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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, H20, CO2

What is the valid direct measure of MAP or VO2? - ANSWERA breath by breath analysis whereby the subject is hooked up to an analyzer via a hose/mask. Thew 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? - ANSWERA 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. - ANSWERIs the ability to prodiuce maximal force at a given speed.

ATD CPTD certification exams play a significant role to verify skills, experience, and knowledge in a specific technology. Enrollment in the The Certified Professional in Talent Development CPTD is open to everyone. Participants in the The Certified Professional in Talent Development CPTD come from all over the world and receive the credentials for the ATD CPTD. They can quickly advance their careers in the fiercely competitive market and benefit from certification after earning the The Certified Professional in Talent Development CPTD badge.

ATD CPTD Exam Syllabus Topics:

Topic	Details
Topic 1	• 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	• 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.
Topic 3	• 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.

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ATD The Certified Professional in Talent Development Sample Questions (Q146-Q151):

NEW QUESTION # 146
Which is the best rationale for using text messaging in a business environment?

- A. It enables people to communicate in real time while engaged in something else, such as attending a presentation or group meeting
- B. It allows the sender to convey emotion with emojis and is a good choice to create a more personal connection with the recipient
- C. It implies urgency in situations where the sender faces tight deadlines or needs an immediate answer
- D. It is private and is a good choice to communicate sensitive information through a channel that cannot be subjected to legal review

Answer: C

Explanation:
The ATD Handbook for Training and Talent Development (2022) advises that "text messaging is best used for urgent communications that require quick attention or immediate response".
It should not replace formal communication channels for sensitive or non-urgent matters.
Reference: ATD Handbook for Training and Talent Development (2022), Communication Methods.

NEW QUESTION # 147
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. Avoid overpreparing in order to keep the training spontaneous.

- C. Speak out loud when practicing delivery.
- D. Assume that all learners have reviewed the software manual.
- E. Arrive early and set up well in advance.
- F. Confirm that all learners will have access to the software during the training.
- G. Rehearse all mechanics of the training delivery, including transitions and media use.

Answer: A,E,F,G

NEW QUESTION # 148
In project management, which is a best practice prior to creating a communication plan?

- A. Identify the primary communicator
- B. Manage the expectations of the stakeholders
- C. Analyze the needs of the stakeholders
- D. Select the primary communication method

Answer: C

Explanation:
According toPMBOK Guide and ATD Project Management Materials, "communication planning must begin with analyzing stakeholder needs-understanding their expectations, information requirements, and communication preferences".
Without needs analysis, communication will miss targets.
Reference:PMBOK Guide, Communication Management Chapter.

NEW QUESTION # 149
A talent development (TD) professional has been asked to present new call center techniques to a customer service group. During a break, a participant says theinformation is being presented too quickly for the group to understand. Which technique should the TD professional use to monitor the situation and modify the training?

- A. Condense the material and only present the basic techniques
- B. Express the need for follow-up training to the manager
- C. Scan for audience learning reactions and adjust accordingly
- D. Administer a quiz to evaluate group knowledge of the techniques

Answer: C

Explanation:
ATD's Handbook for Training and Talent Development(2022) explains that "effective facilitators continuously scan for learner engagement and comprehension indicators during delivery".
This real-time adjustment based on learner feedback ensures pacing, delivery, and comprehension stay on track, preventing learning loss. Adjusting mid-course is a critical facilitation skill.
Reference:ATD Handbook for Training and Talent Development (2022), Training Delivery section.

NEW QUESTION # 150
Who is responsible for learning in the inclusive leadership theory?

- A. Organization and managers
- B. Human resources leadership and employees
- C. Employees and managers
- D. Organization and employees

Answer: A

Explanation:
Inclusive Leadership Models(ATD Inclusion Training Guide) assert: "Learning responsibility falls jointly on organizational leadership to set inclusive structures, and on managers to model inclusive behaviors".
Employees are not solely responsible; leadership must drive inclusion.
Reference:ATD Handbook, Building Inclusive Leadership.

NEW QUESTION # 151

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