

# Certification CPTD Exam Cost & Reliable CPTD Dumps Sheet

## 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, H<sub>2</sub>O, CO<sub>2</sub>

What is the valid direct measure of MAP or VO<sub>2</sub>? - ANSWERa 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? - ANSWERMET or Metabolic Equivalent is the ratio of energy consumption to a reference metabolic rate set by convention to 3.5 ml O<sub>2</sub>/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. - ANSWERis 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"><li>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.</li></ul>

Topic 2	<ul style="list-style-type: none"> <li>• <b>Building Personal Capability:</b> This section of the exam measures skills of Learning &amp; 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.</li> </ul>
Topic 3	<ul style="list-style-type: none"> <li>• <b>Impacting Organizational Capability:</b> 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.</li> </ul>

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## ATD The Certified Professional in Talent Development Sample Questions (Q13-Q18):

### NEW QUESTION # 13

A talent development (TD) professional works at a small Internet-based company. The TD professional is tasked with training a group of customer service representatives to process refunds in a new software application.

Step 2

The TD professional is creating the training plan for the new software and wants to develop the learners' troubleshooting skills by incorporating unexpected complexities that staff might encounter.

Step 3

The training plan is created and approved, and the TD professional develops the training materials.

What should the TD professional do to prepare for the delivery of in-person training?

- A. Review the training plan and list all the logistics that need to be addressed.
- B. Confirm that all learners will have access to the software during the training.
- C. Arrive early and set up well in advance.
- D. Rehearse all mechanics of the training delivery, including transitions and media use.
- E. Avoid overpreparing in order to keep the training spontaneous.
- F. Assume that all learners have reviewed the software manual.
- G. Speak out loud when practicing delivery.

**Answer: A,B,C,D**

### NEW QUESTION # 14

A talent development (TD) department wants to strengthen its partnership in decision-making with senior leaders. Which action would be best for the TD department to take?

- A. Ask to attend senior strategy sessions
- B. Implement a governance board
- C. Build a business strategy
- D. Ask senior leaders which programs to retain

**Answer: B**

Explanation:

According to ATD Talent Development Capability Model, establishing a governance board "institutionalizes TD involvement in strategic decision-making, ensuring a consistent voice at the leadership table". Ad-hoc participation is not sustainable.  
Reference: ATD Talent Development Capability Model, Organizational Decision-Making Structures.

#### NEW QUESTION # 15

After collecting evaluation data using a detailed questionnaire, what data display should be used in the first stage of the analysis?

- A. Line graph
- **B. Frequency table**
- C. One-way table
- D. Box plot

**Answer: B**

Explanation:

Data & Analytics basics from CPTD Outline state that "early-stage analysis uses frequency tables to organize survey results by showing how often each response occurred".

It's the most fundamental first step before more complex analysis.

Reference: CPTD Detailed Content Outline, Data Presentation and Analysis.

#### NEW QUESTION # 16

Which step in a change management process is most important for instituting sustainable change?

- A. Create meaningful data about the progress of the change and share data with key stakeholders
- B. Rally key stakeholders to create work groups to usher in the new change
- **C. Position the change as a strategic priority at the organization**
- D. Benchmark successes pertaining to the new change to similar organizations

**Answer: C**

Explanation:

Kotter's Leading Change (Certification Reading List) and ATD Organizational Capability Model both stress that "unless change is positioned and communicated as a strategic organizational priority, it will likely lose momentum and fail".

Change must have senior leadership sponsorship and integration into core business strategy.

Reference: Leading Change, John Kotter (2012).

#### NEW QUESTION # 17

When creating a talent development (TD) initiative, which activity will best help a TD professional gain leadership support for the plan?

- A. Identifying target participants
- **B. Drafting a business case for learning**
- C. Preparing a detailed budget
- D. Outlining a list of learning resources

**Answer: B**

Explanation:

ATD's Business Case Development Standards state that "leaders respond best to business cases that connect learning investments directly to strategic priorities and expected results".

Listing resources or participants without showing impact is insufficient.

Reference: ATD Handbook for Training and Talent Development (2022), Business Case for Talent Development.

#### NEW QUESTION # 18

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ATD certification exams become more and more popular. The certification exams are widely recognized by international community, so increasing numbers of people choose to take ATD certification test. Among ATD certification exams, CPTD is one of the most important exams. So, in order to pass CPTD test successfully, how do you going to prepare for your exam? Will you choose to study hard examinations-related knowledge, or choose to use high efficient study materials?

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