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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">• 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.
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">• 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.

ATD The Certified Professional in Talent Development Sample Questions (Q86-Q91):

NEW QUESTION # 86

Which process steps should be included in a chart displaying the results of an after-action review?

- A. Schedules, resources, constraints, results
- B. People, processes, proficiencies, competencies
- C. Barriers, metrics, feedback, rewards
- **D. Problems, solutions, actions, outcomes**

Answer: D

NEW QUESTION # 87

Which action should a talent development professional take when using the accelerated learning process?

- **A. Utilize a multidimensional approach**
- B. Minimize group work
- C. Minimize time for discussions
- D. Utilize a single learning modality

Answer: A

Explanation:

Accelerated Learning Principles(Certification Reading List) emphasize that "using a multidimensional approach-appealing to multiple senses and learning styles-enhances speed, retention, and engagement".

Limiting learning channels slows and weakens outcomes.

Reference:Accelerated Learning for Breakthrough Results (Meier).

NEW QUESTION # 88

As part of an evaluation, a training manager observes role-plays among participants. Which is the highest level of evaluation that can be achieved through this method?

- **A. Behavior**

- B. Results
- C. Learning
- D. Reaction

Answer: A

Explanation:

According to Kirkpatrick's Evaluation Model, observing behavior (Level 3) is about assessing whether skills are being applied, not just whether knowledge was gained (Level 2).

Role-play observations show applied skills in a simulated context.

Reference: Kirkpatrick's Four Levels of Training Evaluation (2016).

NEW QUESTION # 89

A talent development (TD) professional has been tasked with training a group of managers on how to be better coaches. The managers have been in their roles for one to three years, have some prior knowledge, are self-motivated to learn, and lack guidance. What is the most effective approach for the TD professional to take?

- A. Engage learners with opportunities to practice coaching and receive feedback from peers and TD professionals
- B. Disseminate information about coaching theories to learners with explanations of what a good coach embodies
- C. Organize learners into small groups to discuss coaching ideas and receive feedback from peers
- D. Provide information about coaching and allow learners to practice coaching each other

Answer: A

Explanation:

The ATD Handbook recommends for experienced, self-motivated learners: "Practice opportunities with structured feedback are essential to move from theoretical understanding to skill mastery".

Engagement plus feedback leads to real coaching behavior change.

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

NEW QUESTION # 90

In the development of a knowledge management system (KMS), which is the best action for a talent development professional to take in order to avoid the pitfall of employees hoarding knowledge or being unwilling to share it?

- A. Create a key performance indicator on knowledge sharing
- B. Have members of senior leadership set the example by sharing their knowledge
- C. Create a standard operating procedure that includes knowledge sharing
- D. Honor and acknowledge those who contribute to and use the KMS

Answer: D

Explanation:

According to Knowledge Management Best Practices in the ATD Handbook, "Recognizing and rewarding contributions to a knowledge management system encourages participation and reduces hoarding".

Formal incentives or acknowledgment drive sharing behavior.

Reference: ATD Handbook for Training and Talent Development (2022), Knowledge Management.

NEW QUESTION # 91

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