

CPTD Dump Check, Valid CPTD Exam Syllabus

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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ATD CPTD Exam Syllabus Topics:

Topic	Details
Topic 1	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 2	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 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.

ATD The Certified Professional in Talent Development Sample Questions (Q90-Q95):

NEW QUESTION # 90

A talent development professional is planning a company-wide volunteer day event. One of the risk factors identified is the possibility that too few volunteers will participate. What are the two primary considerations in evaluating this risk?

- A. Can the risk be prevented, and what should be done if it occurs anyway?
- B. Is it reasonable to accept this particular risk, and if so, how can it be prevented?
- C. Who can help mitigate the risk and will they accept full responsibility?
- D. How likely it is that this particular risk will occur and what is the impact if it does occur?

Answer: D

Explanation:

Per the CPTD Detailed Content Outline in Impacting Organizational Capability, effective risk management involves assessing "the probability of occurrence and the magnitude of the impact".

Evaluating both likelihood and impact allows the TD professional to decide whether mitigation or contingency planning is necessary.

Reference: CPTD Detailed Content Outline, Risk Assessment in Organizational Projects.

NEW QUESTION # 91

Which is a component of an e-learning storyboard?

- A. Mobile strategy
- B. Voice-over narration
- C. Technology analysis
- 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 # 92

Which item is most critical to drive accelerated learning in a program for high-potential employees?

- A. Reading assignments prior to attending sessions
- B. Individual coaching on culture, strategy, and attaining results
- **C. Work assignments that stretch current capabilities**
- D. Development of networks promoting organizational learning

Answer: C

Explanation:

High-Potential Development Programs(Certification Reading List) emphasize that "stretch assignments that require employees to operate outside their comfort zones are the fastest method to build leadership capabilities".

Passive development (like reading) is insufficient for high-potentials.

Reference:ATD Handbook, High-Potential Talent Development.

NEW QUESTION # 93

Which model best enables employees to continually seek new skills, enhance competencies, and expand their proficiency on their own?

- A. Behavioral learning model
- B. Adult learning model
- **C. Integral learning model**
- D. Pedagogical learning model

Answer: C

Explanation:

TheIntegral Learning Model(from Certification Reading List:Ken Wilber's Integral Theory) combines cognitive, emotional, behavioral, and cultural dimensions to foster self-directed, continuous development.

This holistic view supports lifelong learning, not just skill acquisition.

Reference:Integral Theory: A Comprehensive Framework, Ken Wilber.

NEW QUESTION # 94

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

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

Answer: C

Explanation:

Kotter's Leading Change(Certification Reading List) andATD Organizational Capability Modelboth 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 # 95

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