

Certified Fiber Optic Technician (CFOT®)

Course content

Day	Start	Duration	End	Training modules
1 st day	09:00	90'	10:30	Introduction in Fiber Optics
1 st day	10:30	15'	10:45	Coffee break
1 st day	10:45	90'	12:15	Fiber Optics Terminology
1 st day	12:15	15'	12:30	Coffee break
1 st day	12:30	45'	13:15	Fiber Optics Characteristics
1 st day	13:15	30'	13:45	Lunch break
1 st day	13:45	90'	15:15	Fiber Optics Termination (Splicing)
1 st day	15:15	15'	15:30	Coffee break
1 st day	15:30	90'	17:00	Hands on - Splicing
2 nd day	09:00	90'	10:30	Outside Plant Fiber Optics Installation
2 nd day	10:30	15'	10:45	Coffee break
2 nd day	10:45	90'	12:15	Premises Fiber Optic Installation
2 nd day	12:15	15'	12:30	Coffee break
2 nd day	12:30	45'	13:15	Fiber Optics Termination (Connectors)
2 nd day	13:15	30'	13:45	Lunch break
2 nd day	13:45	90'	15:15	Fiber Optics Testing (OLTS)
2 nd day	15:15	15'	15:30	Coffee break
2 nd day	15:30	90'	17:00	Hands On – OLTS Measurements
3 rd day	09:00	90'	10:30	Fiber Optics Data Links
3 rd day	10:30	15'	10:45	Coffee break
3 rd day	10:45	90'	12:15	Fiber Optics Loss Budget
3 rd day	12:15	15'	12:30	Coffee break
3 rd day	12:30	45'	13:15	Fiber Optis Testing (OTDR)
3 rd day	13:15	30'	13:45	Lunch break
3 rd day	13:45	90'	15:15	Hands On – OTDR Measurements
3 rd day	15:15	15'	15:30	Coffee break
3 rd day	15:30	90'	17:00	CFOT® - Certified Fiber Optic Technician Exams