

AL MOALEM INSTITUTE
2026 EXAM CONTENT

PROJECT MANAGEMENT PROFESSIONAL

PMP® EXAM PREPARATION

Lead projects. Deliver value.
Prepare for tomorrow's project realities.

40-HOUR INSTRUCTOR-LED COURSE

40

TRAINING HOURS

180

EXAM QUESTIONS

240

EXAM MINUTES

3

EXAM DOMAINS

Designed for experienced project professionals preparing to demonstrate leadership, technical judgment and business impact across predictive, agile/adaptive and hybrid environments.

Prepare for the project realities of 2026

The updated PMP® examination places stronger emphasis on value delivery, business impact and adaptive decision-making. Artificial intelligence, sustainability and stakeholder engagement now appear in realistic project scenarios.



33%

PEOPLE

Leadership, teams and stakeholders

41%

PROCESS

Delivery systems and project performance

26%

BUSINESS ENVIRONMENT

Value, strategy and organizational impact

WAYS OF WORKING

60% ADAPTIVE / AGILE + HYBRID

40% PREDICTIVE

WHAT IS NEW

Future-focused, scenario-based preparation

AI IN CONTEXT

Apply sound judgment when AI supports planning, analysis, communication and decision-making.

VALUE & OUTCOMES

Move beyond scope, time and cost to benefits, stakeholder value and measurable outcomes.

SUSTAINABILITY

Consider environmental, social and long-term impacts in project choices and delivery.

REAL-WORLD INTERACTION

Interpret charts and scenarios through enhanced item types, including case-based and graphic questions.

A focused pathway from concepts to exam-day decisions

The programme combines instructor explanation, guided discussion, applied scenarios and exam-style practice. Domain weighting is reflected in the instructional allocation.

01	PEOPLE 13 HOURS	Vision and team alignment • Leadership and emotional intelligence • Stakeholder engagement • Communication • Conflict management • Coaching and mentoring • Knowledge transfer • Team performance and accountability
02	PROCESS 16 HOURS	Governance and delivery approach • Integrated planning • Scope, schedule, cost and resources • Quality • Risk and issue management • Procurement • Change control • Project performance • Benefits realization • Transition and closure
03	BUSINESS ENVIRONMENT 10 HOURS	Business case and strategic alignment • Value and outcomes • Compliance • Organizational change • Sustainability • External business environment • Customer expectations • Continuous improvement
04	EXAM READINESS 1 HOUR	Question strategy • Time management • Enhanced question types • Final knowledge check and personal study priorities

LEARNING OUTCOMES

By the end of the programme, participants will be able to:

- Apply leadership, communication and stakeholder-engagement practices to complex project situations.
- Select and tailor predictive, agile/adaptive or hybrid approaches to the project context.
- Integrate scope, schedule, cost, quality, resources, risk, procurement and change decisions.
- Evaluate business value, benefits, compliance, sustainability and organizational impact.
- Interpret scenario-based information and choose the most appropriate project management response.
- Develop a practical study and exam strategy for the 180-question PMP certification examination.

IDEAL FOR

Project and programme managers
 Project engineers and coordinators
 PMO professionals and team leads
 Consultants and functional managers
 Experienced professionals pursuing PMP certification

START YOUR PMP JOURNEY

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