



RAMAPO COLLEGE OF NEW JERSEY

Office of Marketing and Communications

Press Release

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Personal Training Institute of America to Offer Personal Training Certification at Ramapo College

MAHWAH, N.J. – Ramapo College 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 Ramapo College's Bill Bradley Sports and Recreation Center on April 1-2, 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 more than 16 hours of lecture, demonstrations, and practical hands-on application. An online final exam is taken after the weekend intensive 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.

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 knowledge 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.

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, and are requested no less than one week prior to the first day of class. Tuition for the PTIA Personal Trainer Certificate is \$569. Textbook and materials fees are \$65 and are paid by enrollees by check or cash on the first day of class.

An additional class for personal trainers who are already certified, Integrating Pilates into Your Personal Training, is scheduled on Friday, March 31 from 9 a.m.-2 p.m. in the Bradley Center Lobby.

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 one of the top in the Best Regional Public 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 6,000 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.