

NEW ZEALAND  
INSTITUTE OF SPORT

Guided by NZMA



**POLICE  
PREPARATION**

**MAKE YOUR  
PASSION YOUR  
CAREER**

Always dreamed of joining the Police? Our Police Preparation course will get you ready to meet the fitness requirements that form part of the New Zealand Police recruitment process.

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

This is the perfect course for anyone inspired to join the New Zealand Police Force, security organisations or to go on to further study.

## POLICE PREPARATION

LEVEL **3** **16**  
WEEKS

This course will get you ready to meet the fitness requirements of the New Zealand Police. Learn from New Zealand Police Officers and train hard to meet the fitness requirements, including completing a Royal New Zealand Police College mock-test.

### WHAT YOU LEARN

- New Zealand Law (including Road law, Domestic Violence law)
- New Zealand Civil Defence Industry
- Civil Defence-related physical training
- Emergency response procedures
- How to meet the Police required fitness levels
- First Aid delivery and recovery aid – earn your First Aid Certificate.

\*Eligibility criteria applies. Courses are offered at specific campus locations. Free study terms and conditions apply. For full details visit [nzis.co.nz](http://nzis.co.nz)

New Zealand Institute of Sport is one of the trading names for the registered PTE New Zealand Management Academies (NZMA).

**0800 694 776**

[nzis.co.nz](http://nzis.co.nz)

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