

CPTD Reliable Exam Preparation & CPTD Questions Pdf

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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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 (Q40-Q45):

NEW QUESTION # 40

What is the primary reason to include publicly available online resources in learning solutions?

- A. To give learners an opportunity to reflect at their own pace and with introspection
- B. To promote an open, unstructured learning environment by using crowdsourcing
- **C. To provide context and opportunities for additional insight and application**
- D. To develop additional resources that were not covered in the core content

Answer: C

Explanation:

The correct answer is B because publicly available online resources are primarily used to enrich learning by providing additional context, perspectives, and opportunities for learners to deepen understanding and apply knowledge. Within the CPTD Developing Professional Capability domain, especially Instructional Design (2.2) and Knowledge Management (2.5), talent development professionals are expected to curate and integrate relevant external content that enhances learning outcomes and supports transfer of learning to real-world situations.

Option A is partially true but too narrow; the goal is not simply to fill gaps in content but to enhance and extend learning. Option C is incorrect because unstructured crowdsourcing may reduce alignment with learning objectives. Option D relates more to self-paced learning strategies rather than the purpose of including external resources.

By incorporating credible online materials-such as articles, videos, and case studies-TD professionals create richer, more engaging learning experiences that support application, critical thinking, and continuous learning, aligning with ATD best practices for effective instructional design.

NEW QUESTION # 41

Which is a learning activity guided by constructivist learning theory?

- A. Lecture
- **B. Role-play exercise**
- C. Listening to a podcast
- D. Physically active learning exercise

Answer: B

Explanation:

According to Constructivist Learning Theory (Certification Reading List: How People Learn, Bransford et al.), learners "construct their own knowledge through active engagement in realistic tasks," such as role-plays. Passive listening or lecture does not align with constructivism; active problem-solving does.
Reference: How People Learn: Brain, Mind, Experience, and School (Bransford et al.)

NEW QUESTION # 42

A talent development (TD) professional works at a small Internet-based company. The TD professional is tasked with training a group of customer service representatives to process refunds in a new software application.

Step 2

The TD professional is creating the training plan for the new software and wants to develop the learners' troubleshooting skills by incorporating unexpected complexities that staff might encounter.

Step 3

The training plan is created and approved, and the TD professional develops the training materials.

What should the TD professional do to prepare for the delivery of in-person training?

- A. Review the training plan and list all the logistics that need to be addressed.
- B. Avoid overpreparing in order to keep the training spontaneous.
- C. Rehearse all mechanics of the training delivery, including transitions and media use.
- D. Assume that all learners have reviewed the software manual.
- E. Speak out loud when practicing delivery.
- F. Arrive early and set up well in advance.
- G. Confirm that all learners will have access to the software during the training.

Answer: A,C,F,G

NEW QUESTION # 43

A talent development (TD) professional is one of several people from different departments that are assigned to a project. The purpose is to design a solution to an issue that occurs often among new hires. What kind of project will the TD professional be participating in?

- A. Facilitated design
- B. Consultative inquiry
- C. Delphi analysis
- D. Action research

Answer: A

NEW QUESTION # 44

Which factor is a significant challenge to aligning organizational and talent development objectives?

- A. Limited understanding of organizational strategy
- B. Rapid growth in the organization
- C. A recent culture shift due to a leadership change
- D. A limited talent market

Answer: A

Explanation:

The correct answer is C because talent development objectives cannot be effectively aligned to the organization if TD professionals do not clearly understand the organization's strategy. Alignment requires knowing business priorities, desired outcomes, performance expectations, and future capability needs.

Without that understanding, learning initiatives may become disconnected activities rather than strategic solutions.

This aligns with CPTD Organizational Capability, especially Business Insight and Talent Strategy & Management. TD professionals must understand how the organization accomplishes its mission, makes decisions, and connects talent strategies to business results.

Option A may affect recruiting or workforce planning, but it does not directly prevent alignment. Option B and Option D may create change and complexity, but they can still be addressed if the strategy is understood. Limited understanding of organizational strategy

is the most fundamental barrier because it weakens planning, prioritization, stakeholder communication, and measurement of TD impact.

NEW QUESTION # 45

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