PMP Exam Preparation Bootcamp: One-Week Review

8 – 12 February 2027
Cape Town (South Africa)



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PMP exam preparation is the structured review of the knowledge, situations and question styles tested by the Project Management Professional PMP exam of the Project Management Institute PMI. This one-week PMP Exam Preparation Bootcamp is for project practitioners who already meet the PMI experience requirement, and it ends with each delegate drafting a personal study plan built on mock exam results. Blackbird Training Centre runs this PMP exam preparation bootcamp.

Introduction

The bootcamp follows three PMI references. The PMP Examination Content Outline defines what the exam tests across three domains: People, Process and Business Environment. The PMBOK Guide sets out the principles, performance domains and practices of project management. The Agile Practice Guide explains iterative and adaptive delivery, which the exam tests alongside predictive and hybrid approaches. The level is intensive review rather than first learning: delegates should already manage projects. Each day pairs a short concept review with scenario questions drawn from construction, IT and healthcare projects, and the final day runs as a timed simulation.

Course Objectives

- Interpret the PMP Examination Content Outline and map each domain to the practices it tests.
- Distinguish predictive from agile life cycles and select the approach a scenario question expects.
- Apply critical path and earned value calculations to answer schedule and cost questions accurately.
- Compare qualitative with quantitative risk analysis and justify the response a scenario calls for.
- Distinguish servant leadership from directive leadership when judging people-domain scenarios.
- Interpret mock exam results to rank personal knowledge gaps and set final study priorities.

Target Audience

- Project managers who lead projects day to day, deciding how to turn their experience into answers the exam accepts.
- Project and programme leads in predictive settings, judging when an agile or hybrid response is the expected choice.
- Agile team leads and product owners, choosing how plan-driven practices apply to scenario questions.
- Project controls and planning practitioners, deciding which schedule, cost and risk techniques fit each question.
- Functional managers who run projects alongside their main role, judging where their practice differs from the PMBOK Guide.



Course Outline

Day 1: Exam Outline and Project Foundations

- PMP Examination Content Outline: People, Process and Business Environment Domains
- PMP Application Requirements: Project Experience, Education Hours and Application Steps
- Predictive vs Agile Life Cycles: Phases, Iterations and Organisational Influences
- Project Integration: Charter, Project Management Plan and Integrated Change Control
- Scope Management: Requirements Elicitation, Scope Statement and Work Breakdown Structure

Day 2: Schedule and Cost Questions

- Total Float vs Free Float: Delay to Project End Compared With Delay to Successors
- Network Diagrams and Critical Path Method: Forward and Backward Pass Calculations
- Duration Estimating: Analogous, Parametric and Three-Point Estimates in Schedule Development
- Cost Management: Bottom-Up Estimates, Contingency and Management Reserves in Budgets
- Earned Value Management: Cost and Schedule Performance Indices and Estimate at Completion

Day 3: People Domain Scenarios

- Servant Leadership vs Directive Leadership: Choosing Style by Team Maturity and Context
- Resource Management: Team Charters, Responsibility Assignment Matrices and Conflict Resolution
- Team Development: Tuckman Stages, Coaching and Support for Virtual Teams
- Communication Planning: Channels, Reporting Methods and Information Radiators for Status
- Stakeholder Engagement: Assessment Matrix and Strategies for Resistant Stakeholders

Day 4: Risk, Procurement, Quality and Ethics

- Qualitative vs Quantitative Risk Analysis: Probability-Impact Ranking Compared With Expected Monetary Value
- Risk Responses: Threat and Opportunity Strategies, Contingency Plans and Risk Owners
- Procurement and Contracts: Fixed-Price, Cost-Reimbursable and Time-and-Material Agreements
- Quality Management: Cost of Quality, Control Charts and Continuous Improvement
- Professional and Social Responsibility: PMI Code of Ethics Scenarios in Exam Questions

Day 5: Mock Exam Practice and Study Planning

- Situational vs Knowledge Questions: Judgement Scenarios Compared With Formula and Term Recall
- Timed Mock Exam: Practice Questions Across People, Process and Business Environment
- Answer Analysis: Reviewing Wrong Answers Against Integration, Schedule and Risk Concepts
- Test-Taking Strategies: Time Management, Option Elimination and Long Scenario Questions
- Personal Study Plan: Ranking Knowledge Gaps and Setting Final Preparation Priorities



Skills You Will Gain

- Exam domain mapping
- Critical path calculation
- Earned value analysis
- Expected monetary value calculation
- Contract type selection
- Scenario question analysis
- Exam time management

Why Attend This Course

- From scattered reading across several guides to a review organised by the three exam domains.
- From answering scenario questions by workplace habit to recognising the response the PMBOK Guide and Agile Practice Guide expect.
- From hesitating over float, earned value and expected monetary value to working through each calculation step by step.
- From an unclear sense of readiness to a personal study plan ranked by the gaps a timed mock exam revealed.

Conclusion

Stated differently, preparing for the PMP exam means learning to read each question the way PMI frames project work, then choosing the answer that fits that frame. The bootcamp separates predictive from agile reasoning, knowledge recall from situational judgement, and qualitative from quantitative risk analysis. It is the right choice for experienced project practitioners who want a concentrated week of review and practice, rather than for newcomers who still need to learn project management from the start or prefer a longer, slower-paced course.

Course FAQs

What is the PMP exam?

The PMP exam is the Project Management Institute's test for the Project Management Professional credential. It assesses how candidates apply project management across the People, Process and Business Environment domains using predictive, agile and hybrid approaches.

What is the difference between predictive and agile approaches on the PMP exam?

A predictive approach plans scope, schedule and cost upfront and controls changes against that baseline; an agile approach delivers in short iterations and adapts scope from feedback. PMP scenario questions often hinge on recognising which approach the project described is using.



Which guides does a PMP exam preparation bootcamp follow?

The bootcamp follows the PMP Examination Content Outline for exam scope, the PMBOK Guide for principles and practices, and the Agile Practice Guide for iterative and adaptive delivery, all published by PMI.

Is a PMP exam preparation bootcamp right for a project coordinator?

It suits a project coordinator who already meets PMI's experience requirement for leading projects. A coordinator who has not yet led projects may gain more from a foundation project management course before starting PMP preparation.

What do delegates produce during a PMP exam preparation bootcamp?

Each delegate completes a timed mock exam, analyses every incorrect answer by domain and topic, and turns the results into a personal study plan that ranks knowledge gaps and sets final preparation priorities.

