

FOR IMMEDIATE RELEASE

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**Ramapo College Hosts the Personal Training Institute of America
to Offer Personal Training Certification**

(MAHWAH, NJ) – Due to popular demand, Ramapo College is pleased to announce it is again hosting the Personal Training Institute of America (PTIA) on campus at its Bradley Center for Sports and Recreation Center to begin preparing enrollees for successful careers as Certified Personal Trainers in one weekend, March 9 and 10. There are no prerequisites to participate in the program.

As the number of Americans who recognize the impact that physical fitness has on their individual long-term health continues to grow, the need for individuals who have the ability to instruct others in personal training and fitness is also rising. 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.

The two-day, weekend intensive program in the Bradley Center Fitness Center on the Ramapo College campus includes more than 16 hours of lecture, demonstrations, and practical hands-on application. An online final exam is taken after the weekend intensive is complete and CPR certification is required before certification is given. 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 and 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.

Registration and tuition payment are completed online via the Web site. Tuition for the PTIA Personal Trainer Certificate is \$499. Textbook & materials fees are \$65, and are paid by enrollees by check or cash on the first day of class.

For more information, please visit www.ramapo.edu/cipl/certificates/ptia.html or contact the Ramapo College Center for Innovative and Professional Learning at cipl@ramapo.edu or 201.684.7370.

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Ranked by *U.S. News & World Report* as sixth in the Best Regional Universities North category, Ramapo College of New Jersey is sometimes mistaken for a private college.

This is, in part, due to its unique interdisciplinary academic structure, its size of approximately 6,008 students and its pastoral setting in the foothills of the Ramapo Mountains on the New Jersey/New York border.

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 nursing and social work. In addition, Ramapo College offers courses leading to teacher certification at the elementary and secondary levels. The College also offers six graduate programs as well as articulated programs with the University of Medicine and Dentistry of New Jersey, New York Chiropractic College, New York University College of Dentistry, SUNY State College of Optometry and New York College of Podiatric Medicine.