

NEW ZEALAND
INSTITUTE OF SPORT



**GET STARTED IN
SPORT FOR FREE**

**MAKE YOUR
PASSION YOUR
CAREER**

If you love sports and want to learn how to make a career out of it, our foundation courses are the perfect introduction to the sport, recreation and fitness industries.

You won't be stuck in the classroom all day!

Enjoy small classes with one-on-one support, learn from industry-experienced tutors, train in our on-campus gyms and head outdoors on field trips.

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

FOUNDATION SKILLS

FREE* for 16-24 year olds



In this practical course for 16-24 year olds, you will build a solid foundation in the sport, fitness and recreation industry. Over 18 weeks, you'll be busy working with your hands, completing projects and going on field trips, not just sitting in a classroom.

You will build your confidence as you help others by working on a community project. During this course, you'll make heaps of friends, learn about different cultures, visit a marae and get to check out some real-life workplaces.

SPORT, RECREATION & EXERCISE

FREE* for 16-24 year olds



This course gives you the chance to build your life and leadership skills while you learn more about sports and fitness.

You will learn how to create exercise programmes, about personal fitness and sports nutrition, develop your coaching skills, how plan a sports event and grow your understanding of health and wellness for athletes.

nzis.co.nz

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Eligibility criteria apply. Courses are offered at specific campus locations. For full details visit nzis.co.nz. If you are aged 16 - 24 and meet the course entry requirements, you may qualify to study for free. Spaces are limited, contact our team for more information. New Zealand Institute of Sport is one of the trading names for the registered PTE New Zealand Management Academies (NZMA)

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**UNIFORMED
SERVICES**

**MAKE YOUR
PASSION YOUR
CAREER**

Want to work with people and help them lead more fulfilling lives? Our preparation course will get you ready to meet the fitness requirements to join the New Zealand Uniformed Services.

You will learn from industry-experienced tutors about what the testing involves and get your fitness levels to the required standards in our purpose-built facilities and on-campus gyms.

This is the perfect course for anyone inspired to join New Zealand Police Force, uniformed services, emergency responders, security organisations or further study.

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PRE-POLICE & UNIFORMED SERVICES TRAINING

LEVEL **3** **18** WEEKS

This course will get you ready to meet the fitness requirements of the various New Zealand Uniformed Services. Learn from industry professionals and train hard to meet the fitness requirements, including practicing mock tests for the New Zealand Police, the Defence Force, or Fire & Emergency.

- New Zealand Law (including Road law, Domestic Violence law)
- Emergency response procedures
- Teamwork & communication skills
- Water-based emergency response
- Legal problem-solving and conflict resolution
- How to meet the required fitness levels
- First Aid delivery and recovery aid – earn your First Aid Certificate!

**NEW ZEALAND
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With a career in Sports and Fitness, you will spend your days being active and helping others achieve their goals.

Learn the latest in exercise science, health and nutrition, how to create your own exercise programmes and fundamentals of running your own gym or personal training business.

You will learn from industry-experienced tutors and train in our on-campus gyms that will familiarise you with real-world sports and exercise environments.

HEALTH & FITNESS PERSONAL TRAINER

PART-TIME OPTION

ONLINE OPTION

LEVEL **4**
16
WEEKS

This exciting course will teach you all the fundamentals of being a personal trainer. You will learn how to develop your own custom-made fitness programmes for real clients of your own, as well as how to run your own gym or personal training business. Plus you will learn about fitness, health, how the body works and the latest in nutrition.

ADVANCED HEALTH & FITNESS COACH

LEVEL **5**
16
WEEKS

Take your fitness skills to the next level and become an Advanced Health and Fitness Coach in just 16 weeks. Expand your knowledge of exercise science and nutrition and learn how to train clients with specialist needs. Plus, enjoy 4 weeks of work placement in gyms and exercise facilities to get you work ready to join the sports industry.

Explore the benefits of flexible learning with our part-time study options or self-paced online learning available anytime, anywhere in Aotearoa. This means you will have the option to work and study at the same time if you choose.

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NEW ZEALAND
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**SPORT, EXERCISE &
HUMAN PERFORMANCE**

MAKE YOUR PASSION YOUR CAREER



If you're passionate about health and fitness or interested in sports coaching and human performance. Our higher-level courses will teach you about physical health, sport science, coaching development and leadership skills.

You will learn from industry-experience tutors and train in our on-campus gyms which will help you be familiar with real-world sports and exercise environments.

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

SPORT, RECREATION & EXERCISE [MULTI-SECTOR]

LEVEL **3**
18
WEEKS

FREE* for 16-24 year olds

This course will give you the tools you need to build your life and leadership skills while you learn more about sport and fitness.

You will get to develop exercise programmes, learning about personal fitness and growth. Learn the essentials of planning a successful sport event, basic sport nutrition, coaching techniques and grow your understanding of health and wellness for athletes in an exciting and interactive learning approach.

DIPLOMA IN SPORT, RECREATION AND EXERCISE

LEVEL **5**
40
WEEKS

BLENDED LEARNING

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 impactful health and exercise programmes and gain practical work experience learning in a real-world sports environment with our industry partners.

Blended learning means you'll experience the best of both worlds with a unique combination of on-campus and flexible learning from home. This means you can work and study at the same time if you choose

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 optimise 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 program design, performance analysis and strategy. Plus gain invaluable industry experience with a work placement in the sport and recreation industry.



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THIS NZIS SPORT

A photograph of three athletes in a gym setting. In the foreground, a man in a white t-shirt and blue shorts is rowing on a machine, looking down with effort. Behind him, a woman in a black t-shirt is also rowing, looking towards the camera. To the right, another man in a black t-shirt is rowing, looking forward with a determined expression. The background is dark, with a barbell and weights visible on a rack.

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**PERSONAL
TRAINING**

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