

NEW ZEALAND  
INSTITUTE OF SPORT

Guided by NZMA



# SPORT MANAGEMENT & HUMAN PERFORMANCE

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MAKE YOUR PASSION YOUR CAREER



If you are passionate about health and fitness or interested in sport coaching and human performance, our higher level courses will teach you all about physical health, sport science and develop your coaching and leadership skills.

You'll learn from industry experienced tutors and get to train in our on-campus gyms and in areas that enhance your learning in realistic sport and exercise environments.

Take the first step and make your passion for sport a career with the New Zealand Institute of Sport.

## INTRODUCTION TO SPORT MANAGEMENT, RECREATION AND HUMAN PERFORMANCE

LEVEL **4**  
18  
WEEKS

If you're looking to work in the exciting area of sport management and recreation this short course is a great place to start your journey and will provide the foundation to progress to further study.

Get an introduction into health studies, learn about how the body works and how to design health and fitness programmes.

## DIPLOMA IN SPORT, RECREATION AND PERFORMANCE

LEVEL **5**  
40  
WEEKS

This exciting course will teach you all about the inner workings of the body, leadership and management skills, how to analyse performance data and wellness solutions.

Learn how to develop and design health and exercise programmes that have an impact and gain practical work experience learning in real-work sport environments with our industry partners.

## DIPLOMA IN HUMAN PERFORMANCE (MULTI-SECTOR)

LEVEL **6**  
40  
WEEKS

Get ready for degree-level study with our Level 6 Diploma. Specialise in Human performance and learn all about the inner workings of the human body and how athletes are trained to increase performance.

In this course you will develop advanced leadership and coaching skills and build your knowledge of how to assist high performance athletes in becoming fitter, faster, and stronger.

Learn about human movement, nutrition and anatomy, training methods and programme design, performance analysis and strategy. Plus gain invaluable industry experience with a work placement in the sport and recreation industry.







**0800 694 776**  
nzis.co.nz

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