

Exam CPTD Questions Fee - CPTD Reliable Braindumps Questions

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? - ANSWERA 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. - ANSWERIs the ability to produce maximal force at a given speed.

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ATD The Certified Professional in Talent Development Sample Questions (Q128-Q133):

NEW QUESTION # 128

Which is the best practice to incorporate when designing a new performance management strategy?

- A. Require all review discussions be performed face-to-face
- **B. Determine managers' current skills at performing appraisals**
- C. Have managers set stretch goals for their direct reports
- D. Ask managers to rank their team members by performance

Answer: B

NEW QUESTION # 129

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

Answer: D

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 # 130

When encountering an emotional trigger, what does cognition control?

- A. Immediate response
- **B. Course of reaction**
- C. Fight-or-flight impulse
- D. Self-awareness

Answer: B

Explanation:

According to Emotional Intelligence Research(Daniel Goleman, Certification Reading List), "cognitive processes regulate the course of an emotional reaction, though the immediate response may be involuntary".

We control how we act next, not the initial impulse.

Reference:Emotional Intelligence, Daniel Goleman.

NEW QUESTION # 131

Which is the best step to take first when developing leadership competencies?

- A. Research key leadership skills of similar organizations
- B. Determine development needs of existing leaders in the organization
- C. Determine what leadership abilities the organization needs
- D. Develop criteria to rate leaders at all levels in the organization

Answer: C

Explanation:

The ATD Talent Development Capability Model specifies that "leadership competency models must be directly tied to the unique strategic needs of the organization".

Before benchmarking or assessment, defining organizational leadership needs is essential.

Reference: ATD Talent Development Capability Model, Leadership Development Strategy.

NEW QUESTION # 132

Which level of Kirkpatrick's model should a talent development professional use to measure the impact of learning during and after a training course?

- A. Level 2
- B. Level 3
- C. Level 4
- D. Level 1

Answer: B

NEW QUESTION # 133

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