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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, H2O, CO2

What is the valid direct measure of MAP or VO2? - ANSWER 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 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. - ANSWER is the ability to produce maximal force at a given speed.

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You cannot pass the CPTD exam if you do not have real The Certified Professional in Talent Development (CPTD) exam questions. It is the foremost thing that everyone should have to nail the ATD CPTD Exam. The CPTD practice test material of ExamTorrent is available in web-based practice tests, desktop practice exam software, and PDF.

ATD CPTD Exam Syllabus Topics:

Topic	Details
Topic 1	<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.

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"> • 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.

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ATD The Certified Professional in Talent Development Sample Questions (Q66-Q71):

NEW QUESTION # 66

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 # 67

A talent development professional has been asked to provide feedback to a trainer about an in-person session that received poor evaluation responses. The training was for senior-level management to learn to be more strategic and collaborative in their annual planning session. The trainer presented the learners with theories and methods for strategic planning and how to collaborate. Survey responses revealed learners felt they had not learned what they expected to learn. What was the most likely problem?

- **A. The training did not provide situations where the learners could practice working as a group to come up with strategic priorities**
- B. The learners were not motivated to learn the content presented to them and did not see how it related to the task at hand
- C. The training did not take into account the fact that the learners were experienced and motivated to learn
- D. The presentations were not polished enough, and the trainer should have practiced more before the session

Answer: A

Explanation:

According to ATD's Handbook for Training and Talent Development, 3rd edition (2022), successful learning for adults requires an experiential design where "learners actively practice new skills, especially when learners are senior, experienced, and goal-oriented." The book further states, "Providing theoretical knowledge alone without practice exercises will fail to meet experienced learners' needs".

This group required strategic simulations or practice opportunities, not lectures alone. Thus, lack of practice was the key deficiency. Reference: ATD's Handbook for Training and Talent Development (2022), Adult Learning Principles.

NEW QUESTION # 68

A new business has recently been formed out of a merger of two international technology start-up companies, and employees from both companies are being merged into new departments for efficiency. Which suggestion would be most useful for a talent development professional to make to the department managers as they get to know their new employees?

- A. Suggest that managers host introduction meetings and describe their plan to deliver a successful outcome to the new department
- **B. Suggest that managers schedule individual introduction meetings with each employee where they can talk without interruptions or distractions**
- C. Suggest that managers schedule meetings with groups of employees at the same time to facilitate informal introductions
- D. Suggest that managers send out a communication to welcome their new teams, encouraging each employee to schedule time to meet with their manager

Answer: B

Explanation:

Merging Cultures and Building Trust (ATD Organizational Development Materials) recommends

"individual, distraction-free introductions to build personal trust, which is crucial in early-stage team formation after mergers".

Group meetings may overlook individual concerns.

Reference: ATD Handbook, Change Management in Mergers and Acquisitions.

NEW QUESTION # 69

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

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

Answer: B

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 # 70

Which statement by a talent development professional best demonstrates concise, explicit, and clear information?

- A. We will take a 15-minute break at 10 a.m. in the morning.
- **B. Our break is from 10:00 to 10:15.**
- C. We are scheduled for a break at 10 today.
- D. Our break is scheduled for 10:00.

Answer: B

NEW QUESTION # 71

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We all have same experiences that some excellent people around us further their study and never stop their pace even though they have done great job in their surrounding environment. So it is of great importance to make yourself competitive as much as possible. Facing the CPTD exam this time, your rooted stressful mind of the exam can be eliminated after getting help from our CPTD practice materials. Among voluminous practice materials in this market, we highly recommend our CPTD Study Tool for your reference. Their vantages are incomparable and can spare you from strained condition. On the contrary, they serve like stimulants and catalysts which can speed up you efficiency and improve your correction rate of the CPTD real questions during your review progress.

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