

CPTD Reliable Exam Simulations & CPTD Test Guide Online

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

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

NEW QUESTION # 66

A TD professional at an online retail company is approached by one of the company's cloud services managers, who is concerned about the cloud services team's recent work performance. The manager states that the team members repeated the same mistakes from past teams. The TD professional performs a needs analysis and determines that the team members did not leverage information, best practices, and historical data recorded by past teams in the company's knowledge management system (KMS). What should the TD professional do?

- A. Perform a root cause analysis of the work performance issue.
- B. Benchmark with other organizations to determine how they use their KMS.
- C. Recommend restructuring the content in the KMS, including its organization and presentation.
- D. Recommend replacing the existing KMS.
- E. Investigate barriers to team members accessing and using the KMS.
- F. Survey team members to determine their understanding of how to utilize the KMS.
- G. Perform a mandatory retraining on the KMS.
- H. Conduct interviews with current users to understand utilization behaviors.

Answer: E,F

NEW QUESTION # 67

What should a talent development professional do to best facilitate retention in a multi-subject course?

- A. Test for all content at the end of the course
- B. Utilize one activity per subject during the course
- C. Space activities around each subject throughout the course
- D. Put all exercises at the end of the training

Answer: C

Explanation:

According to Make It Stick: The Science of Successful Learning (Brown et al., Certification Reading List), spaced practice-distributing learning activities over time - enhances retention far better than massed practice. Spreading activities by subject during the course encourages memory encoding and recall. Reference: Make It Stick: The Science of Successful Learning (2014).

NEW QUESTION # 68

Which learning concept is best exemplified by the question, "Why do I need to know this?"

- A. Gagne's nine levels of learning
- B. Bloom's taxonomy
- C. Mager's criterion-referenced instruction approach
- D. Knowles's adult learning theory

Answer: D

Explanation:

Malcolm Knowles's Andragogy Model explains that "adult learners are motivated to learn when they see immediate relevance to their life or work tasks".

Answering "Why?" is central to adult learning.

Reference: The Adult Learner, Malcolm Knowles.

NEW QUESTION # 69

A new manager has been assigned to meet with a talent development (TD) coach. At the first meeting, the manager states "I am who I am, and no amount of coaching will change me." Which should be the TD coach's top priority?

- A. Help the manager to develop a career transition plan for a role that is a better fit
- B. Help the manager to understand how being "uncoachable" puts the manager's job at risk
- C. Discover the personal triggers that may help the manager become more coachable
- D. Report the manager's attitude to a senior leader

Answer: C

Explanation:

Coaching best practices from the ATD Handbook emphasize that "before offering solutions, uncover internal motivators and triggers that may create openness to development".

Building trust and emotional buy-in precedes behavior change.

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

NEW QUESTION # 70

Which type of culture most creates an environment where people are afraid to speak up, feel left out, and feel helpless?

- A. Culture of indifference
- B. Culture of control
- C. Culture of connection
- D. Culture of competition

Answer: A

Explanation:

The correct answer is A (Culture of indifference) because it is characterized by a lack of care, engagement, and inclusion, which leads employees to feel ignored, disconnected, and undervalued. In such environments, individuals often believe their voices do not matter, resulting in fear of speaking up, disengagement, and a sense of helplessness. This aligns with CPTD Organizational Capability, particularly Organization Development & Culture, which emphasizes fostering environments that encourage dialogue, feedback, and employee engagement.

A culture of indifference does not actively suppress employees like a control-based culture might, but instead passively creates exclusion by failing to acknowledge contributions, recognize individuals, or support open communication. This absence of connection and feedback leads to psychological disengagement.

Option B (culture of control) may limit autonomy but does not necessarily create feelings of being ignored.

Option C (culture of connection) is the opposite, promoting inclusion and belonging. Option D (culture of competition) may create pressure but does not inherently lead to helplessness or exclusion. Indifference is most closely associated with disengagement and silence.

NEW QUESTION # 71

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