CPTD Exam Registration - CPTD Real 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, H20, 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. Thew 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 prodiuce maximal force at a given speed.

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ATD CPTD Exam Syllabus Topics:

Topic	Details
Topic 1	• 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	• 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	• 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 CPTD Exam Questions: Attain Your Professional Career Targets [2026]

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ATD The Certified Professional in Talent Development Sample Questions (Q79-Q84):

NEW QUESTION # 79
Some talent development professionals skip Level 2 evaluations thinking Levels 3 and 4 are sufficient to prove success. Why is this a dangerous assumption?

- A. Levels 1 to 4 must be completed in stepped order
- B. Level 4 evaluations require data captured during Level 2 evaluations
- C. If Level 3 and Level 4 results are poor, the training quality could be questioned
- D. Level 2 evaluations are the only way to confirm application of knowledge

Answer: C

Explanation:
Kirkpatrick's Four Levels of Evaluation(Certification Reading List) state that "without Level 2 (learning) data, poor performance outcomes at Level 3 or 4 could easily be blamed on poor training even if external factors are responsible".
Skipping Level 2 leaves no proof of what learning actually occurred.
Reference:Kirkpatrick's Four Levels of Training Evaluation (2016).

NEW QUESTION # 80
Which is a benefit of Six Sigma methodology?

- A. It reduces business cycle times
- B. It clarifies business strategy
- C. It creates awareness and a sense of urgency
- D. It analyzes key aspects of the corporate culture

Answer: A

NEW QUESTION # 81

A company has forecasted that it will need 44 maintenance technicians in the next calendar year and an additional 20 in the year after next. The talent development (TD) team has been charged with comparing future needs with current realities to understand if any gaps in staffing are caused by skill deficiencies. Where should the TD team focus its efforts?

- A. Environmental analysis
- B. SWOT (strengths, weaknesses, opportunities, threats) analysis
- C. Succession planning
- D. Workforce planning

Answer: D

NEW QUESTION # 82

A talent development (TD) professional has been asked to implement a knowledge management strategy.
Which is the best first step for the TD professional to take?

- A. Compile, confirm, and circulate documents
- B. Choose an information-gathering system
- C. Determine the organization's needs
- D. Locate information sources

Answer: C

Explanation:
In Knowledge Management Strategy best practices from the ATD Handbook, the first step is to
"understand the organizational needs and goals to ensure the KM system is targeted and useful".
Starting with technology or sources misses strategic alignment.
Reference: ATD Handbook for Training and Talent Development (2022), Knowledge Management Principles.

NEW QUESTION # 83

A talent development (TD) professional is approached by a department manager for advice on how to improve an employee's performance on assigned monthly reports. How should the TD professional approach this situation?

- A. Suggest that the manager define what satisfactorily completed work looks like, such as number of errors on the report, amount of time it takes to complete the work, and readability of the report.
- B. Suggest that the manager review the yearly performance appraisal for guidance on what the employee is being measured on, and have the manager coach the employee based on the expectations.
- C. Assess the manager's relationship with the employee, the manager's leadership skills, and the manager's ability to coach this employee for improved performance.
- D. Assess the employee's last performance review against the employee's current performance, and look at the employee's full history.

Answer: A

NEW QUESTION # 84

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