

Test CPTD Score Report, CPTD Test Online

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? - 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 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 produce maximal force at a given speed.

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CPTD Test Online - New CPTD Test Objectives

In order to meet the request of current real test, the technology team of research on ITPassLeader ATD CPTD exam materials is always update the questions and answers in time. We always accept feedbacks from users, and take many of the good recommendations, resulting in a perfect ITPassLeader ATD CPTD Exam Materials. This allows ITPassLeader to always have the materials of highest quality.

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">• 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	<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.

ATD The Certified Professional in Talent Development Sample Questions (Q123-Q128):

NEW QUESTION # 123

A hacker was successful in accessing a financial services company's database of customer information after an employee clicked on a phishing email link. The company's chief executive officer (CEO) created a project team to address the security breach. As a member of the project team, a talent development (TD) professional is asked to evaluate the current security training for effectiveness. Since this is an urgent issue, the project team has been given 30 days to present recommendations.

Which data collection tool(s) would be most appropriate for the TD professional to use in evaluating the current security training?

- **A. Employee examinations**
- B. Focus groups
- C. Senior leadership interviews
- D. Job performance observation
- E. Interviews of subject matter experts
- F. Employee surveys
- **G. Test phishing emails**

Answer: A,G

NEW QUESTION # 124

As part of an evaluation, a training manager observes role-plays among participants. Which is the highest level of evaluation that can be achieved through this method?

- **A. Behavior**
- B. Results
- C. Learning
- D. Reaction

Answer: A

Explanation:

According to Kirkpatrick's Evaluation Model, observing behavior (Level 3) is about assessing whether skills are being applied, not just whether knowledge was gained (Level 2).

Role-play observations show applied skills in a simulated context.

Reference: Kirkpatrick's Four Levels of Training Evaluation (2016).

NEW QUESTION # 125

Which is a component of an e-learning storyboard?

- A. Technology analysis
- **B. Voice-over narration**
- C. Mobile strategy
- D. Usability testing

Answer: B

Explanation:

An e-learning storyboard, per the ATD Instructional Design Certificate Program, includes "content, visuals, interactions, assessments, and narration text/scripts".

Voice-over narration is scripted directly into the storyboard document before development.

Reference: ATD Instructional Design Certificate.

NEW QUESTION # 126

A talent development team is developing advanced emergency medical technician training for seasoned firefighters. Why are hands-on activities so crucial to this type of training?

- A. These learners are aware of the importance of achieving and maintaining their strict compliance-driven credentials and appreciate having opportunities to test their knowledge with oral assessments
- B. These learners are provided a written course assessment that evaluates their achievement of the learning objectives for this type of training
- C. These learners are provided opportunities to explain their gained knowledge and review case studies that guide problem-solving scenarios of real-life situations
- **D. These learners are exposed to real-life situations that not only require an extensive knowledge base of life-saving techniques, but also generate a strong sense of need and desire for achieving mastery of their practical skills**

Answer: D

Explanation:

ATD Training for High-Stakes Roles (Certification Reading List) states: "For emergency and high-risk fields, hands-on training strengthens muscle memory, builds procedural fluency, and increases urgency toward mastery".

Real-world simulation is non-negotiable for skill mastery.

Reference: ATD Handbook, Emergency Skills Training.

NEW QUESTION # 127

A talent development (TD) professional is working as an independent consultant for a company. The TD professional signs a nondisclosure agreement and gains access to protected company data and information.

Which type of law would the TD professional most likely be breaking if the information is misused?

- A. Intellectual property law
- B. Copyright law
- **C. Trade secret law**
- D. Fair use law

Answer: C

Explanation:

Per the ATD Handbook: "Misuse of protected proprietary information - such as client lists, formulas, business strategies - falls under trade secret law, not general copyright or IP law".

Trade secret violations occur when confidential business information is disclosed without permission.

Reference: ATD Handbook for Training and Talent Development (2022), Compliance and Ethics.

NEW QUESTION # 128

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