

AAPTE introduces new certification credential

Academy of Applied Personal Training Education announces CPT-RTS1



Amityville, Oct 1, 2020 ([Issuewire.com](https://www.issuewire.com)) - [Academy of Applied Personal Training Education](https://www.aapte.com) (AAPTE), a leading continuing education organization that provides nationally-accredited certification for aspiring and accomplished fitness professionals, has announced the launch of its CPT-RTS1 credential. The new initiative, offered through Hofstra University, will offer AAPTE's pre-existing Certified Personal Training (CPT) credential, with an additional focus on Resistance Training Specialist (RTS) education. Course registration is now open at www.personaltrainingeducation.com and closes on Oct 28th. The

program's Fall 2020 cohort begins on October 29th.

CPT-RTS1 supports AAPTE in preparing personal trainers to earn a nationally accredited certification with a content area of specialization. It is just the latest in the organization's commitment to cultivating a curriculum with a higher concentration on the essential element of Resistance Training Biomechanics.

"This initiative is part of our continued commitment to providing a comprehensive and progressive certification program," says AAPTE President and Director of Education, Vincent Carvelli. "It reinforces our teaching philosophy of 'how to think, not what to think,' and offers personal training professionals the tools to create purposeful client assessments and exercise implementation that is truly based upon need, ability, opportunity, and goals.

The first nationally accredited organization to offer a personal training certification with a content area specialization, the mission of AAPTE has always been to efficiently arm the certified fitness professional in their quest to better serve clients to the highest level of health and fitness. As a respected resource in the field, AAPTE allows trainers to achieve this through the implementation of safe, effective, and efficient exercise mechanics, exercise prescription, and nutritional, mindful practices.

"AAPTE is not simply concerned with adding to the number of certified trainers in the profession, rather ensuring the credibility of those certified and the high standard of knowledge, skill, and competency that our professionals add to the wider health and fitness community," shares Director of Certification Theresa Cordova.

About AAPTE

Founded in 1996, the Academy of Applied Personal Training Education is education, certification, and continuing education organization that provides comprehensive, practical, science-based education and nationally accredited certification for aspiring and accomplished fitness professionals. In 2009, the Academy of Applied Personal Training Education was granted national accreditation by the National Commission for Certifying Agencies (NCCA) for our Personal Trainer - Exercise Fitness Specialist Credential. For more information, please visit www.personaltrainingeducation.com or www.aapte.org/



Where Passion Meets Education

AAPTE Certified Personal Training Course Starts October 29th

www.personaltrainingeducation.com



631.264.8096



Media Contact

Academy of Applied Personal Training Education

tcordova@aapte.org

6313123350

827 Locust Avenue, Bohemia, NY

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