

NEW ZEALAND
INSTITUTE OF SPORT

Guided by NZMA



**GET STARTED IN
SPORT FOR FREE**

**MAKE YOUR
PASSION YOUR
CAREER**

If you love sport and want to study something you love, our foundation courses are the perfect starting point to get an introduction into 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

GET STARTED IN SPORT WITH THIS FUN COURSE

Free* for 16-19 year olds, in this course you won't be stuck in a classroom all day! Over 16 weeks, you'll be busy working with your hands, doing projects and going on field trips and you'll get an introduction into the sport, recreation and fitness industries.

You'll build your confidence and sense of self by working on a community project, giving you a chance to give back to the community around us.

On this course you'll also meet others like you, learn about different cultures, visit a marae and get to visit some industry workplaces.

LEVEL
2
16
WEEKS

SPORT, RECREATION & EXERCISE

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

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

*Eligibility criteria applies. 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).

LEVEL
3
16
WEEKS

0800 694 776

nzis.co.nz

**NEW ZEALAND
INSTITUTE OF SPORT**

Guided by **NZMA**

