



RAMAPO COLLEGE OF NEW JERSEY
Office of Communications and Public Relations
Press Release
March 18, 2016

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

MAHWAH, N.J. – Due to popular demand, Ramapo College is again hosting the Personal Training Institute of America (PTIA) on campus to begin preparing enrollees for successful careers as Certified Personal Trainers. The course takes place in Ramapo College's Bill Bradley Center for Sports and Recreation on Saturday and Sunday, April 9-10, from 9 a.m. to 4:30 p.m. There are no prerequisites to participate in the program.

The two-day, weekend intensive program 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 earned. 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.

As the number continues to grow of Americans who recognize the impact that physical fitness has on their individual long-term health, 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.

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 www.ramapo.edu/cipl/ptia prior to the first day of class. Tuition for the PTIA Personal Trainer Certificate is \$549. Textbook and 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/ptia 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 fifth in the Best Regional Public Universities North category, Ramapo College of New Jersey is sometimes viewed as a private college. This is, in part, due to its unique interdisciplinary

academic structure, its size of approximately 6,000 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 eight graduate programs as well as articulated programs with Rutgers, The State University 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.