INFOSEC Skills
LIVE BOOT CAMPS

Get live, expert instruction from anywhere.

Cybersecurity Foundations Boot Camp

The Cybersecurity Foundations program is designed to provide comprehensive but beginner-friendly training for those looking to get started or expand their cybersecurity expertise. This course explores topics ranging from foundational security concepts and principles to specific topics like common security tools and technologies, key security roles, common attack types, and best practice security controls or mitigation strategies.

Course description

In today's threat landscape, the importance and demand for cybersecurity professionals have reached an all-time high. Infosec's Cybersecurity Foundations program is designed to help those starting out in the field acquire the skills and knowledge needed to effectively begin to identify, respond to, and mitigate many of today's top cyber security risks or attacks.

Throughout this course, learners will explore topics ranging from foundational security concepts and principles to more specific topics such as understanding common security tools and technologies, learning about key roles in organizational security, and exploring common attack types or the controls and practices that can be implemented to protect against them.

Who should attend

- Those seeking to start a career in cybersecurity
- Junior IT and technology professionals
- System, database, or cloud administrators
- Organizational leaders and managers
- Anyone interested in learning about modern cybersecurity principles, practices, and tools

Boot camp at a glance

What you'll learn

- ✓ Core cybersecurity concepts and principles
- ✓ Networking and OS foundations
- ✓ Governance, Risk, and Compliance basics
- ✓ NIST CSF and other common security frameworks
- ✓ Common cyber-attacks and mitigation strategies.

Delivery methods

- ✓ Online
- ✓ In person
- ✓ Team onsite

Training duration

- ✓ Immediate access to Infosec Skills
- ✓ 3-day boot camp
- ✓ 90-day extended access to all boot camp materials

The hands-on cybersecurity training platform that moves as fast as you do

Infosec Skills boot camps are engineered to match the way today's cybersecurity professionals prefer to learn. In addition to days of live training from an experienced pro, you'll get unlimited access to 100s of additional hands-on cybersecurity courses and cyber ranges to help you advance your skills before, during and after your boot camp. Your Infosec Skills access extends 90 days past your boot camp, so you can take additional time to prepare for your exam, or get a head start on your next certification goal.

Start training immediately

Prepare for your boot camp with immediate access to the Infosec Skills on-demand training library.

Learn by doing in the cyber range

Put what you've learned into practice with 100s of browser-based labs and hands-on projects.

700+ IT and security courses

Earn CPEs and build new skills with 100s of additional training courses.

What's included

- Three days of expert, live cybersecurity instruction
- 100% Satisfaction Guarantee
- 90-day extended access to Boot Camp components, including class recordings
- Free 90-day Infosec Skills access (access to 1,400+ additional courses and labs)
- Knowledge Transfer Guarantee

Prerequisites

While this course is designed to be beginner friendly, it is encouraged that students have some basic familiarity with modern organization technologies, networks, and systems. 1-2 years' experience working in IT or in technology administration or management is advised.

Course overview

This course will teach you everything you need to know to jumpstart your cybersecurity knowledge and career. Starting with a review of cyber foundations, then building onward through governance, compliance, controls, and more, this program is intended to provide you with the knowledge you need to begin exploring, assessing, and implementing cybersecurity strategy and best practices at both the individual and enterprise levels.

Upon completing this Cybersecurity Foundations Boot Camp, you will have learned valuable knowledge and skills, including the ability to:

- Understand guiding principles and practices in the cybersecurity
- Be aware of key networking, OS, virtualized, and cloud technologies
- Assess or implement security governance programs and frameworks
- Analyze risk and compliance practices or alignment
- Identify threats and select appropriate security controls and incident response methods.

Learn about today's top security frameworks including the NIST CSF and RMF

In addition to introducing you to many of the industry's leading security or IT governance frameworks including the International Organization for Standardization (ISO) 27001/27002, COBIT, HITRUST, and more; this course aims to provide students with a working knowledge of the National Institute of Standards and Technology (NIST) Cybersecurity Framework (CSF) and Risk Management Framework (RMF). These widely adopted standards are required of many federal organizations and contractors and are among the most well-estabished and well-respected security standards for the public and private sectors alike. Students will not only learn about these powerful frameworks but explore how they can get started applying them in their security programs or practices.

Dive deeper with InfoSec Skills

Throughout the course, you will be notified of additional InfoSec skills content available with your included 90-day Skills access. These materials can help you bolster your study of the course topics and gain valuable hands-on experience practicing in our advanced cyber ranges and labs.

Skill up and get certified, guaranteed

Exam Pass Guarantee

If you don't pass your exam on the first attempt, get a second attempt for free. Includes the ability to re-sit the course for free for up to one year.

100% Satisfaction Guarantee

If you're not 100% satisfied with your training at the end of the first day, you may withdraw and enroll in a different online or in-person course.

Knowledge Transfer Guarantee

If an employee leaves within three months of obtaining certification, Infosec will train a different employee for free for up to one year.

Cybersecurity Foundations Boot Camp

Our instructors give you 100% of their time and dedication to ensure that your time is well spent. You receive an immersive experience with no distractions! The typical daily schedule is:

	Day 1	Day 2	Day 3
Morning session	Introductions CyberSec Concepts & Principles Networking & OS Foundations » Infrastructure & Hardware	Governance, Risk, & Compliance » Sensitive data, regulatory compliance, security frameworks, NIST CSF	Security Controls and Mitigations: » Network security, remote access, User Security, and Data Security, Endpoint Security
Afternoon session	Networking & OS Foundations » Operating Systems & Virtualization Technologies Governance, Risk, & Compliance » GRC foundations, threat intelligence	Governance, Risk, & Compliance » Risk Management, Asset Management, Risk Analysis Security Controls and Mitigations: » Cryptography, physical security	Security Controls and Mitigations: » Software Security, Virtualization & cloud security Incident Response (IR), Business Continuity (BC), & Disaster Recovery (DR) Course Wrap-up & Next Steps

Schedule may vary from class to class

Before your boot camp

Start learning now. You'll get immediate access to all the content in Infosec Skills the moment you enroll. Prepare for your live boot camp, uncover your knowledge gaps and maximize your training experience.

Cybersecurity Concepts & Principles

- Threat Landscape
- CIA Triad
- Access Controls (IAM, MFA, Federated Identity, etc.)
- Security Principles (Defense in depth, Least privilege, etc.)

Networking & OS Foundations

- Network Infrastructure (LAN, MAN, WAN, etc.)
- Network Hardware (Routes, Switches, Endpoints, etc.)
- Network Communications (OSI/TCP, Ports & Protocols, VPN, etc.)
- Operating Systems (Windows, Linux, Mac, etc.)
- Command Line Interfaces (CLI) (Command Prompt, Terminal, Shell, etc.)
- Virtualization (VMs, Containers, Orchestration, etc.)
- Cloud Computing (Benefits, Models, Serverless, etc.)
- IoT/OT

Security Governance, Risk, and Compliance (GRC)

- GRC Foundations (governance approaches, policies, roles, etc.)
- Threat Intelligence (uses, sources, threat agents, CVEs, OWASP, etc.)
- Sensitive and protected information (PII, PHI, CCI)
- Regulation & Compliance (Common regulatory standards, GDPP, PCI-DSS, etc.)
- Security Frameworks & Standards (ISO 27001/27002, NIST CSF, COBIT, etc.)
- NIST Cybersecurity Framework (Core, Tiers, Profiles, implementation steps, etc.)
- Risk Management (Identification, Response strategies, Risk Frameworks, NIST RMF)
- Asset Management (Management, Valuation, etc.)
- Risk Analysis (Quantitative/Qualitative analysis strategy, Risk/Control Cost Analysis, etc.)

Security Threats, Controls, & Mitigation Strategies

- Intro to Security Control Types (Control Categories, Control Frameworks, etc.)
- Cryptography (Symmetric/Asymmetric encryption, Hashing, Certificates, PKI, etc.)
- Physical Security (Common Threats, Controls & Mitigation Strategies)
- Network Security (Common Threats, Controls & Mitigation Strategies)
- Mobile & Remote Access Security (SSL/TLS, VPN)
- User Security (Common Threats, User Policies, Controls & Mitigation Strategies)
- Data Security (Data Classification & Roles, Data Remanence, DLP, etc.)
- Endpoint Security (Antivirus/antimalware, Device Hardening, Mobile Security, etc.)
- Software Security (Patching, Sandboxing, Assessment Methods, Input controls, etc.)
- Virtualization & Cloud Security (Securing Virtual resources, frameworks, Egregious 11)

Incident Response (IR), Business Continuity (BC), & Disaster Recovery (DR)

- Incident Response (IR) (prevention & response strategy, teams & training, SIEM, etc.)
- Business Continuity (BC) & Disaster Recovery (DR) (practices & Strategies, etc.)

Next Steps

- Career and Professional Development planning Resources

After your boot camp

Your Infosec Skills access extends 90 days past your boot camp, so you can take additional time to continue your learning journey, get a head start on your next certification goal or learning topic.

About Infosec

Infosec's mission is to put people at the center of cybersecurity. We help IT and security professionals advance their careers with skills development and certifications while empowering all employees with security awareness and phishing training to stay cyber-safe at work and home. Learn more at infosecinstitute.com.

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