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CSEP CPT Exam

what is the average stroke volume during exercise and at rest? - ANSWERRest: 70 mL/b
Exercise: 120-190mL/b

what is the average cardiac output at rest and during Exercise? - ANSWERRest: 4900 mL/min
Exercise: 22800-34200 mL/min

What is the fuel for the anaerobic alactic system? Duration? By products? - ANSWERFuel: ATP and PCr
Duration : 0-15 secs
By products: ADP, Cr, Pi

What is the fuel for the anaerobic lactic system? Duration? By-products? - ANSWERFuel: CHO
Duration: 15-120 secs
By-Products: Lactic Acid, 2 ATP/mol CHO

What is the fuel for the aerobic system? Duration? By-products? - ANSWERFuel: CHO, Fats, and Proteins (5%)
Duration: 120 -several hours
By-Products: Heat, 36 ATP/mol CHO, H2O, CO2

What is the valid direct measure of MAP or VO2? - ANSWER breath by breath analysis whereby the subject is hooked up to an analyzer via a hose/mask. The contents of each breath is then analyzed while incrementally increasing the WR/WL until the subject can no longer maintain the intended intensity minimum or the tester deems them unfit to continue.

What are METs? - ANSWER MET or Metabolic Equivalent is the ratio of energy consumption to a reference metabolic rate set by convention to 3.5 ml O2/kg/min.

What are the METs during light intensity, moderate intensity, vigorous intensity, and moderate-vigorous intensity PA? - ANSWERLight: >1.5 MET <3.0
Moderate: 3-6 METS
Vigorous: >6 MET
Mod-Vig: All Activities > 3 METs

Define Muscular Strength. - ANSWER is the ability to produce maximal force at a given speed.

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ATD CPTD Exam Syllabus Topics:

Topic	Details

Topic 1	<ul style="list-style-type: none"> • Building Personal Capability: This section of the exam measures skills of Learning & Development Specialists and covers areas that enhance individual effectiveness in talent development roles. It includes communication, emotional intelligence, collaboration, cultural awareness, project management, and ethical behavior, focusing on how professionals interact, lead, and manage themselves and others effectively within organizational contexts.
Topic 2	<ul style="list-style-type: none"> • Impacting Organizational Capability: This section of the exam measures the skills of Organizational Development Consultants and involves applying talent strategies that align with business objectives. It includes business acumen, consulting, culture shaping, performance improvement, talent strategy, change management, and data analytics. The focus is on driving organizational performance and ensuring future readiness through strategic talent development.
Topic 3	<ul style="list-style-type: none"> • Developing Professional Capability: This section of the exam measures skills of Instructional Designers and focuses on the core functions of talent development such as adult learning theories, instructional design, facilitation, use of technology, content curation, leadership development, coaching, and evaluating impact. It emphasizes designing and delivering effective learning solutions that align with learner needs and organizational goals.

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ATD The Certified Professional in Talent Development Sample Questions (Q72-Q77):

NEW QUESTION # 72

A talent development (TD) professional has been hired as a consultant for a 20-person manufacturing company. The TD professional has not worked in this industry before. Several employees have complained to the human resources (HR) department that some supervisors have been disrespectful toward them when giving feedback. The HR manager decides that company-wide training on appropriate feedback is needed.

The TD professional is assigned to conduct a needs analysis and to report the results to the HR manager in two days.

As a result of the needs analysis, the TD professional finds that some supervisors do not know how to give appropriate feedback and some employees do not respond well to feedback. The HR manager authorizes the TD professional to conduct a one-time, three-hour, instructor-led training program for all employees on giving and receiving effective feedback.

The TD professional decides to incorporate role-play in the training and plans to use the HR manager as the subject matter expert (SME) to create the necessary role-play scenarios. The training program is due in one month. The HR manager is not available in that time frame but notes that a newly hired HR intern is available and suggests that this intern act as an SME in creating the scenarios. Management has decided that the training cannot be postponed.

What should the TD professional do?

- A. Ask the HR manager to recommend a more experienced employee to act as the SME.
- B. Create scenarios using details from the employees' complaints.
- C. Adapt scenarios on the same topic that the TD professional has used with similar organizations.
- D. Instruct the intern in how to create role-play scenarios.
- E. Create scenarios based on the information gathered in the needs analysis.

Answer: E

NEW QUESTION # 73

A talent development (TD) professional has been asked to evaluate the capability of an organization's employees to move into positions of greater responsibility when required. The deliverable will be a report on the skill sets for succession in the organization. What would be the most effective approach for the TD professional to take?

- A. Send a survey asking about future leadership potential and interest from employees; follow up with a group discussion for those expressing interest in a leadership position
- **B. Research and recommend an assessment process such as a 360-degree assessment or a psychometric assessment; review data contained in the performance management system, including past performance reviews**
- C. Hold focus groups with employees interested in leadership positions to identify potential leaders; meet with senior leaders individually to discuss who they feel could take on greater responsibility within the organization
- D. Review company training records for past training attendance in leadership sessions; review project committees and leadership roles taken in the committees

Answer: B

Explanation:

According to Succession Planning Best Practices (ATD Handbook), "Combining objective assessments (360-degree or psychometric) with performance review data creates the most complete, unbiased profile of leadership readiness".

Self-reports alone are insufficient.

Reference: ATD Handbook, Succession Planning Methods.

NEW QUESTION # 74

A new business has recently been formed out of a merger of two international technology start-up companies, and employees from both companies are being merged into new departments for efficiency. Which suggestion would be most useful for a talent development professional to make to the department managers as they get to know their new employees?

- A. Suggest that managers schedule meetings with groups of employees at the same time to facilitate informal introductions
- B. Suggest that managers host introduction meetings and describe their plan to deliver a successful outcome to the new department
- **C. Suggest that managers schedule individual introduction meetings with each employee where they can talk without interruptions or distractions**
- D. Suggest that managers send out a communication to welcome their new teams, encouraging each employee to schedule time to meet with their manager

Answer: C

Explanation:

Merging Cultures and Building Trust (ATD Organizational Development Materials) recommends

"individual, distraction-free introductions to build personal trust, which is crucial in early-stage team formation after mergers".

Group meetings may overlook individual concerns.

Reference: ATD Handbook, Change Management in Mergers and Acquisitions.

NEW QUESTION # 75

Which is the most important reason for a talent development (TD) professional to complete a business ecosystem analysis?

- A. To develop a strategic plan that is aligned with the current business goals and values
- B. To identify the strengths, weaknesses, opportunities, and threats to the business
- **C. To understand the role government, competitors, adjacent markets, and customers play in the business**
- D. To be able to prepare the budget for the TD department

Answer: C

Explanation:

According to the CPTD Detailed Content Outline, under Impacting Organizational Capability, talent development professionals are expected to "analyze the organization's environment and ecosystem, including competitors, customers, partners, regulators, and markets, to influence TD strategy".

Understanding the full ecosystem ensures that the learning strategy is responsive to external factors, not just internal needs, which is critical for long-term success.

Reference: CPTD Detailed Content Outline, Domain 3, Organizational Ecosystem Analysis.

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