

Hofstra University Continuing Education

News Release

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Hofstra University Continuing Education Hosts Personal Trainer Information Session

Hofstra University, Hempstead, NY - Hofstra University Continuing Education hosts a free information/presentation session about its Certified Personal Trainer program on **Saturday, April 4 from 10:30 a.m. to noon**. 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 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 Continuing Education offers a broad range of workshops, seminars, conferences, lectures, events and courses in professional development, personal enrichment and lifelong learning. For a complete list of courses, visit ce.hofstra.edu.

Hofstra University is a dynamic private institution where students can choose from more than 145 undergraduate and more than 160 graduate programs in liberal arts and sciences; business; engineering; communication; education, health and human services; and honors studies, as well as a School of Law. For more information, visit www.hofstra.edu.

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