Effective IT Project Management and SDLC Implementation Training Course



23 - 27 Nov 2026

Cape town

4600 € (Per Person)

Ref: #PMP6393_280055

Course Introduction / Overview:

This comprehensive training course provides a deep dive into the critical intersection of IT project management and the Systems Development Life Cycle (SDLC). In today's technology-driven landscape, the ability to manage complex IT projects from conception to deployment is paramount for organizational success. This program is meticulously designed to bridge the gap between traditional project management principles and the technical nuances of software and systems development. Participants will explore the full spectrum of SDLC methodologies, from the structured Waterfall model to the adaptive and flexible Agile frameworks like Scrum and Kanban. As highlighted by experts like Kathy Schwalbe in her seminal work, "Information Technology Project Management," successful project outcomes depend on a holistic understanding of both process and people. This course, offered by BIG BEN Training Center, moves beyond theoretical knowledge to equip professionals with practical tools, risk mitigation strategies, and effective communication techniques essential for navigating the challenges of modern IT initiatives. We will dissect each phase of the SDLC, from requirements gathering and system design to testing, deployment, and maintenance, ensuring a robust and applicable skill set for delivering high-quality IT solutions on time and within budget.

Target Audience / This training course is suitable for:

- IT Project Managers.
- Aspiring Project Managers.
- Systems Analysts.
- Business Analysts.
- Software Developers and Engineers.
- Team Leads and Development Managers.
- Quality Assurance (QA) Engineers and Testers.
- IT Managers and Directors.
- Product Owners and Scrum Masters.
- Professionals involved in the IT project lifecycle.

Target Sectors and Industries:

- Information Technology and Software Services.
- Banking, Finance, and Insurance.
- Healthcare and Pharmaceuticals.
- Telecommunications.
- Government and Public Sector Agencies.
- Retail and E-commerce.
- Manufacturing and Engineering.
- Consulting Services.
- Education and Research.

Target Organizations Departments:

- Information Technology (IT) Department.
- Project Management Office (PMO).
- Software Development and Engineering.
- Research and Development (R&D).
- Quality Assurance and Testing.
- Business Analysis.
- Product Management.
- Operations and Infrastructure.
- Digital Transformation Teams.

Course Offerings:

By the end of this course, the participants will have able to:

- Analyze the core principles of IT project management and its unique challenges.
- Master the distinct phases and activities within the Systems Development Life Cycle (SDLC).
- Differentiate between Waterfall, Agile, and hybrid methodologies and select the appropriate model for a project.
- Develop comprehensive project plans, including scope, schedule, budget, and resource allocation.
- Implement effective risk identification, assessment, and mitigation strategies for IT projects.
- Lead requirements gathering sessions and translate business needs into technical specifications.
- Apply quality assurance and testing principles throughout the development lifecycle.
- Manage stakeholder expectations and facilitate clear communication across technical and non-technical teams.
- Oversee the system deployment process and plan for post-implementation support and maintenance.
- Evaluate project performance using key metrics and implement continuous improvement practices.

Course Methodology:

The training methodology at BIG BEN Training Center is designed to be immersive, interactive, and directly applicable to the professional workplace. This course moves beyond passive lectures to foster a dynamic learning environment where participants actively engage with the material. We utilize a blended approach that combines expert-led instruction with practical, hands-on activities. A cornerstone of our method is the use of real-world case studies, allowing participants to analyze both successful and challenged IT projects to understand the practical application of SDLC and project management principles. Collaborative group exercises will challenge teams to develop project charters, create Work Breakdown Structures (WBS), and build risk registers. Interactive workshops and role-playing scenarios will simulate stakeholder meetings and change request negotiations, honing crucial communication and decision-making skills. Throughout the course, there will be ample opportunity for peer-to-peer discussion and knowledge sharing, facilitated by our experienced instructors who provide continuous feedback and guidance. This practical, results-oriented approach ensures that participants leave not just with knowledge, but with the confidence and skills to implement what they have learned immediately.

Course Agenda (Course Units):

Unit One: Foundations of IT Project Management and the SDLC

- Introduction to IT Project Management.
- The Triple Constraint in Technology Projects.
- Key Roles and Responsibilities in an IT Project Team.
- Understanding the Systems Development Life Cycle (SDLC).
- The Relationship Between Project Management Lifecycle and SDLC.
- Introduction to Project Management Body of Knowledge (PMBOK) Concepts.
- Ethical and Professional Responsibilities in IT Project Management.

Unit Two: Traditional Methodologies and Project Initiation

- The Waterfall Model In-Depth.
- The V-Model and its Application in Testing.
- Project Initiation and Creating the Project Charter.
- Defining Project Scope and Objectives.
- Techniques for Requirements Gathering and Analysis.
- Developing the Work Breakdown Structure (WBS).
- Stakeholder Identification and Analysis.

Unit Three: Agile Frameworks and Iterative Development

- The Agile Manifesto and its 12 Principles.
- Introduction to the Scrum Framework.
- Roles in Scrum (Product Owner, Scrum Master, Development Team).
- Scrum Events (Sprint Planning, Daily Stand-up, Sprint Review, Retrospective).
- Creating and Managing the Product Backlog and User Stories.
- Introduction to Kanban and Lean Principles.
- Comparing and Contrasting Agile vs. Waterfall.

Unit Four: Project Execution, Monitoring, and Control

- Developing the Project Schedule and Critical Path Method.
- Cost Estimation Techniques and Budget Management.
- IT Project Risk Management and Mitigation Planning.
- Quality Assurance vs. Quality Control in Software Development.
- Integrated Change Control for IT Projects.
- Project Communication Planning and Execution.
- Monitoring and Reporting Project Performance and KPIs.

Unit Five: System Testing, Deployment, and Modern Practices

- Phases of the Software Testing Life Cycle (STLC).
- User Acceptance Testing (UAT) and Sign-off.
- Deployment Strategies (Big Bang, Phased, Parallel).
- Post-Implementation Review and Lessons Learned.
- System Maintenance and Support Planning.
- Introduction to DevOps Principles and Culture.
- The Role of Continuous Integration and Continuous Delivery (CI/CD).

FAQ:

Qualifications required for registering to this course?

There are no requirements.

How long is each daily session, and what is the total number of training hours for the course?

This training course spans five days, with daily sessions ranging between 4 to 5 hours, including breaks and interactive activities, bringing the total duration to 20 - 25 training hours.

Something to think about:

How might the rise of AI and machine learning fundamentally alter the traditional phases of the Systems Development Life Cycle?

What unique qualities does this course offer compared to other courses?

This course distinguishes itself by focusing on the critical integration of two distinct but interconnected disciplines: project management and the Systems Development Life Cycle. While many programs teach these subjects in isolation, our curriculum is built around the real-world challenges that arise at their intersection. We address the common friction points between project managers focused on scope, time, and budget, and development teams focused on technical execution and quality. The course provides a decision-making framework for selecting, blending, and tailoring methodologies be it Waterfall, Agile, or a hybrid approach to fit the specific context of a project, rather than advocating for a one-size-fits-all solution. Furthermore, our emphasis is less on specific software tools, which can quickly become outdated, and more on the enduring principles and human dynamics that drive project success. Through a rich blend of case studies, interactive simulations, and expert-led discussions, participants gain not just theoretical knowledge but practical wisdom. They learn how to lead technical teams, manage stakeholder expectations across departments, and navigate the complexities of change in a technology-driven environment, making the learning experience both profound and immediately applicable.