



STAR & GATEWAY

- Tasters
- Courses
- Block Courses
- Holiday Programmes

NEW ZEALAND
INSTITUTE OF SPORT



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COLLECTIVE



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GET A TASTE OF LIFE BEYOND SCHOOL

Take your first step to a brighter future with us.

Our range of short courses are built to give you the chance to have fun studying something you're interested in and to give you a change of scene from school.

There are all kinds of courses to choose from at NZMA, covering Trades, Early Childhood Education, Health, Hospitality, Cookery and Sport. Some courses are taught by two other schools that are part of the NZMA family: The Culinary Collective and New Zealand Institute of Sport.

NZMA's Cooking & Hospitality school - The Culinary Collective

Inspired by the pride New Zealand has for its unique food culture, The Culinary Collective's goal is to grow the next generation of chefs, bartenders, baristas and bakers to put us on the world map.

The way you'll learn is built around the ways people like to eat, drink and be entertained today.

Explore the fun you can have in the cookery and hospitality sector while you learn and upskill with friends.

NZMA's Sport & Fitness school - New Zealand Institute of Sport

We provide students with practical pathways to success. We deliver programmes for energetic students across health, fitness, sport and recreation. Our courses in Personal Training and Pre-Police Training are just some of the ways you can train with us. Work towards a future in sport & fitness and stay fit while you learn!

Wherever you do your course, you'll be made to feel welcome and a part of our whānau from day one.



MOVE AHEAD YOUR WAY

We change lives, in big ways and small.

At NZMA, we've created a learning environment that's fun, supportive and helps all of our students to thrive in their own way. And no matter at which campus you are considering doing a course, at NZMA we all share the same goal: To help every single student learn to move ahead.

We're different from other polytechs and universities because we have smaller class sizes and really supportive tutors. That means they can adapt the way they teach to suit your learning style and you'll get more one-on-one time with your tutor to help you get the mahi done.



TRADES

Tasters & Courses

Try out one of the Trades with a practical course in one of our purpose built Trades campuses. A great way to see where Trades could take you & you'll be taught by real tradie tutors.

CONSTRUCTION

1 DAY TASTER

Would you like to work in construction where there is a wide range of physical work both on building sites and large civil construction projects? Learn about the importance of worksite safety, correct lifting techniques and areas of speciality in the construction industry.

\$60 PP +GST

3 DAY COURSE

COMBINE 1 DAY TASTER WITH:

UNIT 29677

Level 3, Credits 2

Students credited with this unit standard are able to follow safe workplace practices and contribute to a health and safety culture in Building, Construction and Trade Skills (BCATS) environments.

\$180 PP +GST

ELECTRICAL

1 DAY TASTER

Enjoy a day gaining a practical understanding about a career as an Electrical Engineer. Learn about the many areas where this type of pathway can take you with options in electronics, automotive, IT, utilities and the construction industry.

\$60 PP +GST

3 DAY COURSE

COMBINE 1 DAY TASTER WITH:

UNIT 1178

Level 2, Credits 3

Students credited with this unit standard are able to follow safe practices in electrical workplaces and related industries.

\$180 PP +GST

PLUMBING & GASFITTING

1 DAY TASTER

Plumbers and Gasfitters assemble, install and repair pipes and fixtures that supply water and gas or remove waste. Learn about what it's like to be part of this booming industry and the specialised career pathway that can assist you with developing your own business.

\$60 PP +GST

3 DAY COURSE

COMBINE 1 DAY TASTER WITH:

UNIT 22607

Level 2, Credits 3

Students credited with this unit standard are able to read and interpret plans, working drawings and specifications for Building, Construction and Trade Skills (BCATS) projects.

\$180 PP +GST

PAINTING & PLASTERING

1 DAY TASTER

The importance of a great finish with painting and plastering ties the overall construction project together. Learn about the preparation of surfaces, the endless number of finishes and mixing and matching paint. Also health and safety with scaffolding on a construction site.

\$60 PP +GST

3 DAY COURSE

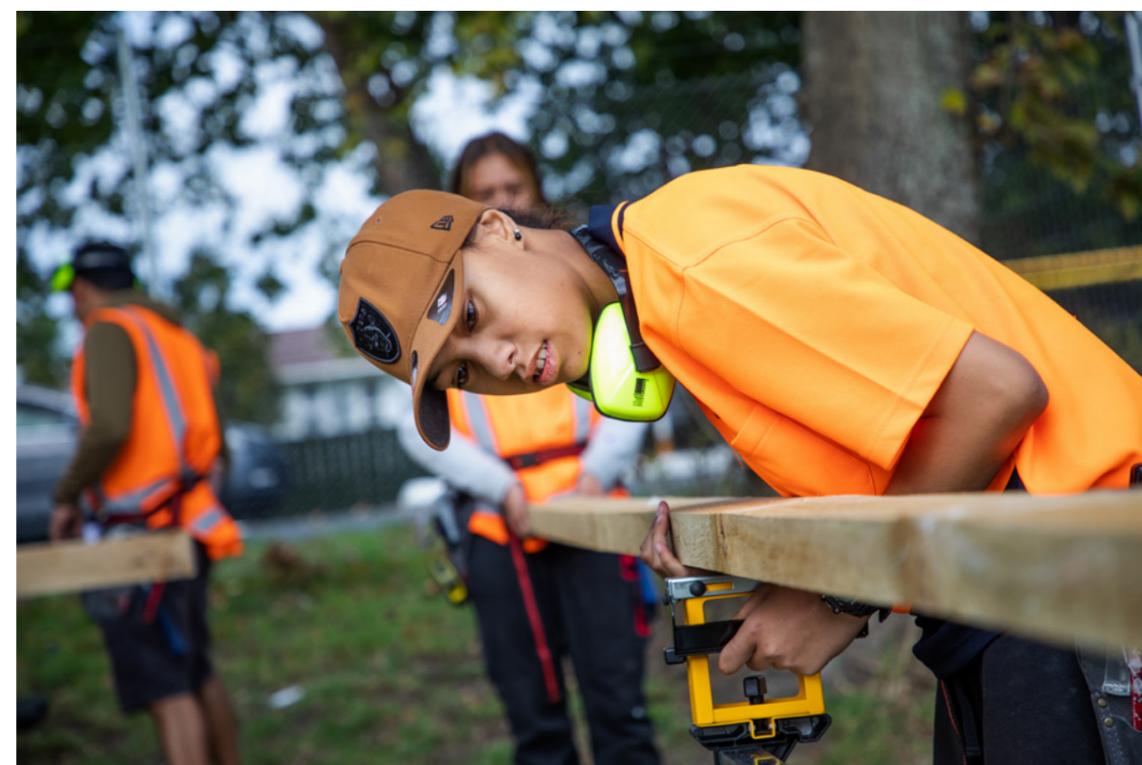
COMBINE 1 DAY TASTER WITH:

UNIT 22607

Level 2, Credits 3

Students credited with this unit standard are able to read and interpret plans, working drawings and specifications for Building, Construction and Trade Skills (BCATS) projects.

\$180 PP +GST



TRADES

Block Courses

TOOL BOX

10 WEEK BLOCK COURSE

1 day per week 9am - 3pm

Level 2, Credits 10

This 10-week Level 2 course is for students keen on Trades. In this Gateway programme, you'll learn the basics of Trades, how to properly use all the tools needed for BCATS projects and start to understand the health and safety requirements for a safe working environment.

UNIT 12927

Level 2, Credits 6

Demonstrate knowledge of, select, maintain, and use, hand tools for BCATS projects.

UNIT 24354

Level 2, Credits 4

Demonstrate knowledge of health and safety legislation and apply safe working practices in a BCATS environment

\$500 PP +GST

TOOLS OF THE TRADE

10 WEEK BLOCK COURSE

1 day per week 9am - 3pm

Level 3, Credits 9

This 10-week Level 3 course is for students interested in exploring Trades further. In this Gateway programme, you'll learn to follow safe workplace practices, understand the proper use of power tools commonly found on construction sites, and how to read and interpret plans, working drawings and specs.

UNIT 29677

Level 3, Credits 2

Follow safe workplace practices, and contribute to a health and safety culture, in a BCATS environment.

UNIT 13000

Level 3, Credits 4

Demonstrate knowledge of portable power tools used on construction sites.

UNIT 22607

Level 2, Credits 3

Read and interpret plans, working drawings and specifications for BCATS projects.

\$500 PP +GST



EARLY CHILDHOOD EDUCATION

Tasters, Courses, Block Course & Holiday Programme

If you love little people, our Early Childhood Education (ECE) courses are for you. Learn about child development, how kids like to play as well as the different paths you can take in ECE.

CHILDHOOD DEVELOPMENT

1 DAY TASTER

If you love working with children and would like a career as a nanny or centre based educator then this course will give you an insight into the development of infants, toddlers, young children and their major developmental milestones.

\$60 PP +GST

3 DAY COURSE

COMBINE 1 DAY TASTER WITH:

UNIT 29855

Level 2, Credits 3

Students credited with this unit standard are able to: describe attachment behaviours and patterns of behaviour of young children; describe transition situations where young children require settling; and describe strategies used to support whānau/families and young children through transition situations.

\$180 PP +GST

NUTRITION & WELLBEING

1 DAY TASTER

Learn about introducing first foods and have the opportunity to put together a small lunch for a toddler. You will also look at the importance of relationships and how to establish them while providing a safe & healthy physical environment.

\$60 PP +GST

3 DAY COURSE

COMBINE 1 DAY TASTER WITH:

UNIT 29866

Level 3, Credits 2

Students credited with this unit standard are able to: demonstrate knowledge of age-related food requirements relevant to children in an ECE service; plan nutritious meals for a toddler or a young child in accordance with food and nutrition guidelines; prepare and serve a meal and reflect on learning from the process.

\$180 PP +GST

PLAYTIME

1 DAY TASTER

Learn about the benefits of play, the importance of freedom for the child to choose and the best educational toys for motor skills and language development. Get the chance to create your own learning/play resource for toddlers.

\$60 PP +GST

3 DAY COURSE

COMBINE 1 DAY TASTER WITH:

UNIT 9677

Level 2, Credits 3

Students credited with this unit standard are able to communicate in a team or group which has an objective.

\$180 PP +GST

CHILD BEHAVIOUR

10 WEEK BLOCK COURSE

1 Day per week 9am - 3pm

Level 3, Credits 10

This 10-week Level 3 course is for students interested in exploring Early Childhood. Start with the New Zealand Early Childhood Curriculum, and grow your understanding of child development, their behaviours and the theories around child development.

UNIT 10013

Level 3, Credits 2

Explain the relevance of the New Zealand Early Childhood Curriculum Te Whāriki as a framework for programme development.

UNIT 10026

Level 3, Credits 5

Demonstrate knowledge of children's development and learning and their relevance to an ECE service.

UNIT 29864

Level 3, Credits 3

Demonstrate knowledge of attachment theories, behaviours and transition support in an ECE service.

\$500 PP +GST

THE KAIAKO EXPERIENCE

5 DAY COURSE

Level 2, Credits 3

Level 3, Credits 4

Spend 5 days with us on our holiday programme and develop your Early Childhood skills. Learn about caring for young children, including practices to promote health and wellbeing of children. This programme will help you understand children's health in a holistic sense.

UNIT 29855:

Level 2, Credits 3

Describe attachment relationships and strategies used to support transitions for young children.

UNIT 29865:

Level 3, Credits 4

Describe and reflect on practices to protect and promote the health and holistic wellbeing of children in an ECE service.

\$250 PP +GST



HEALTH

Taster Course

Health is so important now. If you're a natural carer or want to help your community, our Health course will give you a good introduction to the different paths you can take in the healthcare sector.

HEALTH HEROES

1 DAY TASTER

A very informative day about careers in the healthcare sector. A great opportunity to hear about pathways into nursing, midwifery, a role as a pharmacy technician or as a health care support worker.

\$60 PP +GST

3 DAY COURSE

COMBINE 1 DAY TASTER WITH:

UNIT 12383

Level 2, Credits 3

Students credited with this unit standard are able to explore career options and their implications by exploring career options in the healthcare sector.

\$180 PP +GST



HOSPITALITY & COOKERY

Tasters & Courses

Taught by both NZMA and the Culinary Collective, our Cooking & Hospitality school, get a great intro to the exciting world of cooking, baking and serving food, coffee and drinks.

You get to taste them too!



THE PERFECT BLEND

1 DAY TASTER

A fun day about all things coffee. Learn how to create some great coffees and how to promote awareness of your coffee, your café location, and your counter products to customers.

\$75 PP +GST

3 DAY COURSE

COMBINE 1 DAY TASTER WITH:

UNIT 17284

Level 3, Credits 3

Students credited with this unit standard are able demonstrate knowledge of: coffee origins; beans; harvesting; Fair Trade requirements; roasting; blending; decaffeination; storage and handling.

\$225 (\$75 x 3) PP +GST

BARTENDING TIPS

1 DAY TASTER

An interactive day where you will learn all the tips and tricks about making the perfect non-alcoholic beverage. Be creative with garnish ideas for all different occasions and learn about what is included in a bartenders kit and the glassware required.

\$75 PP +GST

3 DAY COURSE

COMBINE 1 DAY TASTER WITH:

UNIT 14431

Level 2, Credits 3

Students credited with this unit standard are able to demonstrate knowledge of food service styles, and menu types in the hospitality industry.

\$225 (\$75 x 3) +GST

CAFÉ CULTURE

1 DAY TASTER

Learn about the typical food that you would offer in a café. Create your own childrens menu and hear about what the current food trends are around seasonal and dietary items.

\$60 PP +GST

3 DAY COURSE

COMBINE 1 DAY TASTER WITH:

UNIT 14440

Level 2, Credits 2

Students credited with this unit standard are able to: prepare for counter food service; clear counter food service areas for a commercial hospitality establishment.

\$180 PP +GST

CAREER IN HOSPITALITY

1 DAY TASTER

A career in Hospitality can be energetic and exciting. There are a large variety of jobs you can do, from working with customers to experimenting with new foods, drinks and flavours. Learn about the opportunities for this fantastic career.

\$60 PP +GST

3 DAY COURSE

COMBINE 1 DAY TASTER WITH:

UNIT 57

Level 2, Credits 2

Students credited with this unit standard are able to: describe customer service; provide customer service; and respond to a customer complaint.

\$180 PP +GST

CAREER IN COOKERY

1 DAY TASTER

A fun day where you step into a real commercial kitchen and hear about a great career pathway as a chef. Learn about the different roles that are available and what is required in a chefs tool kit.

\$80 PP +GST

3 DAY COURSE

COMBINE 1 DAY TASTER WITH:

UNIT 12383

Level 2, Credits 3

Students credited with this unit standard are able to explore career options and their implications by choosing 2 different career pathways in the Hospitality/ Cookery industry.

\$240 (\$80 x 3) PP +GST

KEEP CALM & CATER ON

1 DAY TASTER

Caterers wear many hats! This includes food preparation, beverage and design knowledge plus business skills. Learn about the preparation that comes with catering for small and large events.

\$80 PP +GST

3 DAY COURSE

COMBINE 1 DAY TASTER WITH:

UNIT 13281

Level 2, Credits 2

Students credited with this unit standard are able to prepare, assemble and present a range of delicious sandwiches for service. A very tasty introduction to the busy and exciting world of catering.

\$240 (\$80 x 3) PP +GST

SECRET INGREDIENT

1 DAY TASTER

Secret ingredients in any chef's pantry make a noticeable difference in the way food appears, smells and tastes. Experiment with herbs and spices as a flavour enhancer for any dish!

\$80 PP +GST

3 DAY COURSE

COMBINE 1 DAY TASTER WITH:

UNIT 13344

Level 2, Credits 3

Students credited with this unit standard are able to demonstrate knowledge of the characteristics and application of cookery methods in working commercial catering environments.

\$240 (\$80 x 3) PP +GST



HOSPITALITY

Block Courses

BUDDING BARISTA

10 WEEK BLOCK COURSE

1 day per week 9am - 3pm

Level 2, Credits 10

This 10-week Level 2 course is a great intro for students wanting to explore the hospitality and customer service industries. You'll learn to prepare hot and cold drinks, how to set up and clear areas for food and beverages as well as understand food service styles and different types of menus.

UNIT 14440

Level 2, Credits 2

Prepare and clear areas for counter food service for a commercial hospitality establishment.

UNIT 14431

Level 2, Credits 3

Demonstrate knowledge of food service styles and menu types in the hospitality industry.

UNIT 14425

Level 2, Credits 5

Prepare and serve hot and cold non-alcoholic drinks for a commercial hospitality establishment

\$500 PP +GST

LATTE LEGEND

10 WEEK BLOCK COURSE

1 day per week 9am - 3pm

Level 3, Credits 10

Take your customer service & coffee knowledge to the next level with this 10-week Level 3 course. You'll learn how to give a nice warm welcome to customers in a café or bar, about the world of coffee and how to prepare some of the most popular types of coffee from around the world.

UNIT 14441

Level 3, Credits 5

Provide professional café counter service in a hospitality establishment.

UNIT 17288

Level 3, Credits 5

Prepare and present espresso beverages for service.

\$500 PP +GST



HOSPITALITY & COOKERY

Holiday Programmes

CUSTOMER EXPERIENCE

5 DAY COURSE

Level 2, Credits 6

Join us for 5 days of interactive learning on how to provide excellent customer service in a hospitality environment. Learn how to interact with customers as well as respond to complaints, gain knowledge about products and services so you have the confidence to provide information to customers in-person and by phone.

UNIT 57:

Level 2, Credits 2

Provide customer service.

UNIT 14469:

Level 2, Credits 2

Provide customers with information about an establishment in the hospitality industry.

UNIT 14467:

Level 2, Credits 2

Use telephone systems to provide guest services for a commercial hospitality establishment.

\$250 PP +GST

CAFÉ SERVICE

5 DAY COURSE

Level 2, Credits 2

Level 3, Credits 5

5 days of café preparation where you will learn to prepare and serve pressed coffee for the hospitality industry, be able to provide café counter service which includes storing items and cleanliness of the counter area.

UNIT 17286:

Level 2, Credits 2

Prepare and present pressed coffee for service.

UNIT 14441:

Level 3, Credits 5

Provide café counter service in a hospitality establishment.

\$265 PP +GST

MASTERCHEF

5 DAY COURSE

Level 2, Credits 8

If you are passionate about cooking and would like to learn more about the application of cookery methods then this 5 day course is for you. Learn to prepare, cook and present food with basic garnishing and sauces to match. Impress each other with your own Masterchef dish in a commercial kitchen.

UNIT 13271:

Level 2, Credits 2

Cook food items by frying.

UNIT 13272:

Level 2, Credits 2

Cook food items by baking.

UNIT 13276:

Level 2, Credits 2

Cook food items by grilling.

UNIT 13278:

Level 2, Credits 2

Cook food items by roasting.

PRACTICAL DAY:

In a NZMA campus commercial kitchen.

\$350 PP +GST

BAKE IT TILL YOU MAKE IT

5 DAY COURSE

Level 2, Credits 2

Level 3, Credits 4

Be prepared to whisk up some yummy baking treats and learn what its like to be a pastry chef. 5 days of delicious smells, textures, and fancy presentations for anyone that has a passion to start a career in baking!

UNIT 13272:

Level 2, Credits 2

Cook food items by baking.

UNIT 13322:

Level 3, Credits 4

Prepare and cook basic pastry dishes in a commercial kitchen.

\$350 PP +GST



SPORT

Tasters & Courses

Get a taste of what studying sport and fitness is all about. Taught by New Zealand Institute of Sport, our sport and fitness school, you'll learn about health, sport and do fitness training as part of your course.

EXERCISE FOR FITNESS

1 DAY TASTER

Personal fitness is the key to a healthy mind and body. This course introduces you to fitness principles allowing you to get the most out of your exercise session.

\$60 PP +GST

2 DAY COURSE

COMBINE 1 DAY TASTER WITH:

UNIT 22769

Level 2, Credits 2

Students credited with this unit standard are able to: explain the basic skills developed at a beginner level for a sport; and explain the basic rules applied at a beginner level for a sport.

\$180 PP +GST

PERSONAL TRAINING

1 DAY TASTER

Love exercise? Learn the ins and outs of this exciting career choice plus have the opportunity to work out on all our equipment.

\$60 PP +GST

3 DAY COURSE

COMBINE 1 DAY TASTER WITH:

UNIT 21794

Level 2, Credits 3

Students credited with this unit standard are able to: demonstrate and instruct safe static stretching techniques and monitor and improve the performance of static stretching by exercise participants.

\$180 PP +GST

COACHING

1 DAY TASTER

The best coaches employ a set of skills that get the best from their teams. This course introduces you to high performance coaching practices.

\$60 PP +GST

3 DAY COURSE

COMBINE 1 DAY TASTER WITH:

UNIT 25825

Level 3, Credits 3

Students credited with this unit standard are able to demonstrate and apply knowledge of rules and regulations as a coach in a selected sport.

\$180 PP +GST

POLICE & DEFENCE PREP

1 DAY TASTER

Join us for an action packed day where you will have the opportunity to gain an insight about careers in the Police, Defence Force or Security.

\$60 PP +GST



SPORT

Holiday Programmes

THE TRAINER

5 DAY COURSE

Level 2, Credits 8

An actioned packed week where you will practice how to use gym equipment safely, learn how to explain the basic rules that are applied to sport at a beginner level, demonstrate and instruct safe static stretching techniques while working and communicating in a group environment.

UNIT 21794:

Level 2, Credits 3

Demonstrate, instruct, and monitor static stretching.

UNIT 9677:

Level 2, Credits 3

Communicate in a team or group which has an objective.

UNIT 22769:

Level 2, Credits 2

Demonstrate knowledge of basic skills and rules at a beginner level for a sport.

\$250 PP +GST

COACHING SKILLS

5 DAY COURSE

Level 3, Credits 8

An exciting 5 day course all about coaching! Create coaching sessions to meet the needs of your client, make ethical decisions, and develop and apply strategies for coach and athlete protection. Also learn to demonstrate and apply knowledge of rules and regulations as a coach in a selected sport.

UNIT 22771:

Level 3, Credits 6

Plan beginner-level coaching sessions for sport participants.

UNIT 25825:

Level 3, Credits 2

Demonstrate and apply knowledge of rules and regulations as a coach in a selected sport.

\$250 PP +GST



IMPORTANT INFORMATION

Category 1 Provider

At NZMA we are committed to offering quality learning. We are ranked as a Category 1 provider on NZQA's EER rating, which is the best rating possible for education providers.

Friendly Campuses

Our vibrant and culturally diverse campuses are welcoming and friendly. Plus, with smaller classes students get one-on-one support from tutors during their course.

Supportive Tutors

Our highly experienced tutors mentor students along the way, will share their industry experience and tailor their teaching to suit students learning styles.

Fun Ways to Learn

Students will learn in our purpose-built campus facilities, from training kitchens and cafés, on site gyms, workshop spaces, and barista training areas to help build their confidence in real-world environments.

Course Flexibility

At NZMA we are able to tailor a combination of Courses to meet your requirements and Block Courses can also be delivered across two consecutive weeks. For more information about Course combinations please contact your local campus.

Course Prices

Courses are designed for year 11-13 students who are still enrolled at a New Zealand High School. 2022 prices are per person, in New Zealand Dollars and exclusive of GST. Prices are subject to change and are correct at the time of publication. NZQA credits do not pertain to the 1-day Taster Courses. Not all courses are delivered at all campuses.

Course Supervision

Students are unsupervised during breaks and lunch times and are able to leave the campus. If this is not acceptable, parents and caregivers should make alternative arrangements.

Covid-19

Your safety is our top priority and we are ready to connect with you in the safest way possible. NZMA will follow the guidelines as set out under the COVID-19 Protection Framework.

Locations

Our campuses each have their own unique flavour, but all offer students a safe, friendly environment to learn in.

Contact

To enrol or for more information please contact:

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