

PMP — Project Management Professional

Course Duration ~36 Hours · Exam-Aligned Curriculum (July 2026 ECO)

People — 33%

Process — 41%

Business Environment — 26%

~40% Predictive · ~60% Agile/Hybrid

In short: This is an instructor-led certification program mapped 1:1 to the PMI Project Management Professional (PMP) exam under the **July 2026 Examination Content Outline** (exam updated July 9, 2026, replacing the January 2021 ECO). You master the three domains — People, Process, and Business Environment — across ~40% predictive and ~60% adaptive/agile and hybrid delivery, with the 2026 themes (AI, sustainability, stakeholder engagement, outcomes and value) and dedicated practice for the new case/scenario and graphic-based question formats. The program's 36 instructor-led hours are designed to satisfy the 35-hour project management training eligibility requirement, and it closes with full-length 180-question timed mock exams plus PMI application guidance. On completion you are ready to apply for, sit, and pass the 2026 PMP exam.

Certification	Project Management Professional (PMP)	Offered by	Project Management Institute (PMI)
Accreditation	ISO/IEC 17024 and ISO 9001; ANSI-accredited	Basis	PMP ECO, July 2026 version (exam updated July 9, 2026)
Format	180 questions (170 scored + 10 unscored pretest); 240 minutes; two 10-minute breaks (first after the case-study section, second midway through the independent questions)		
Question types	Multiple choice (single/multiple response), Case/Scenario, Graphic-Based, enhanced matching, point-and-click, matching, pull-down list		
Approaches	~40% predictive, ~60% adaptive/agile & hybrid — across all domains	Delivery	Pearson VUE test center or online proctored (OnVUE)
Retakes	Up to 3 attempts within the 1-year eligibility period	Maintenance	60 PDUs every 3 years
Eligibility	One path (experience within last 10 years, leading projects, non-overlapping): high school + 60 months + 35h training; associate's + 48 months + 35h; bachelor's + 36 months + 35h; PMI GAC-accredited degree + 24 months + 35h. Active CAPM waives the 35-hour training requirement.		

Domain I: People

33%

ESTIMATED TIME

10–11 Hours

TASKS

- Develop a common vision — build, promote, and keep current a shared vision with key stakeholders; identify root causes of misunderstanding
- Manage conflicts — identify sources, analyze context, implement resolution strategies, establish and enforce ground rules
- Lead the project team — set expectations, empower the team, solve problems, represent the team's voice, choose an appropriate leadership style, define roles/responsibilities
- Engage stakeholders — identify and analyze stakeholders, tailor communication, execute the engagement plan, build trust and influence
- Align stakeholder expectations — categorize stakeholders, identify expectations, facilitate alignment, act on mentoring opportunities
- Manage stakeholder expectations — identify internal/external customer expectations, maintain alignment, monitor satisfaction and respond
- Help ensure knowledge transfer — identify critical knowledge, gather it, foster an environment for transfer
- Plan and manage communication — define a communication strategy, promote transparency, establish feedback loops, support reporting and governance

PRACTICE

- Case/scenario drills: conflict resolution and stakeholder alignment in agile and hybrid settings
- Build a communication and engagement plan for a case-study project

Assessment: Quiz + Scenario Exercise

Domain II: Process**41%****ESTIMATED TIME**

13–14 Hours

TASKS

- Develop an integrated project management plan and plan delivery — assess needs and complexity; recommend a development approach (predictive, adaptive/agile, or hybrid); create and maintain the integrated plan; estimate effort and resources
- Develop and manage project scope — define scope, obtain stakeholder agreement, break down scope
- Help ensure value-based delivery — identify value components, prioritize by value, deliver value incrementally, verify a benefits-tracking measurement system
- Plan and manage resources — define, plan, and optimize resource needs and availability
- Plan and manage procurement — plan and execute procurement, select contract types, negotiate agreements, evaluate vendor performance, manage suppliers and contracts
- Plan and manage finance — analyze financial needs, quantify risk/contingency, track spend, plan financial reporting, manage reserves
- Plan and optimize quality of products/deliverables — gather quality requirements, plan and execute quality processes, ensure regulatory compliance, manage cost of quality and sustainability, drive continuous improvement
- Plan and manage schedule — prepare a schedule for the chosen approach, estimate tasks, baseline and execute the schedule, analyze variation
- Evaluate project status — develop metrics, tailor and manage artifacts, assess progress, communicate status
- Manage project closure — obtain approvals, define closure criteria, validate transition readiness, conclude closure activities (lessons learned, retrospectives, financials)

PRACTICE

- Build an integrated plan and schedule for predictive and hybrid case studies
- Value-based backlog prioritization and benefits tracking exercise

Assessment: Quiz + Case Study**Domain III: Business Environment****26%****ESTIMATED TIME**

8–9 Hours

TASKS

- Define and establish project governance — structure, rules, ethics, and policies via organizational process assets; define success metrics; set escalation paths
- Plan and manage project compliance — confirm requirements (security, health & safety, sustainability, regulatory), classify categories, address threats, measure compliance
- Manage and control changes — execute the change control process, communicate change status, implement approved changes, update documentation
- Remove impediments and manage issues — evaluate impact, prioritize, apply intervention strategies, recognize when a risk becomes an issue
- Plan and manage risk — identify, analyze, monitor and control risks; maintain a risk register; execute a risk management plan; communicate risk impact
- Continuous improvement — apply lessons learned, update improvement processes and organizational process assets
- Support organizational change — assess organizational culture, evaluate change impact and determine required actions
- Evaluate external business environment changes — survey external changes (regulations, technology, geopolitical, market), assess and prioritize impact on scope/backlog

PRACTICE

- Run a change-control and risk-register exercise for a case-study project
- Assess external environment shifts and re-prioritize a backlog

Assessment: Quiz + Scenario Exercise

Exam Readiness, Application & Mock Exams

ESTIMATED TIME

3–4 Hours

TOPICS

- PMI application walkthrough: eligibility paths, experience documentation, CAPM waiver
- Domain-by-domain review keyed to the 33/41/26 weightings and the ~40/60 predictive-agile split
- All question types drilled: case/scenario, graphic-based, enhanced matching, point-and-click, pull-down
- Retake policy (up to 3 attempts in the 1-year window); 60-PDU/3-year maintenance cycle

PRACTICE

- Full-length 180-question timed mock exams mirroring the real structure and breaks
- Weak-domain drills and final review

Assessment: Mock Exams