

NEW ZEALAND
INSTITUTE OF SPORT

Guided by NZMA



**PERSONAL
TRAINING**

**MAKE YOUR
PASSION YOUR
CAREER**

If you have always wanted to become a personal trainer or fitness coach, our courses will give you the skills you need to help others and yourself achieve health and fitness goals.

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

You'll learn from industry experienced tutors and get to train in our on-campus gyms and in areas that enhance your learning in realistic sport and exercise environments.

HEALTH & FITNESS PERSONAL TRAINER

LEVEL
4
16
WEEKS

This exciting course will teach you all the fundamentals of being a personal trainer. You'll learn how develop your own custom-made fitness programmes to road test on 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.

**PART-TIME STUDY OPTIONS AVAILABLE,
FROM ONLY 2 NIGHTS PER WEEK.**

ADVANCED HEALTH AND FITNESS COACH

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. Plus, enjoy 4 weeks of work placement in gyms and exercise environments to get you work ready to join the sports industry.

*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).

0800 694 776

nzis.co.nz

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