offers bachelor's degrees in the arts, business, humanities, social sciences and the sciences, as well as in professional studies, which include business, education, nursing and social work. In addition, the College offers courses leading to teacher certification at the elementary and secondary levels, and offers graduate programs leading to master's degrees in Accounting, Business Administration, Educational Technology, Educational Leadership, Nursing, Social Work and Special Education.