

NEW ZEALAND
INSTITUTE OF SPORT

Guided by NZMA



**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-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

GET STARTED IN SPORT WITH THIS FUN COURSE

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

You'll 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.

LEVEL
2
16
WEEKS

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.

LEVEL
3
16
WEEKS

*Eligibility criteria apply. Courses are offered at specific campus locations. Free study terms and conditions apply. For full details visit nzis.co.nz

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

nzis.co.nz

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