

# Exam CPTD Actual Tests | New CPTD Test Dumps

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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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## 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>• 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.</li></ul>
Topic 3	<ul style="list-style-type: none"><li>• Building Personal Capability: 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>

## ATD The Certified Professional in Talent Development Sample Questions (Q84-Q89):

### NEW QUESTION # 84

A talent development (TD) professional works at a small Internet-based company. The TD professional is tasked with training a group of customer service representatives to process refunds in a new software application.

Which component(s) should the TD professional include in the training plan?

Step 2

The TD professional is creating the training plan for the new software and wants to develop the learners' troubleshooting skills by incorporating unexpected complexities that staff might encounter.

Which action(s) should the TD professional take?

- A. Assign a task that involves a problematic aspect of the software for the learners to work around.
- B. Have learners work through practice scenarios with unexpected issues and identify how to address each complexity.
- C. **Include assessment methods to evaluate learner understanding.**
- D. Provide an overview of the new software's features.
- E. Give learners a job aid with the steps out of order and ask them to reorder the steps correctly.
- F. **Outline the objectives of the training session.**
- G. Demonstrate the most common processes and instruct learners to refer to the software manual for other situations they may encounter.

**Answer: C,F**

### NEW QUESTION # 85

A talent development (TD) professional has been asked to deliver training in support of the corporate strategic plan to increase sales revenues. What is the first question the TD professional should ask the stakeholders?

- A. By how much are revenues expected to be increased?
- B. Should certain sales representatives be targeted for this training?
- C. Why are sales revenues down?
- D. **What specific issues is this initiative intended to address?**

**Answer: D**

Explanation:

The CPTD Detailed Content Outline under Needs Assessment states: "Clarifying the exact issues the initiative intends to solve ensures learning solutions are strategically aligned to organizational goals".

Starting with the problem to be solved drives better training design and evaluation.

Reference: CPTD Detailed Content Outline, Needs Assessment.

#### NEW QUESTION # 86

Which statement best describes D.E. Super's theory of career development?

- A. It states that career choice is determined through interviews that deal with six types of work environments
- B. It uses concepts from psychology and is considered behavioral career counseling
- C. It emphasizes that choice of occupation is highly influenced by a person's self-image
- D. It uses tests that are based on individual interests to determine best career choice

**Answer: C**

Explanation:

Super's Life-Span, Life-Space Theory (Career Development Theory Certification Reading) states: "Career choice and development are heavily influenced by the individual's self-concept evolving over time".

Self-image matching to occupational roles is central to his theory.

Reference: Career Development Theory, Donald Super.

#### NEW QUESTION # 87

A talent development (TD) professional facilitates a three-week training course for all of a company's new hires. Company onboarding guidelines state that new hires must pass the course final exam with a score of 80% or higher in order to continue in the job, but the guidelines also provide for some discretion on the part of the hiring manager. Participant A fails the final exam with a score of 78%. Participant A was frequently late to training, did not readily participate, and fell asleep twice during the course.

What should the TD professional do?

- A. Provide the exam results to the HR department and the hiring manager.
- B. Document the observable behaviors, and provide these data points to the HR department and the hiring manager.
- C. Consult with the human resources (HR) department and the hiring manager, and offer to have Participant A retake the exam.
- D. Redesign the course to make it more engaging.
- E. Reassess the exam scoring process.
- F. Recommend termination of Participant A.

**Answer: B**

#### NEW QUESTION # 88

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

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

**Answer: C**

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 # 89

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