



## News Release

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### **Hofstra University Continuing Education Hosts Personal Trainer Information Session**

**Hofstra University, Hempstead, NY** - Hofstra University Continuing Education presents a free information/presentation session about its Certified Personal Trainer program on **Saturday, January 17 from 10:30 a.m. to noon** at University College Hall, north campus. Turn your passion for health and fitness into a career. Attend this helpful, free introduction to the exciting world of personal training. Reservations for the information session are a must. To R.S.V.P. or for more information, visit <http://ce.hofstra.edu> or call (516) 463-7600.

Since 1996, the Academy of Applied Personal Training Education (AAPTE) has offered its Personal Trainer course and Personal Trainer/Health Fitness Instructor Exam at Hofstra University Continuing Education, a course designed for individuals seeking competency in the science of human performance and the practical skills of exercise mechanics required of the entry level personal trainer.

Upon completion of the course, participants will receive a Certificate of Completion in course work from Hofstra University Continuing Education and the Academy of Applied Personal Training Education. This course is perfect for those seeking professional or personal knowledge, planning to sit for the AAPTE CPFT-HFI Exam or preparing to sit for the National Board Exam.

Hofstra University is a dynamic private institution where students can choose from about 145 undergraduate and 155 graduate programs in liberal arts and sciences, business, communication, education and allied human services, and honors studies, as well as a School of Law. With a student-faculty ratio of 14-to-1, our professors teach small classes averaging 22 students that emphasize interaction, critical thinking and analysis. Hofstra offers a faculty whose highest priority is teaching excellence. The University also provides excellent facilities with state-of-the-art technology, extensive library resources and internship programs that match students' interests and abilities with appropriate companies and organizations. The Hofstra community is driven, dynamic and energetic, helping students find and focus their strengths to prepare them for a successful future.

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Photo: Personal Trainer Program Coordinator/Instructor Vincent Carvelli with students