

Efficient Exam CPTD Format for Real Exam

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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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 The Certified Professional in Talent Development Sample Questions (Q35-Q40):

NEW QUESTION # 35

Which learning objective domain is most difficult to observe and measure?

- A. Psychomotor
- B. Cognitive
- **C. Affective**
- D. Interpersonal

Answer: C

Explanation:

The ATD Handbook and Bloom's Taxonomy explain that the Affective domain (attitudes, values, feelings) is "the most challenging to measure because changes are internal and often not immediately observable".

Cognitive (knowledge) and psychomotor (skills) are easier to test objectively.

Reference: Bloom's Taxonomy of Educational Objectives.

NEW QUESTION # 36

Which is the most effective way to communicate the value of a leadership program to a stakeholder who has a driver listening style?

- A. Present evidence from other companies indicating that the program will be successful
- **B. Provide a summary of specific program features and outcomes in a bullet list**
- C. Discuss how the program will affect the emotional intelligence of the participants
- D. Hold a big-picture discussion while presenting conceptual information

Answer: B

Explanation:

Stakeholder Communication Guidelines (ATD Handbook) note that "drivers prefer concise, action-oriented communication - bullet points highlighting results, not narratives or discussions of emotions".

Efficiency and results orientation are critical for drivers.

Reference:ATD Handbook, Communication Styles and Stakeholder Management.

NEW QUESTION # 37

A new manager has a team comprised of four different generations of employees. Which action by the manager would be most likely to minimize intergenerational conflict within the team?

- A. Poll each team member
- B. Define what is important to each team member's generation
- C. Listen actively to each team member
- **D. Acknowledge the diverse viewpoints of each team member**

Answer: D

Explanation:

According to the ATD Talent Development Capability Model under Cultural Awareness, minimizing generational conflict requires recognizing and acknowledging diverse perspectives rather than stereotyping or categorizing by generation. Building awareness and respect for different values and communication styles is fundamental.

Reference:ATD Talent Development Capability Model, Personal Capability - Cultural Awareness.

NEW QUESTION # 38

The total cost of ineffective e-learning includes the cost of which factors?

- A. Development plus implementation
- **B. Poor performance plus missed opportunities**
- C. Software platform plus integration
- D. Instructional designer salaries plus missed schedule deadlines

Answer: B

Explanation:

The ATD Handbook explains that "the hidden cost of ineffective e-learning is not just development cost, but the productivity losses, poor employee performance, and missed business opportunities that result".

Quality matters far beyond the initial software investment.

Reference:ATD Handbook for Training and Talent Development (2022), Cost of Learning Quality.

NEW QUESTION # 39

Which leadership ability is of most value for fostering an organization's long-term success?

- A. Managing and measuring meaningful work tasks
- **B. Establishing and maintaining trusting and collaborative relationships**
- C. Developing and implementing continuous improvement ideas
- D. Creating and implementing new company strategies

Answer: B

Explanation:

ATD Leadership Development Best Practices emphasize that "trust and collaboration build resilient, innovative organizations capable of long-term success".

Without trust, even the best strategies and processes will falter.

Reference:ATD Handbook, Leadership Competency Models.

NEW QUESTION # 40

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