

NEW ZEALAND
INSTITUTE OF SPORT

Guided by NZMA



**POLICE
PREPARATION**

**MAKE YOUR
PASSION YOUR
CAREER**

Want to work with people and help them lead more fulfilling lives? Our preparation course will get you ready to meet the fitness requirements to join the New Zealand Police.

You'll learn from industry-experienced tutors about what the testing involves and get your fitness levels to the required standards in our purpose-built facilities and on-campus gyms.

This is the perfect course for anyone inspired to join New Zealand Police Force, uniformed services, security organisations or further study.

*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).

PRE-POLICE AND UNIFORMED SERVICES TRAINING

LEVEL **3** 16 WEEKS

This course will get you ready to meet the fitness requirements of the New Zealand Police. Learn from New Zealand Police Officers and train hard to meet the fitness requirements, including completing a Royal New Zealand Police College mock test.

WHAT YOU LEARN

- New Zealand Law (including Road law, Domestic Violence law)
- New Zealand Civil Defence Industry
- Civil Defence-related physical training
- Emergency response procedures
- How to meet the Police required fitness levels
- First Aid delivery and recovery aid – earn your First Aid Certificate

ADVANCED POLICE AND UNIFORMED SERVICES TRAINING

LEVEL **4** 16 WEEKS

If you're looking to continue further studies to help you prepare for the NZ Police or Uniformed Services, our Level 4 certificate will develop your team working and problem-solving skills while participating in adventurous activities.

WHAT YOU LEARN

- Risk management, conflict solution and safety
- Exposure to all fitness requirements
- Personal, and staff safety, team building and leadership development
- Social and environmental influence of antisocial behaviour
- Cultural competency and evaluating support intervention programmes
- Engage with community groups

nzis.co.nz

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