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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? - 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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Quiz ATD - CPTD –Efficient Latest Cram Materials

In today's technological world, more and more students are taking the The Certified Professional in Talent Development (CPTD) exam online. While this can be a convenient way to take a The Certified Professional in Talent Development (CPTD) exam dumps, it

can also be stressful. Luckily, ValidVCE's best The Certified Professional in Talent Development (CPTD) exam questions can help you prepare for your The Certified Professional in Talent Development (CPTD) certification exam and reduce your stress. If you are preparing for the The Certified Professional in Talent Development (CPTD) exam dumps our CPTD Questions help you to get high scores in your CPTD exam.

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"> 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.
Topic 3	<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.

ATD The Certified Professional in Talent Development Sample Questions (Q140-Q145):

NEW QUESTION # 140

A project manager just learned of a significant delay in meeting a project milestone. Which option would be best for communicating information about the delay to external stakeholders dispersed across multiple time zones?

- A. Schedule a web conference to explain the delay situation with the targeted stakeholders simultaneously
- B. Send an email to all of the targeted stakeholders to explain the delay situation**
- C. Text an instant message to targeted stakeholders to explain the delay situation
- D. Call each targeted stakeholder on the telephone and verbally explain the delay situation

Answer: B

Explanation:

As per theCPTD Outline on Communication Skills, best practices for dispersed audiences across time zones include "written communication such as emails to ensure consistent, documented, asynchronous communication across different working hours". Reference:CPTD Detailed Content Outline, Communication and Stakeholder Engagement.

NEW QUESTION # 141

A talent development (TD) professional has been hired as a consultant for a 20-person manufacturing company. The TD professional has not worked in this industry before. Several employees have complained to the human resources (HR) department that some supervisors have been disrespectful toward them when giving feedback. The HR manager decides that company-wide training on appropriate feedback is needed.

The TD professional is assigned to conduct a needs analysis and to report the results to the HR manager in two days. Which data collection method(s) would be most appropriate for the TD professional to use to complete the needs analysis?

- A. Policy review
- B. Benchmark study
- C. Observations**
- D. Focus groups

- E. Pretest

Answer: C,D

NEW QUESTION # 142

What are the basic quadrants of a balanced scorecard approach?

- A. Revenue, profit, customer satisfaction, and employee satisfaction
- B. Planning, analysis, design, and control
- **C. Financial, customer, internal processes, and learning and growth**
- D. Cost, quality, time, and performance outcomes

Answer: C

Explanation:

Kaplan and Norton's Balanced Scorecard framework (Certification Reading List) identifies the four quadrants as:

- * Financial,
- * Customer,
- * Internal Business Processes,

Reference: The Balanced Scorecard: Translating Strategy into Action (Kaplan & Norton).

NEW QUESTION # 143

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

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

Answer: D

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 # 144

An engineering company utilizes two learning management systems (LMSs): one manages technical training, and the other manages professional development (or non-technical training) for all of the company's engineers. Over time, changes in reporting requirements have caused the use of two different systems to be difficult and time-consuming. It has been decided that a new LMS is to be selected, with a goal of improving the time constraints of using training information from both systems. A talent development (TD) professional is put in charge of facilitating the selection and implementation of the new LMS.

What should the TD professional do to facilitate the selection process?

- A. Select the system with the best user interface.
- B. Conduct research on what systems are being used by similar companies.
- C. Analyze consequences for keeping both systems.
- **D. Seek consensus of stakeholders on prioritization of system capabilities.**
- E. Have a select group of end-user engineers research and make recommendations regarding the best system.
- **F. Perform an environmental scan to determine the capabilities offered by different LMSs.**
- **G. Define the capabilities needed for this system, as compared to current gaps.**

Answer: D,F,G

NEW QUESTION # 145

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