

Course No. 1136

Mechanical Engineering Fundamentals Training Course

**MECHANICAL ENGINEERING
INDUSTRIAL ENGINEERING, MAINTENANCE & OPERATIONS**

DURATION

5 Days

LOCATION

Manama, Bahrain

DELIVERY

Classroom

DATES

5 – 9 Oct 2026



Scheduled Event Details

CITY	Manama, Bahrain
DATE	5 – 9 Oct 2026
DELIVERY TYPE	Classroom
COURSE FEE	€5,300

Course Overview

The Mechanical Engineering Fundamentals Training Course is a comprehensive professional development program designed to provide engineers, technical professionals, maintenance personnel, project teams, and engineering leaders with a solid foundation in the core principles and practical applications of mechanical engineering. Whether supporting industrial operations, infrastructure development, manufacturing facilities, energy systems, or engineering projects, a strong understanding of mechanical engineering fundamentals is essential for improving operational efficiency, equipment reliability, safety, and long-term organizational performance.

Mechanical engineering is one of the most critical engineering disciplines, encompassing the design, operation, maintenance, and optimization of mechanical systems and equipment. Organizations across government, public sector, oil and gas, manufacturing, utilities, transportation, construction, and large industrial enterprises rely on competent engineering professionals who can understand mechanical principles, solve technical challenges, and contribute to efficient engineering operations. This course provides participants with internationally recognized engineering knowledge supported by practical applications and industry best practices.

Throughout the program, participants will explore the fundamental concepts of mechanics, materials, thermodynamics, fluid mechanics, heat transfer, mechanical components, manufacturing processes, engineering drawings, maintenance principles, and engineering calculations. The course combines theoretical understanding with practical engineering applications, enabling participants to strengthen their technical competence while improving their ability to make informed engineering decisions in real workplace environments.

The Mechanical Engineering Fundamentals Training Course also demonstrates how mechanical engineering principles integrate with maintenance management, reliability engineering, asset management, quality management, safety, energy efficiency, and continuous improvement

initiatives. By completing this course, participants will be better prepared to support engineering projects, optimize equipment performance, improve operational reliability, and contribute to sustainable engineering excellence across government entities, ministries, public sector organizations, financial institutions managing engineering infrastructure, oil and gas companies, power generation facilities, manufacturing industries, construction organizations, and multinational corporations.

Objectives

- Analyze the fundamental principles of mechanical engineering and their practical industrial applications throughout the course.
- Develop a comprehensive understanding of mechanical systems, components, and engineering processes.
- Evaluate mechanical equipment performance using engineering principles and analytical techniques.
- Apply engineering calculations related to mechanics, thermodynamics, fluid mechanics, and heat transfer.
- Design basic engineering solutions using mechanical engineering concepts and industry best practices.
- Improve technical problem-solving skills through systematic engineering analysis.
- Strengthen knowledge of engineering materials, manufacturing processes, and mechanical system operation.
- Implement safe engineering practices during the operation and maintenance of mechanical equipment.
- Assess mechanical equipment condition and identify opportunities for performance improvement.
- Align mechanical engineering practices with operational excellence, reliability, quality, safety, and organizational objectives.

Who Should Attend

This course is designed for graduate engineers, junior mechanical engineers, maintenance engineers, operations engineers, project engineers, reliability engineers, production engineers, plant engineers, facility engineers, technical supervisors, maintenance planners, engineering technicians, engineering inspectors, and technical professionals seeking to strengthen their understanding of mechanical engineering fundamentals.

The program is equally valuable for engineering managers, maintenance managers, operations managers, project managers, construction managers, asset management professionals, quality specialists, technical consultants, engineering supervisors, procurement engineers, and decision makers responsible for engineering operations, equipment performance, maintenance planning, and project execution.

Professionals working within government entities, ministries, public sector organizations, financial institutions managing engineering infrastructure, oil and gas companies, petrochemical industries, manufacturing plants, power generation facilities, utilities, mining organizations, transportation authorities, construction companies, infrastructure developers, and multinational engineering organizations will benefit significantly from the practical engineering knowledge and internationally recognized best practices presented throughout the course.

Learning Outcomes

- By the end of this course, participants will be able to:
- Explain the core principles and concepts of mechanical engineering.
- Interpret engineering drawings, mechanical diagrams, and technical documentation.
- Apply mechanics, thermodynamics, fluid mechanics, and heat transfer principles to engineering problems.
- Identify the functions and operating principles of common mechanical systems and components.
- Evaluate engineering materials based on operational requirements and engineering applications.
- Apply engineering calculations to support equipment selection and performance evaluation.
- Recognize common mechanical equipment failures and recommend practical corrective actions.
- Integrate mechanical engineering fundamentals into maintenance, reliability, and operational improvement activities.
- Apply engineering safety principles during equipment operation, inspection, and maintenance.
- Support engineering projects and operational activities through sound technical analysis and engineering best practices.

Course Outline

DAY 01

Introduction to Mechanical Engineering Fundamentals

- Principles and scope of mechanical engineering
- Engineering units, measurements, and calculations
- Engineering drawings and technical documentation
- Engineering standards and professional practices

PRACTICAL

Practical workshop on interpreting engineering drawings and performing basic engineering calculations

DAY 02

Mechanics, Materials, and Mechanical Components

- Engineering mechanics and applied forces
- Properties and selection of engineering materials
- Mechanical elements including shafts, bearings, gears, couplings, and fasteners
- Mechanical power transmission systems

PRACTICAL EXERCISE

Practical exercise on material selection and mechanical component identification

DAY 03

Thermodynamics, Fluid Mechanics, and Heat Transfer

- Fundamentals of thermodynamics
- Principles of fluid mechanics and fluid flow systems
- Heat transfer mechanisms and industrial applications
- Pumps, compressors, valves, and piping systems

DAY 03 — CONTINUED

PRACTICAL

Practical workshop on engineering calculations involving thermal and fluid systems

DAY 04

Mechanical Systems, Maintenance, and Reliability

- Mechanical equipment operation and performance
- Preventive and predictive maintenance fundamentals
- Equipment reliability and failure analysis
- Mechanical troubleshooting techniques

PRACTICAL APPLICATION

Practical application involving equipment inspection and maintenance planning

DAY 05

Engineering Applications and Operational Excellence

- Mechanical engineering in industrial projects
- Engineering quality, safety, and environmental considerations
- Energy efficiency and equipment performance optimization
- Continuous improvement and engineering best practices

FINAL WORKSHOP

Final workshop involving the development of a practical Mechanical Engineering improvement plan integrating engineering fundamentals, equipment evaluation, maintenance strategies, operational reliability, safety, performance optimization, and continuous improvement to support sustainable engineering operations and organizational excellence.



Register or Request More Information

Course page: <https://quest-training.com/courses/mechanical-engineering-fundamentals-training-course>

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