



Penetration Plus Cyber Security

With CompTIA Pentest+ & Network+



CompTIA®



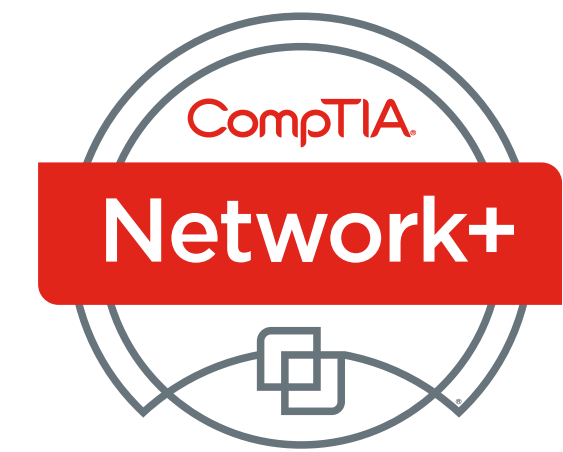
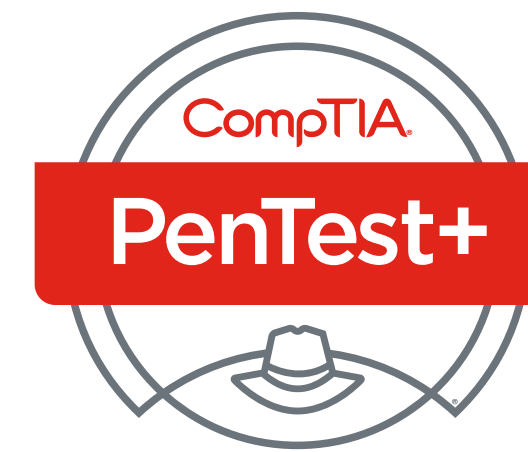
Your Course at a glance

Penetration Plus Cyber Security

Penetration Plus Cyber Security is designed to advance your skills in ethical hacking, penetration testing, and network defence. You'll build hands-on experience through practical labs and job-focused training, preparing you for high-demand roles such as SOC analyst, penetration tester, or junior security engineer. Whether you're looking to enter the cyber security industry or take your existing skills further, this course helps you develop the technical expertise needed to thrive in today's threat landscape.

Who is this course for?

- ✓ Career switchers looking to enter cyber security
- ✓ Tech professionals aiming to upskill in ethical hacking
- ✓ Returners to work exploring technical career paths
- ✓ Anyone curious about penetration testing and defence strategy



Course Overview



Duration:
14 Weeks - Part Time



Format:
Live tutor-led classes



Qualification:
CompTIA PenTest+
CompTIA Network+

*You must achieve atleast 80% on your mock exam
in order to recieve your CompTIA Exam voucher



Funding:
Fully Funded by the WMCA



Finding The Talent In You

iMeta Training was founded in 2023 in Birmingham with a simple mission: create accessible, high-quality training opportunities for everyone, no matter your starting point.

Our small team of tutors, learner support staff, employment and recruitment officers and operations experts have decades of experience in adult education. We recognise and remove the barriers that many adults face in the West Midlands, from financial hardship to childcare difficulties, to managing neurodivergence and addressing confidence and self-esteem.

We deliberately provide opportunities to train in fast-growing sectors, ensuring that learners have clear pathways for progressing their careers and education after they complete their course. 8 out of 10 of our learners move onto new jobs in their chosen field, secure a promotion, or continue into further education at university or through an apprenticeship.

Every part of the iMeta learning journey is designed so no learner is left behind. We find the talent in you.



What We Stand For

We're here to make learning more accessible, more relevant, and a whole lot more human. These are the values that guide everything we do.

Making Learning More Enjoyable

Training should feel motivating. We design our courses to be practical, engaging, and focused on real-life outcomes, so you actually enjoy learning and want to keep going.

Staying on the Pulse of Business Technology

We keep up with the latest tools, trends, and tech so our learners stay ahead of the curve. From digital skills to industry-specific know-how, we've got it covered.

Keeping Brum in Business

We're proud to be based in Birmingham and even prouder to support local people and businesses. Whether you're in Brum or beyond, we're here to help you grow and thrive.

Encouraging Personal and Professional Growth

We go beyond teaching technical skills by fostering soft skills like critical thinking, collaboration, and problem-solving. We want our graduates to be confident and capable of taking ownership of their careers in technology.

Learner Support

At iMeta Training, we are committed to providing tailored support for learners with Learning Difficulties and/or Disabilities (LLDD) to ensure their success throughout their learning journey.



Initial Outreach

At the start of each course, our Tutors and Progressions Officers proactively engage with learners who may have learning difficulties or disabilities. This outreach aims to assess the specific support they may require to thrive during their time with us.

Personalised Support Plans

Once a learner's needs are identified, we create a personalised support plan. This is documented in our LLDD Support Forms, completed by both Tutors and Progressions Officers. The plan may include adjustments such as additional learning resources, modified assessments, or specialised learning tools to accommodate individual needs.

Tracking & Accessibility

Each learner's support plan is uploaded to their Personal Information and Curriculum (PICs) file, ensuring it is easily accessible to all relevant staff. This guarantees that the learner's support is consistently tracked and updated as necessary.

Regular Check-ins

To ensure the support remains effective, we hold fortnightly LLDD Support Meetings. These meetings allow us to regularly review each learner's progress, address any new challenges, and make adjustments to their support plan as needed.

Weekly Review Meetings

Our team—including Tutors, Admin, and Progressions Officers—meets weekly to review learner progress, discuss ongoing LLDD support, safeguarding, and any other learner-related needs. These meetings ensure that no learner's needs go unnoticed and that all learners receive the support required to succeed.

Career Advice and Guidance

As part of our commitment to your success, iMeta Training offers a high-quality, impartial, relevant, and confidential Careers Education, Information, Advice, and Guidance service. Once enrolled you will be assigned a dedicated progressions officer who will support you in:

- ✓ CV guidance and support
- ✓ Interview preparation
- ✓ Planning and organisation
- ✓ Job search tips and techniques
- ✓ Career pathway planning and support
- ✓ Motivation and confidence building sessions



Online Learning & Support Materials

You'll be able to access all your online learning materials and support resources for this course through a Microsoft Teams account. We'll set you up with your own Teams account when your course starts, giving you easy access to everything you need to succeed. This includes things like:

- ✓ **Coursework and learning materials:** Essential materials like assignments, lectures, presentations, and helpful guides will be readily available within your Teams account.
- ✓ **Online discussions and forums:** Connect and collaborate with your fellow students and course instructors through online discussions and forums hosted within Teams.
- ✓ **Announcements and updates:** Stay informed about important course updates, deadlines, and announcements directly through your Teams account.

Level 4 - Penetration Plus Cyber Security - Part Time



Empowering the West Midlands

iMeta Training is proud to partner with the West Midlands Combined Authority (WMCA) to provide transformative IT education to learners across the region. Through WMCA's funding and support, we are able to offer accessible, industry-focused training programs that empower individuals to upskill and secure rewarding careers in the tech sector.

This collaboration allows us to remove financial barriers for learners, particularly those from underrepresented communities, and ensures that they have access to the skills and opportunities needed to thrive in the ever-evolving digital economy. Together with the WMCA, we are committed to closing the digital skills gap, fostering a diverse workforce, and driving economic growth in the West Midlands.



West Midlands
Combined Authority

Weeks 1 - 3

Introduction to Penetration Plus Cyber Security

Week 1 - Induction

- ✓ Generic Induction / Course overview / System familiarisation
- ✓ Security Basics
- ✓ AAA
- ✓ CIA
- ✓ Password Hygiene
- ✓ Networking Intro
- ✓ Basic Addressing Concepts
- ✓ Default Gateway (postbox)
- ✓ IP address
- ✓ Classes
- ✓ Default Subnet Masks
- ✓ Networking Intro (Continued)
- ✓ Binary
- ✓ Hex
- ✓ ASCII (if time permits, covered later anyway)
- ✓ Networking Intro (Continued)
- ✓ Subnetting Basic
- ✓ Recap

Week 2 - Networking 1

- ✓ Communications in a Connected World
- ✓ Online Connections
- ✓ Networking 1 (Continued)
- ✓ Explore Networks with Packet Tracer
- ✓ Build A Simple Network
- ✓ Networking 1 (Continued)
- ✓ Communication Principles
- ✓ Network Design and the Access Layer

Week 3 - Penetration Testing 1

- ✓ Scoping Organization/Customer Requirements
- ✓ Penetration Testing 1 (Continued)
- ✓ Defining the Rules of Engagement

Weeks 4-7

Advanced Networking & Penetration Testing

Week 4 - Networking 2

- ✓ Routing Between Networks
- ✓ The Internet Protocol
- ✓ Networking 2 (Continued)
- ✓ Dynamic Addressing with DHCP
- ✓ IPv4 and IPv6 Address Management

Week 5 - Penetration Testing 2

- ✓ Footprinting and Gathering Intelligence
- ✓ Penetration Testing 2 (Continued)
- ✓ Evaluating Human and Physical Vulnerabilities

Week 6 - Networking 3

- ✓ Transport Layer Services
- ✓ Application Layer Services
- ✓ Networking 3 (Continued)
- ✓ Build a Home Network
- ✓ Connect to the Internet
- ✓ Networking 3 (Continued)
- ✓ Security Considerations
- ✓ Configure Network and Device Security

Week 7 - Penetration Testing 3

- ✓ Preparing the Vulnerability Scan
- ✓ Scanning Logical Vulnerabilities
- ✓ Analyzing Scanning Results

Weeks 8 - 14

Advanced Techniques in Penetration Testing

Week 8 - Linux Essentials

- ✓ Command Line Skills (5) & Getting Help (6)
- ✓ Filesystem, Files, and Directories (7+8)
- ✓ Working with Text (10)
- ✓ Basic BASH Scripting (11)

Week 9 - Penetration Testing 4

- ✓ Avoiding Detection and Covering Tracks
- ✓ Penetration Testing 4 (Continued)
- ✓ Exploiting the LAN and Cloud

Week 10 - Penetration Testing 4 (Continued)

- ✓ Testing Wireless Networks
- ✓ Targeting Mobile Devices
- ✓ Attacking Specialized Systems

Week 11 - Penetration Testing 4 (Continued)

- ✓ Web Application-Based Attacks
- ✓ Penetration Testing 4 (Continued)
- ✓ Performing System Hacking

Week 12 - Penetration Testing 4 (Continued)

- ✓ Scripting and Software Development
- ✓ Leveraging the Attack: Pivot and Penetrate

Week 13 - Penetration Testing 4 (Continued)

- ✓ Communicating During the PenTesting Process
- ✓ Summarising Report Components

Week 14 - Penetration Testing 4 (Continued)

- ✓ Recommending Remediation
- ✓ Performing Post-Report Delivery Activities

Frequently Asked Questions

Who is Penetration Plus best suited for?

This course is ideal for those with a basic understanding of IT or cyber security who want to specialise in penetration testing and ethical hacking. It's perfect for learners aiming to move beyond foundational knowledge and into more technical, hands-on roles in cyber defence.

Is the training really free?

Yes, if you meet the eligibility criteria, the course is fully funded and free to access. You won't need to pay fees or apply for a loan.

What jobs can I pursue after the course?

You'll be well-positioned to apply for roles such as:

- Junior Penetration Tester
- SOC (Security Operations Centre) Analyst
- Cyber Security Technician
- Vulnerability Analyst
- Information Security Analyst

These roles are in high demand across industries including finance, healthcare, government, and tech.

Will ethical hacking be in demand with AI and automation?

Absolutely. As AI continues to evolve, so do cyber threats. Ethical hackers and penetration testers will remain essential for identifying vulnerabilities, testing defences, and ensuring systems are secure - especially against sophisticated, AI-powered attacks.

What certifications will I be prepared for?

The course provides a strong foundation to pursue advanced industry-recognised certifications such as EC-Council CEH (Certified Ethical Hacker) after gaining experience in the field.

What are the next steps after course completion?

After completing the course, you can apply for entry-level cyber roles, continue studying for certifications, or pursue advanced training in areas like red teaming, digital forensics, or threat intelligence. Many learners also move into paid apprenticeships or junior security positions to gain experience in the field.

Let's Get You Enrolled!

You're just one step away from starting your journey with us! To get enrolled or to ask any questions, reach out to iMeta. We are here to guide you through the process and make sure everything runs smoothly. You can reach to us by phone or email - we're excited to help you take this next step!



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