

For more information and course advisement, please visit

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Personal Trainer and Nutrition Studies



**Personal Trainer-Exercise**  
and **Fitness Specialist**  
**Certificate Course** and  
**Certification Exam**



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Established in 1996, the Academy of Applied Personal Training Education (AAPTE) provides a course of study that merges theoretical science and practical skills training; minimizes liability for trainers, clients and club owners; and maximizes the outcome of the trainer-client relationship.

In alliance with Hofstra University Continuing Education, AAPTE has been a driving force in the educational process for fitness professionals. AAPTE's commitment to "exceed industry standards" still holds true today. It continues to achieve that goal by offering an educational course of study specifically designed to prepare the aspiring fitness professional for this evolving and emerging profession.

*"Employment of fitness trainers and instructors is expected to grow by 24 percent from 2010 to 2020, faster than the average for all occupations."*  
– New York State Department of Labor

AAPTE's unique educational curriculum provides comprehensive course work that introduces students to current, relevant scientific information relating

to the human body, human performance, and methods of implementing safe, effective and efficient exercise programming and instruction. In addition to classroom education (theory), students participate in hands-on practical skills training modules integrating the theoretical and practical aspects of analyzing and teaching resistance training exercise and fitness assessments at a state-of-the-art health and fitness center.



## Personal Trainer Course Highlights

- Seventy-five (75) hours of classroom theory (includes 12 hours of anatomy, meeting the prerequisite for AAPTE Certified Personal Trainer-Exercise and Fitness Specialist (CPT-EFS) Exam eligibility).

**Note:** Those with prior course work in anatomy or a current nationally accredited personal trainer certification are exempt from the prerequisite course.

- Eighteen (18) hours of hands-on education at a state-of-the-art health and fitness center. Topics include pre-exercise screening, fitness assessments, and exercise biomechanics for free weights, machines and cardiovascular exercise equipment.



- An optional one-hour review session is offered before each lecture class.
- Course concludes with a three-hour review.
- Lectures are presented by subject matter experts.
- All course materials are included. Course fee includes a one-time, AAPTE CPT-EFS Certification Exam.
- Certificate of course completion – from Hofstra University Continuing Education and the Academy of Applied Personal Training Education\*\*
- Approved for veterans benefits.
- Interest-free tuition payment plans are available.



## Certificate of Course Completion\*\*

Upon completion of the course and meeting the attendance requirements (participant may miss only two (2) lecture modules and one (1) lab module), participants receive a certificate of completion in course work from Hofstra University Continuing Education and the Academy of Applied Personal Training Education.

**Note:** \*\*Certificate of course completion does not constitute NCCA certification.

This course is not a requirement to sit for the AAPTE CPT-EFS Exam, but is recommended for those seeking a face-to-face classroom and practical skills learning experience, as well as those preparing to sit for the exam. Participation in the CPT-EFS course does not guarantee a candidate's success in passing the exam. Visit [aapte.org](http://aapte.org) for exam eligibility requirements.



## NCCA-Accredited Certification Exam For CPT-EFS

Individuals seeking certification as a personal trainer-exercise and fitness specialist must sit for and pass the AAPTE CPT-EFS Exam. The CPT-EFS Exam is accredited by the National Commission for Certifying Agencies (NCCA), the accreditation body of the Institute for Credentialing Excellence (ICE).

