



Virtualization and Docker Technologies for Cyber Resiliency
UWF Florida Cybersecurity Training Program
Offered by the University of West Florida Center for Cybersecurity

Overview

Tabletop Exercise Dates: May 4-15, 2026

Duration: 2 weeks

Instructional Hours: 15 contact hours

Delivery Format: Asynchronous online

Target Audience: IT or Cybersecurity practitioners

Recommended Background: Working knowledge of IT

CEUs: 1.5, **CPEs:** 18

Course Instructor(s):

Instructor	Email
Dr. Guillermo Francia, III	gfranciaiii@uwf.edu

Description

This course serves as an introductory course on virtualization with special emphasis on Docker Technologies. It is designed to familiarize the student with different virtualization systems, Docker workflow, Docker images and containers, virtual network configuration, system sand-boxing, and basic cyber operations on virtual machines for cyber resiliency. These cyber operations will include, among others, penetration testing, vulnerability analysis, packet crafting, intrusion detection, and network forensics.

This course uses a combination of lecture, discussion, labs, and table-top exercises in an asynchronous online instruction modality via Zoom.

DoW Cybersecurity Workforce Framework Mapping (DCWF)

The course prepares for the following cybersecurity work roles as defined by the DoW Cybersecurity Workforce Framework (DCWF)

- Cyber Defense Analyst (DCWF Code 511)
- Cyber Defense Forensic Analyst (DCWF Code 212)
- Cyber Workforce Developer and Manager (DCWF Code 751)