

NEW ZEALAND  
INSTITUTE OF SPORT

Guided by NZMA



**PERSONAL  
TRAINING**

**MAKE YOUR  
PASSION YOUR  
CAREER**

With a career in Sports & Fitness, you'll spend your days being active and helping others achieve their goals.

Learn the latest in exercise science, health and nutrition, how to create your own exercise programmes and the fundamentals of running your own gym or personal training business.

You'll learn from industry-experienced tutors and train in our on-campus gyms that will familiarise you with real-world sports and exercise environments.

## HEALTH & FITNESS PERSONAL TRAINER

PART-TIME OPTION

ONLINE OPTION

LEVEL  
**4**  
16  
WEEKS

This exciting course will teach you all the fundamentals of being a personal trainer. You'll learn how to develop your own custom-made fitness programmes for real clients of your own, as well as how to run your own gym or personal training business. Plus you will learn about fitness, health, how the body works and the latest in nutrition.

## ADVANCED HEALTH AND FITNESS COACH

PART-TIME OPTION

ONLINE OPTION

LEVEL  
**5**  
16  
WEEKS

Take your fitness skills to the next level and become an Advanced Health and Fitness Coach in just 16 weeks. Expand your knowledge of exercise science and nutrition and learn how to train clients with specialist needs. You'll collaborate with gym professionals, use science-based techniques and create personalised fitness programmes.

Explore the benefits of flexible learning with our part-time study options or self-paced online learning available anytime, anywhere in Aotearoa. This means you'll have the option to work and study at the same time if you choose.

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

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\*Eligibility criteria apply. 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).