

Test CPTD Registration, Reliable CPTD Exam Cram

CSEP CPT Exam

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

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

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

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

What is the fuel for the aerobic system? Duration? By-products? - ANSWER Fuel: 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 A 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 A 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? - ANSWER Light: >1.5 MET <3.0
Moderate: 3-6 METS
Vigorous: >6 MET
Mod-Vig: All Activities > 3 METs

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

P.S. Free 2026 ATD CPTD dumps are available on Google Drive shared by FreeDumps: https://drive.google.com/open?id=1sW-T1BbtdhllS1HovEyTo_g5HS7kWgba

Two ATD CPTD practice tests of FreeDumps (desktop and web-based) create an actual test scenario and give you a CPTD real exam feeling. These CPTD Practice Tests also help you gauge your ATD Certification Exams preparation and identify areas where improvements are necessary.

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.

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Reliable CPTD Exam Cram, CPTD Exam Overviews

all of our ATD CPTD exam questions follow the latest exam pattern. We have included only relevant and to-the-point ATD CPTD exam questions for the The Certified Professional in Talent Development exam preparation. You do not need to waste time preparing for the exam with extra or irrelevant outdated ATD CPTD exam questions. Employers in multinational companies do not want people who have passed the CPTD Exam but do not understand the ATD CPTD exam topics in depth. Our ATD Certified Professionals make sure that CPTD exam questions cover all core exam topics, allowing you to better understand the important exam topics.

ATD The Certified Professional in Talent Development Sample Questions (Q126-Q131):

NEW QUESTION # 126

Which work product would most likely be protected under copyright law?

- A. A recording of an orientation course**
- B. A new-hire process flow
- C. A communication plan
- D. An onboarding procedure

Answer: A

Explanation:

Copyright lawprotects "original fixed expressions of ideas" like recordings, videos, books, or artwork, according to theATD Legal Essentials for Talent Development.

Processes or workflows may be protected under different intellectual property types but not usually under copyright.

Reference:ATD Handbook, Legal Aspects of Talent Development.

NEW QUESTION # 127

A project manager just learned of a significant delay in meeting a project milestone. Which option would be best for communicating information about the delay to external stakeholders dispersed across multiple time zones?

- A. Call each targeted stakeholder on the telephone and verbally explain the delay situation
- B. Text an instant message to targeted stakeholders to explain the delay situation
- C. Schedule a web conference to explain the delay situation with the targeted stakeholders simultaneously
- D. Send an email to all of the targeted stakeholders to explain the delay situation**

Answer: D

Explanation:

As per theCPTD Outline on Communication Skills, best practices for dispersed audiences across time zones include "written communication such as emails to ensure consistent, documented, asynchronous communication across different working hours".

NEW QUESTION # 128

An engineering company utilizes two learning management systems (LMSs): one manages technical training, and the other manages professional development (or non-technical training) for all of the company's engineers. Over time, changes in reporting requirements have caused the use of two different systems to be difficult and time-consuming. It has been decided that a new LMS is to be selected, with a goal of improving the time constraints of using training information from both systems. A talent development (TD) professional is put in charge of facilitating the selection and implementation of the new LMS.

What should the TD professional do to facilitate the selection process?

- A. Select the system with the best user interface.
- B. Analyze consequences for keeping both systems.
- C. Have a select group of end-user engineers research and make recommendations regarding the best system.
- D. **Perform an environmental scan to determine the capabilities offered by different LMSs.**
- E. **Define the capabilities needed for this system, as compared to current gaps.**
- F. Conduct research on what systems are being used by similar companies.
- G. **Seek consensus of stakeholders on prioritization of system capabilities.**

Answer: D,E,G

NEW QUESTION # 129

A talent development (TD) professional has been tasked with training a group of managers on how to be better coaches. The managers have been in their roles for one to three years, have some prior knowledge, are self-motivated to learn, and lack guidance. What is the most effective approach for the TD professional to take?

- A. Organize learners into small groups to discuss coaching ideas and receive feedback from peers
- B. **Engage learners with opportunities to practice coaching and receive feedback from peers and TD professionals**
- C. Provide information about coaching and allow learners to practice coaching each other
- D. Disseminate information about coaching theories to learners with explanations of what a good coach embodies

Answer: B

Explanation:

The ATD Handbook recommends for experienced, self-motivated learners: "Practice opportunities with structured feedback are essential to move from theoretical understanding to skill mastery".

Engagement plus feedback leads to real coaching behavior change.

Reference:ATD Handbook for Training and Talent Development (2022), Coaching Skills Development.

NEW QUESTION # 130

A talent development professional is developing a training course for line staff who have been promoted to a manager position for the first time. Why should relationship building be a critical component of the training course?

- A. Strong relationships among team members provide the best return on investment (ROI) for the department
- B. Support from key stakeholders cannot be obtained without establishing strong relationships first
- C. **A sense of shared ownership and effective inclusion create the foundation of a strong team**
- D. Management is a social construct and built on a foundation of informal relationships

Answer: C

Explanation:

According to First-Time Manager Training Best Practices (Certification Reading List), fostering "shared ownership and inclusive collaboration" is vital for new managers to build trust, motivation, and team effectiveness.

Relationships enable leadership success far more than authority alone.

Reference:ATD Handbook, Leadership Development for New Managers.

NEW QUESTION # 131

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