

Pass Your CPTD Exam With An Excellent Score

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	<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 2	<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 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.

ATD The Certified Professional in Talent Development Sample Questions (Q116-Q121):

NEW QUESTION # 116

A talent development (TD) manager at a company decides to purchase a training course that will be customized by the vendor. A firm deadline must be met for course delivery. Which approach to contracting should the TD manager use?

- A. Cost plus fixed fee
- B. Fixed-base pricing
- C. Performance-based pricing
- D. Cost plus incentive fee

Answer: B

NEW QUESTION # 117

A talent development (TD) professional is asked to offer training to entry-level employees on a new online software that will change many processes in their work. Which is the best way for the TD professional to prepare a learner-centered course?

- A. Collect information on what the organization expects from employees, research commonly used terms, and understand potential barriers to learning
- B. Research how the new online software works, collect screenshots for job aids that will be distributed during the training, and outline the training in a logical order based on the steps of the new process to match the job aids
- C. Research how the new processes will flow, outline the training in sequential order based on the processes, and verify with subject matter experts that the content is correct
- D. Collect information on the employees' current job functions and how the software will change their work, understand employees' fears about the new software, and research how the new software will benefit them

Answer: D

Explanation:

The ATD Instructional Design Model emphasizes: "Design must start from the learner's perspective, understanding current workflows, fears, and motivation for change".

Empathy-driven design ensures relevance and adoption.

Reference: ATD Handbook, Learner-Centered Instructional Design.

NEW QUESTION # 118

Which process steps should be included in a chart displaying the results of an after-action review?

- A. People, processes, proficiencies, competencies
- **B. Problems, solutions, actions, outcomes**
- C. Barriers, metrics, feedback, rewards
- D. Schedules, resources, constraints, results

Answer: B

NEW QUESTION # 119

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

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 # 120

An employee meets with a manager and indicates an interest in moving into a different department to prepare for a higher-level position. Currently, no openings are available. Which is the most effective solution for the manager to recommend?

- A. Seek a coach
- **B. Enter into a mentoring relationship**
- C. Meet with a career counselor
- D. Create a training plan

Answer: B

NEW QUESTION # 121

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