

CPTD Reliable Test Syllabus | Free Sample CPTD 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 (Q33-Q38):

NEW QUESTION # 33

Which consideration is most important when developing e-learning or classroom training for a global environment?

- A. Emphasizing cultural differences
- **B. Planning for cultural portability**
- C. Emphasizing that all cultures are similar
- D. Focusing on the dominant culture

Answer: B

Explanation:

The ATD Handbook notes that "planning for cultural portability—ensuring materials and delivery methods work across diverse cultures—is critical for global learning effectiveness".

Ignoring or assuming similarities can cause miscommunication or failure.

Reference: ATD Handbook for Training and Talent Development (2022), Global Learning Considerations.

NEW QUESTION # 34

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

Answer: D

NEW QUESTION # 35

When creating a talent development (TD) initiative, which activity will best help a TD professional gain leadership support for the plan?

- **A. Drafting a business case for learning**
- B. Outlining a list of learning resources
- C. Identifying target participants
- D. Preparing a detailed budget

Answer: A

Explanation:

ATD's Business Case Development Standards state that "leaders respond best to business cases that connect learning investments directly to strategic priorities and expected results".

Listing resources or participants without showing impact is insufficient.

Reference: ATD Handbook for Training and Talent Development (2022), Business Case for Talent Development.

NEW QUESTION # 36

A talent development (TD) professional has recently joined an organization and needs to develop the organization's learning strategy. The TD professional has scheduled one-on-one interviews with the various senior leaders. Which question would be most important for the TD professional to include in the interview protocol?

- A. What government regulations impact the organization's business outcomes?

- B. What are the intended learning outcomes for the organization's teams and individuals?
- C. What are the main strengths of the organization's key competitors?
- D. What are the main opportunities and challenges to achieve the organization's goals?

Answer: D

NEW QUESTION # 37

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). The TD professional determines that the team members are not motivated to use the KMS because they find it too time-consuming to access useful information. The TD professional implements strategies to engage and motivate the cloud services team members in using the KMS. The TD professional now wants to enlist the cloud services managers to ensure continued use of the KMS by the team members. What should the TD professional do?

- A. Create opportunities for managers to share best practices and brainstorm solutions to challenges.
- B. Provide all managers with a brief guide on follow-up techniques to use with their teams.
- C. Have managers sign a contract to ensure they will support the KMS effort to the fullest extent.
- D. Encourage managers to recognize and reward team members who increase their KMS usage appropriately.
- E. Request that managers be provided with regular reports on KMS usage by their team members.
- F. Recommend that manager bonuses be tied to usage statistics.
- G. Suggest that the human resources team add a line to manager job descriptions stating their responsibility for creating a culture of knowledge sharing.

Answer: D

NEW QUESTION # 38

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