

# Exam CPTD Assessment | CPTD Actual Test

## 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"> <li>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.</li> </ul>

Topic 2	<ul style="list-style-type: none"> <li>• <b>Impacting Organizational Capability:</b> 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.</li> </ul>
Topic 3	<ul style="list-style-type: none"> <li>• <b>Building Personal Capability:</b> This section of the exam measures skills of Learning &amp; 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.</li> </ul>

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### ATD The Certified Professional in Talent Development Sample Questions (Q114-Q119):

#### NEW QUESTION # 114

A hacker was successful in accessing a financial services company's database of customer information after an employee clicked on a phishing email link. The company's chief executive officer (CEO) created a project team to address the security breach. As a member of the project team, a talent development (TD) professional is asked to evaluate the current security training for effectiveness. Since this is an urgent issue, the project team has been given 30 days to present recommendations.

The data obtained indicates that the current training focuses on defining phishing and does not provide examples or information on how to recognize it and what actions to take.

What should the TD professional do?

- A. Present the recommendations directly to the CEO for a decision.
- **B. Recommend that the current training be updated to include identifying phishing attempts.**
- C. Recommend that all employees be required to retake the current security training.
- **D. Present training alternatives to the project team to gather feedback.**
- E. Recommend that the compliance department create new security training.

**Answer: B,D**

#### NEW QUESTION # 115

A small company has just established its first talent development (TD) department and hired its first TD manager. Which action should the TD manager take early on to create a strong learning culture?

- A. Develop communications to encourage leadership support for the TD function
- B. Benchmark with other organizations for advice on how they established a strong TD department
- **C. Execute activities to inspire a positive attitude and growth mindset in the company**
- D. Organize functions to introduce and explain the TD manager's role in the company

**Answer: C**

Explanation:

The ATD Talent Development Capability Model emphasizes that "building a learning culture starts with fostering a growth mindset and positive orientation toward learning among employees and leaders".

Technical structures come later.

Reference: ATD Talent Development Capability Model, Building a Learning Culture.

#### NEW QUESTION # 116

According to Mager, what are the three components of a learning objective?

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

**Answer: C**

Explanation:

Per Robert Mager's model from Preparing Instructional Objectives (Certification Reading List), a complete learning objective must specify the Performance, Condition, and Criterion.

Performance: What the learner must do

Condition: Under what conditions the performance occurs

Criterion: How well the performance must be done

This is critical to clearly define expected outcomes for measurable learning.

Reference: Preparing Instructional Objectives, Robert Mager.

#### NEW QUESTION # 117

Which model best enables employees to continually seek new skills, enhance competencies, and expand their proficiency on their own?

- A. Integral learning model
- B. Adult learning model
- C. Pedagogical learning model
- D. Behavioral learning model

**Answer: A**

Explanation:

The Integral Learning Model (from Certification Reading List: Ken Wilber's Integral Theory) combines cognitive, emotional, behavioral, and cultural dimensions to foster self-directed, continuous development.

This holistic view supports lifelong learning, not just skill acquisition.

Reference: Integral Theory: A Comprehensive Framework, Ken Wilber.

#### NEW QUESTION # 118

A talent development (TD) manager at a company decides to purchase a training course that will be customized by the vendor. A firm deadline must be met for course delivery. Which approach to contracting should the TD manager use?

- A. Performance-based pricing
- B. Cost plus incentive fee
- C. Cost plus fixed fee
- D. Fixed-base pricing

**Answer: D**

#### NEW QUESTION # 119

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