

NEW ZEALAND
INSTITUTE OF SPORT

Guided by NZMA



SPORT MANAGEMENT & 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'll 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.

INTRODUCTION TO SPORT MANAGEMENT, RECREATION AND HUMAN PERFORMANCE

LEVEL **4**
18
WEEKS

Whether you're looking to advance your career, this short course can help you reach your goals. It's a great way to gain the skills and knowledge you need to succeed in sport management and recreation.

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

DIPLOMA IN SPORT, RECREATION AND PERFORMANCE

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.

DIPLOMA IN HUMAN PERFORMANCE (MULTI-SECTOR)

LEVEL **6**
40
WEEKS

BLENDED LEARNING

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.

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.





nzis.co.nz

NEW ZEALAND
INSTITUTE OF SPORT

Guided by NZMA

