

**MODULE 1**

# Introduction to Project Management Frameworks

Week 1 · 4 lessons · ~3 hrs

---

**Lessons in this module:**

- **Lesson 1.1** — What is a project? Definitions and characteristics
- **Lesson 1.2** — Overview of project management methodologies
- **Lesson 1.3** — The PMI framework and PMBOK overview
- **Lesson 1.4** — The role of the project manager

## LESSON 1.1

## What is a project? Definitions and characteristics

A project is a temporary endeavor undertaken to create a unique product, service, or result. Unlike ongoing operations, every project has a definite beginning and end, a specific scope, and dedicated resources.

Key characteristics of a project:

- Temporary — it has a defined start and end date
- Unique output — it delivers something new, not a repeat of existing operations
- Progressive elaboration — the project is developed step-by-step as more information becomes available
- Resource-constrained — it operates within limits of time, budget, and people

### REAL-WORLD EXAMPLE

Building a new company website is a project. Maintaining and updating it every week is an operation. The project ends when the website launches.

### KNOWLEDGE CHECK

Which of the following is **NOT** a characteristic of a project?

- A) It is temporary
- B) It produces a unique result
- C) It is ongoing with no defined end date
- D) It is progressively elaborated

✓ **Answer: C — Projects always have a defined end date. Ongoing activities are operations.**

## LESSON 1.2

## Overview of project management methodologies

There is no single "right" way to manage a project. Different methodologies suit different contexts. Understanding the landscape helps you choose the right approach.

Methodology	Best for	Key trait
Waterfall (Predictive)	Construction, manufacturing	Sequential phases, fixed scope
Agile	Software, creative projects	Iterative, flexible, customer-focused
Scrum	Product development	Sprints, daily standups, backlog
PRINCE2	Government, large enterprises	Controlled stages, defined roles
Hybrid	Mixed environments	Combines predictive and agile

PMI perspective: The PMI (Project Management Institute) now promotes a hybrid mindset — choosing the right approach for each project rather than applying one methodology rigidly.

## LESSON 1.3

## The PMI framework and PMBOK overview

---

The Project Management Body of Knowledge (PMBOK) is the globally recognized standard published by PMI. It organizes project management into 10 Knowledge Areas and 5 Process Groups .

The 5 Process Groups:

1. Initiating — Define the project and authorize it to begin
2. Planning — Establish scope, schedule, cost, quality, and more
3. Executing — Complete the work defined in the plan
4. Monitoring & Controlling — Track, review, and regulate progress
5. Closing — Formally complete the project or phase

These 5 process groups are not always sequential — they overlap. A project can be in Executing while also Monitoring & Controlling at the same time.

## LESSON 1.4

## The role of the project manager

---

The project manager (PM) is responsible for leading the team to achieve project objectives. A PM is not just a planner — they are a communicator, leader, problem-solver, and decision-maker.

Core competencies of an effective PM:

- Technical project management skills (planning, scheduling, budgeting)
- Leadership and team motivation
- Strategic and business management awareness
- Communication and stakeholder management
- Risk identification and response