CPTD Exam Questions - To Gain Brilliant Result

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, H20, 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. Thew 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 prodiuce maximal force at a given speed.

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ATD The Certified Professional in Talent Development Sample Questions (Q77-Q82):

NEW QUESTION # 77
When encountering an emotional trigger, what does cognition control?

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

Answer: C

Explanation:
According toEmotional Intelligence Research(Daniel Goleman, Certification Reading List), "cognitive processes regulate thecourseof 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 # 78
According to Mager, what are the three components of a learning objective?

- A. Skill, priority, and sequence
- B. Content, approach, and implementation
- C. Condition, performance, and criteria
- D. Criteria, observation, and evaluation

Answer: C

Explanation:
PerRobert Mager'smodel fromPreparing Instructional Objectives(Certification Reading List), a complete learning objective must specify thePerformance,Condition, andCriterion.
* Performance: What the learner must do
* Condition: Under what conditions the performance occurs
Reference:Preparing Instructional Objectives, Robert Mager.

NEW QUESTION # 79
A talent development (TD) professional is designing performance and training solutions for new core services. Which question would best help the TD professional begin to establish the Level 4 impact metrics around these new services?

- A. What are challenges in expanding these core services?
- B. What talent skills gap needs to be addressed?
- C. What does success look like for the organization?
- D. What is driving this need for new core services?

Answer: C

NEW QUESTION # 80
A talent development professional is planning a company-wide volunteer day event. One of the risk factors identified is the possibility that too few volunteers will participate. What are the two primary considerations in evaluating this risk?

- A. How likely it is that this particular risk will occur and what is the impact if it does occur?
- B. Who can help mitigate the risk and will they accept full responsibility?
- C. Is it reasonable to accept this particular risk, and if so, how can it be prevented?
- D. Can the risk be prevented, and what should be done if it occurs anyway?

Answer: A

Explanation:
Per the CPTD Detailed Content Outline in Impacting Organizational Capability, effective risk management involves assessing "the probability of occurrence and the magnitude of the impact".
Evaluating both likelihood and impact allows the TD professional to decide whether mitigation or contingency planning is necessary.
Reference: CPTD Detailed Content Outline, Risk Assessment in Organizational Projects.

NEW QUESTION # 81
A talent development (TD) professional has been asked to implement a knowledge management strategy.
Which is the best first step for the TD professional to take?

- A. Choose an information-gathering system
- B. Locate information sources
- C. Determine the organization's needs
- D. Compile, confirm, and circulate documents

Answer: C

Explanation:
In Knowledge Management Strategy best practices from the ATD Handbook, the first step is to "understand the organizational needs and goals to ensure the KM system is targeted and useful".
Starting with technology or sources misses strategic alignment.
Reference: ATD Handbook for Training and Talent Development (2022), Knowledge Management Principles.

NEW QUESTION # 82
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