

## Essential Courses 1, 2, & 3



Our mission is to provide best-in-class fiber optic training and consulting to support personnel involved in managing and building fiber optic networks as they become the next generation of industry leaders. Advanced fiber optic training designed for all professionals including IT administrators, technicians, contractors, end users, and technical sales personnel. The Optix America Fiber Optic Essential Courses are designed for individuals seeking to learn the fundamental knowledge and skills related to fiber optic technology per industry standards.



## Features

- Best-in-class fiber optic training and consulting to support personnel involved in managing and building fiber optic networks
- Courses taught by Master Instructors & Training Advisors for the Fiber Optic Association (FOA)
- Master Instructors have long term experience as technical services and training managers at Tier 1 Network Operators
- Master Instructors have real world experience delivering, managing, and executing fiber optic projects for outside plant, telecom, broadband, enterprise, FTTx/FTTH, data centers, and government installations.
- Three Courses include Fiber Optic Essentials 1, Fiber Optic Essentials 2, and Fiber Optic Essentials 3
- Fiber Optic Essentials 1: Blended Online Mastery with CFOT Three Day Onsite Skills Challenge
- Fiber Optic Essentials 2: Online Mastery
- Fiber Optic Essentials 3: Company Focused Fiber Optic Training, Consulting & Project Management
- Register Now! Coming to a city near you, check schedule online





Jerry created a very interactive method to study the theory and making it easier for the technicians and engineers to follow and measure the progress of everyone in the class.

**GIBRAN ARAIZA**  
**FLO NETWORKS**  
**MEXICO**



The FOA CFOT was a great class! I truly enjoyed the class and got a great deal of knowledge out of it. Fiber is not the "mystery" it was once before. Jerry "de-mystified" fiber for me! Thanks!

**DAVE BURCHETTE**  
**C SPIRE**  
**USA**

## **Fiber Optic Essential Courses**

### **Fiber Optic Essentials 1 : Blended Mastery with CFOT Three Day Onsite Skills Challenge**

- Industry Approved curriculum Includes self-paced learning activities, virtual instructor led sessions, in person hands-on training, and remote coaching
- Completion will meet criteria to test for the CFOT (Certified Fiber Optic Technician) credential offered by the Fiber Optic Association Inc. (FOA), in partnership with KOD.
- Course Includes Digital FOA Textbook and FOA certification test fees
- Seven week access to virtual and interactive self-led modules and online activities
- Three day Hands-on Skills Lab at customer site includes fiber preparation, fusion splicing, and fiber optic testing including OTDR trace analysis
- Virtual Instructor led sessions
- Personalized coaching
- Access to virtual community and private slack support for one year
- Upon completion, student will be prepared to pursue and advance to technical/sales and project management roles in the fiber optic industry
- Available in English and Spanish

### **Fiber Optic Essentials 2: Online Mastery**

- Industry Approved Curriculum Includes self-paced learning activities, virtual instructor led sessions, and remote coaching.
- Completion will meet criteria to test for the CFOT (Certified Fiber Optic Technician) credential offered by the Fiber Optic Association Inc. (FOA), in partnership with KOD.
- Course Includes consumables on-boarding kit, Digital FOA Textbook, and FOA test fees
- Seven week access to virtual and interactive self-led modules and online activities
- Virtual Instructor led sessions
- Personalized coaching
- Digital license to FOA Reference Guide to Fiber Optics
- Access to virtual community and private slack support for one year
- Upon completion, student will be prepared to pursue and advance to technical/sales and project management roles in the fiber optic industry
- Available in English and Spanish

### **Fiber Optic Essentials 3: Company Focused Fiber Optic Training, Consulting & Project Management**

- Tailored network planning and design for your company's specific needs
- Project management for your specific installation
- Custom training options for your employees
- Project plans and documentation development
- PMI based Project Lifecycle Management
- Creation of tailored elearning solutions for your organization
- Deliver Train-the-Trainer programs
- Great for Service Providers, MSO's, Coops, Contractors, End Users
- Available in English and Spanish

## **Ordering Information**

<b>CLASS</b>	<b>Description</b>
<b>FOE-1</b>	Fiber Optic Essentials 1 Blended Three Day Onsite + Online Mastery Course
<b>FOE-2</b>	Fiber Optic Essentials 2 Online Mastery Course
<b>FOE-3</b>	Company Focused Fiber Optic Training, Consulting, and Project Management

# **Course Outline: Fiber Optic Essentials Online Mastery**

## **Week 0: Course Orientation**

Welcome  
Fiber Essentials: User Agreement  
Learning Platform Navigation Introduction  
What is the FOA?  
Demystifying Fiber Optics  
Week 0: Goals Setting Assignment

## **Week 1: Fiber Optic Essentials - Fundamentals**

Live Session: Course Orientation and Fiber Fundamentals  
Fiber Optic Theory  
Fiber Terminology  
Intro to Codes and Standards  
Fiber Safety  
Week 1 Reflection Assignment: Progress and Challenges

## **Week 2: Fiber Optic Applications and Systems**

Live Session: Fiber Applications and Systems  
Fiber Optic Applications  
Fiber Optic Transmission Systems  
Fiber Optic Data Links  
Fiber Optic Types  
Fiber Optic Cables  
Fiber Optic Connectors  
Fiber Optic Termination: Connector Polishing  
Fiber Optic Connectivity Hardware  
Week 2 Reflection Assignment: Progress and Challenges

## **Week 3: Fiber Optic Installation and Project Management**

Live Session: Fiber Installation and Project Management  
Project Management Essentials  
Fiber Optic Design Fundamentals  
Outside Plant Safety  
Outside Plant Fiber Installation Methods and Best Practices  
Premises Fiber Installation Best Practices  
Fiber Optic Connectivity Hardware  
Servant Leadership for Telecom Professionals  
Week 3 Reflection Assignment: Progress and Challenges

## **Week 4: Fiber Splicing, Termination, and Testing**

Live Session: Termination, Splicing, and Testing (Hands-on Prep)

Fiber Optic Essential Tools

Tools for Fiber Installation, Splicing, and Testing

Basic Fusion Splicing

Fusion Splicer Operation and Maintenance

Fiber Optic Testing

Week 4 Reflection Assignment: Progress and Challenges

## **Week 5: Fiber Labs and Hands-on Exercises**

Live Session: Hand-on Labs

Hands-on: Physics Lab

Hands-on: ISP Cable Preparation

Hands-on: OSP Cable Preparation

Hands-on: Cable Bonding and Grounding

Hands-on: Connectivity Hardware Setup

Hands-on: Fiber Connector Installation

Hands-on: Fiber Connector Inspection and Cleaning

Hands-on: Splice Tray Preparation

Hands-on: Fusion Splicing and Storage

Hands-on: Fiber Testing (Inspection, VFL, OLTS, OTDR)

Hands-on: OTDR Trace Analysis and Reporting

W5 Reflection Assignment: Progress and Challenges

## **Week 6: Maintenance & Restoration, Project Closeout, & Course Review**

Live Session: CFOT Test Prep and Course Closing

Fiber Restoration and Maintenance

Fiber Project Closeout and Handover

Week 6 Reflection Assignment: Achievements and Future Goals

Career Development in the Fiber Optics Industry

## **Week 7: FiberWizards Essentials Final Test**

Final Test

One-on-one review