

CPTD Torrent | Valid CPTD Exam 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? - ANSWERMET 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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These ATD CPTD exam questions give you an idea about the final ATD CPTD exam questions formats, exam question structures, and best possible answers, and you will also enhance your exam time management skills. Finally, at the end of CPTD Exam Practice test you will be ready to pass the final CPTD exam easily. Best of luck in The Certified Professional in Talent Development (CPTD) exam and professional career!!!

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same as the actual test environment simulation test system, the software built-in timer function can help users better control over time, so as to achieve the systematic, keep up, as well as to improve the user's speed to solve the problem from the side with our CPTD Test Guide.

ATD CPTD Exam Syllabus Topics:

Topic	Details
Topic 1	<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 2	<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 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 (Q49-Q54):

NEW QUESTION # 49

An operations director for a retail call center asks a talent development (TD) manager to analyze the recent rise in incorrect orders, which are up 40% in the past month.

Step 2

Metrics show that most of the incorrect orders were handled by employees hired within the past six months.

Further analysis shows these new hires lacked the knowledge needed to do the job correctly.

Step 3

A review of the training materials for new hires indicates that the material was aligned to the job requirements. The delivery methods specified were appropriate and aligned with skills application. Follow-up revealed that the trainer only lectured the new hires and did not follow the training delivery methods as designed.

Which solution(s) should the TD manager present to the call center operations director and all stakeholders?

- A. Retrain call center employees hired within the last six months.
- B. Coach the trainer on facilitation methods.
- C. Redesign the training.
- D. Create job aids.
- E. Revise the training materials to clarify the role of the trainer.

Answer: B

NEW QUESTION # 50

After collecting evaluation data using a detailed questionnaire, what data display should be used in the first stage of the analysis?

- A. Line graph
- B. Frequency table
- C. Box plot
- D. One-way table

Answer: B

Explanation:

Data & Analytics basics from CPTD Outline state that "early-stage analysis uses frequency tables to organize survey results by showing how often each response occurred".

It's the most fundamental first step before more complex analysis.

Reference: CPTD Detailed Content Outline, Data Presentation and Analysis.

NEW QUESTION # 51

A talent development professional is providing coaching to an individual. Which action is most likely to improve success for the coaching action plan?

- A. Obtain stakeholder approval for the action plan
- **B. Be specific whether an action is a goal or a task**
- C. Write out the action plan
- D. Allow others to define actions for the person receiving coaching

Answer: B

Explanation:

Effective coaching, per the ATD Coaching Certificate Program (Certification Reading List), involves setting clear distinctions between tasks and broader goals to help coachees understand immediate next steps versus overall outcomes.

Vague plans reduce accountability and progress tracking.

Reference: ATD Coaching Certificate Program Materials.

NEW QUESTION # 52

In which scenario would situational leadership be most impactful?

- **A. An employee is unclear which direction to take to solve a time-sensitive problem on a project**
- B. An employee is avoiding a task even though he states that he understands the task
- C. An employee has made no progress toward her professional goals ten months into the performance period
- D. An employee is not analyzing data correctly for a presentation with a client

Answer: A

Explanation:

According to Hersey and Blanchard's Situational Leadership Model (Certification Reading List), situational leadership is most impactful when "flexibility in directing or supporting behavior is needed based on the employee's task-specific development level".

Confusion over direction on a time-sensitive task needs directive leadership - perfect for situational leadership.

Reference: Management of Organizational Behavior, Hersey & Blanchard.

NEW QUESTION # 53

A talent development (TD) professional is working as an independent consultant for a company. The TD professional signs a nondisclosure agreement and gains access to protected company data and information.

Which type of law would the TD professional most likely be breaking if the information is misused?

- A. Intellectual property law
- B. Fair use law
- C. Copyright law
- **D. Trade secret law**

Answer: D

Explanation:

Per the ATD Handbook: "Misuse of protected proprietary information - such as client lists, formulas, business strategies - falls under trade secret law, not general copyright or IP law".

Trade secret violations occur when confidential business information is disclosed without permission.

Reference: ATD Handbook for Training and Talent Development (2022), Compliance and Ethics.

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