

NEW ZEALAND
INSTITUTE OF SPORT

Guided by NZMA



**SPORT, EXERCISE &
HUMAN PERFORMANCE**

MAKE YOUR PASSION YOUR CAREER



If you're passionate about health and fitness or interested in sports coaching and human performance. Our higher-level courses will teach you about physical health, sport science, coaching development and leadership skills.

You'll learn from industry-experience tutors and train in our on-campus gyms which will help you be familiar with real-world sports and exercise environments.

Take the first step and make your passion for sport a career with the New Zealand Institute of Sport.

SPORT, RECREATION & EXERCISE (MULTI-SECTOR)

LEVEL **3**
18
WEEKS

Free for 16-24 year olds*

This course will give you the tools you need to build your life and leadership skills while you learn more about sport and fitness.

You'll get to develop exercise programmes, learning about personal fitness and growth. You'll learn the essentials of planning a successful sport event, basic sport nutrition, coaching techniques and grow your understanding of health and wellness for athletes in an exciting and interactive learning approach.

DIPLOMA IN SPORT, RECREATION AND EXERCISE

LEVEL **5**
40
WEEKS

BLENDED LEARNING

This exciting course will teach you all about the inner workings of the body, leadership and management skills, how to analyse performance data and wellness solutions.

Learn how to develop and design impactful health and exercise programmes and gain practical work experience learning in a real-world sports environment with our industry partners.

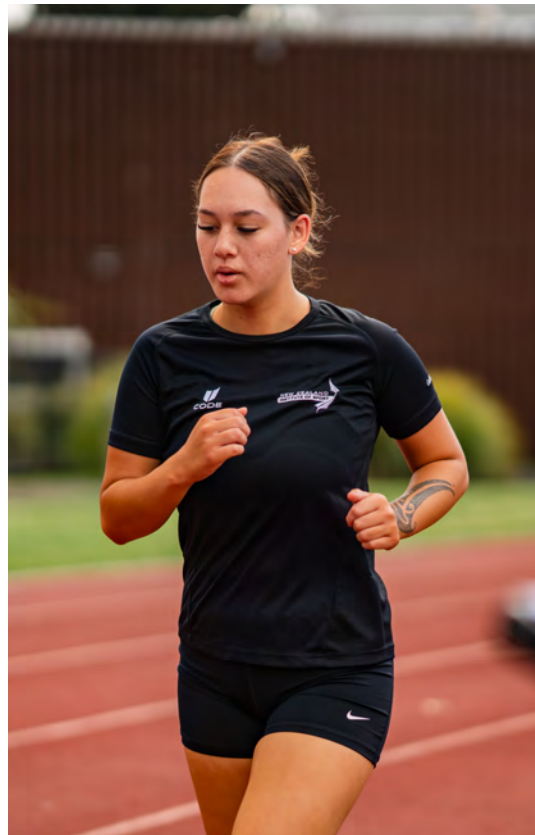
DIPLOMA IN HUMAN PERFORMANCE (MULTI-SECTOR)

LEVEL **6**
40
WEEKS

Get ready for degree-level study with our Level 6 Diploma. Specialise in Human performance and learn all about the inner workings of the human body and how athletes are trained to optimise performance.

In this course, you will develop advanced leadership and coaching skills and build your knowledge of how to assist high-performance athletes in becoming fitter, faster, and stronger.

Learn about human movement, nutrition and anatomy, training methods and program design, performance analysis and strategy. Plus gain invaluable industry experience with a work placement in the sport and recreation industry.



Blended learning means you'll experience the best of both worlds with a unique combination of on-campus and flexible learning from home. This means you can work and study at the same time if you choose.



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