

Exam CPTD Quiz | CPTD Fresh Dumps

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 The Certified Professional in Talent Development Sample Questions (Q70-Q75):

NEW QUESTION # 70

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. Why are sales revenues down?
- **C. What specific issues is this initiative intended to address?**
- D. Should certain sales representatives be targeted for this training?

Answer: C

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 # 71

When creating a talent development (TD) initiative, which activity will best help a TD professional gain leadership support for the plan?

- A. Outlining a list of learning resources
- **B. Drafting a business case for learning**
- C. Preparing a detailed budget
- D. Identifying target participants

Answer: B

Explanation:

ATD's Business Case Development Standards state that "leaders respond best to business cases that connect learning investments directly to strategic priorities and expected results".

Listing resources or participants without showing impact is insufficient.

Reference: ATD Handbook for Training and Talent Development (2022), Business Case for Talent Development.

NEW QUESTION # 72

A talent development (TD) professional has been asked to present new call center techniques to a customer service group. During a break, a participant says the information is being presented too quickly for the group to understand. Which technique should the TD professional use to monitor the situation and modify the training?

- A. Express the need for follow-up training to the manager
- B. Condense the material and only present the basic techniques
- **C. Scan for audience learning reactions and adjust accordingly**
- D. Administer a quiz to evaluate group knowledge of the techniques

Answer: C

Explanation:

ATD's Handbook for Training and Talent Development (2022) explains that "effective facilitators continuously scan for learner engagement and comprehension indicators during delivery".

This real-time adjustment based on learner feedback ensures pacing, delivery, and comprehension stay on track, preventing learning

loss. Adjusting mid-course is a critical facilitation skill.

Reference:ATD Handbook for Training and Talent Development (2022), Training Delivery section.

NEW QUESTION # 73

A course requires a participant to go on a virtual search to find a video from the company president and an electronic document outlining specific roles and responsibilities. This is an example of which of the following?

- A. Multimedia approach
- B. Collaboration technology
- C. Synchronous learning
- **D. Electronic performance support system**

Answer: D

Explanation:

According to Electronic Performance Support System (EPSS) definitions (Certification Reading List), EPSS "provides just-in-time information to help employees perform tasks without needing formal training sessions".

This real-time retrieval during work is the hallmark of EPSS.

Reference: Performance Improvement Quarterly, Electronic Performance Support Systems.

NEW QUESTION # 74

A talent development (TD) professional has been tasked with creating a knowledge management system for a small company. The TD professional has begun the process of collecting organizational knowledge and has compiled paper manuals, standard operating procedures, process charts, and other archived materials. How can the TD professional most effectively access the collective knowledge of the company's leaders?

- A. Perform interviews with direct reports of the leaders
- **B. Conduct video and audio interviews with the leaders**
- C. Read published works by the leaders
- D. Review the personnel files and resumes of the leaders

Answer: B

Explanation:

Knowledge Capture Best Practices (ATD Handbook) recommend "direct interviews with senior leaders, capturing nuanced, tacit knowledge through video/audio for context, storytelling, and expertise sharing".

Paper files miss experiential insight.

Reference: ATD Handbook, Knowledge Management Practices.

NEW QUESTION # 75

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