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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? - ANSWER 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? - ANSWER A 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. - ANSWER is the ability to produce maximal force at a given speed.

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ATD The Certified Professional in Talent Development Sample Questions (Q16-Q21):

NEW QUESTION # 16

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

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

Answer: B

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 # 17

Which is the best rationale for using text messaging in a business environment?

- A. It allows the sender to convey emotion with emojis and is a good choice to create a more personal connection with the recipient
- B. It enables people to communicate in real time while engaged in something else, such as attending a presentation or group meeting
- **C. It implies urgency in situations where the sender faces tight deadlines or needs an immediate answer**
- D. It is private and is a good choice to communicate sensitive information through a channel that cannot be subjected to legal review

Answer: C

Explanation:

TheATD Handbook for Training and Talent Development(2022) advises that "text messaging is best used for urgent communications that require quick attention or immediate response".

It should not replace formal communication channels for sensitive or non-urgent matters.

Reference:ATD Handbook for Training and Talent Development (2022), Communication Methods.

NEW QUESTION # 18

A hacker was successful in accessing a financial services company's database of customer information after an employee clicked on a phishing email link. The company's chief executive officer (CEO) created a project team to address the security breach. As a member of the project team, a talent development (TD) professional is asked to evaluate the current security training for effectiveness. Since this is an urgent issue, the project team has been given 30 days to present recommendations.

Which data collection tool(s) would be most appropriate for the TD professional to use in evaluating the current security training?

- A. Senior leadership interviews
- B. Job performance observation
- **C. Employee examinations**
- D. Focus groups
- E. Interviews of subject matter experts
- **F. Test phishing emails**
- G. Employee surveys

Answer: C,F

NEW QUESTION # 19

Which metric would show the most alignment with senior management and organizational goals?

- A. Market share
- B. Engagement
- C. Productivity
- D. Attrition

Answer: A

Explanation:

In strategic business alignment, Market Share is a direct top-line indicator that connects organizational performance to competitive success, as explained in the ATD Handbook.

Internal metrics like engagement or attrition are important but less visible to external success measures.

Reference: ATD Handbook for Training and Talent Development (2022), Strategic Alignment Metrics.

NEW QUESTION # 20

A small company has just established its first talent development (TD) department and hired its first TD manager. Which action should the TD manager take early on to create a strong learning culture?

- A. Organize functions to introduce and explain the TD manager's role in the company
- B. Develop communications to encourage leadership support for the TD function
- C. Execute activities to inspire a positive attitude and growth mindset in the company
- D. Benchmark with other organizations for advice on how they established a strong TD department

Answer: C

Explanation:

The ATD Talent Development Capability Model emphasizes that "building a learning culture starts with fostering a growth mindset and positive orientation toward learning among employees and leaders".

Technical structures come later.

Reference: ATD Talent Development Capability Model, Building a Learning Culture.

NEW QUESTION # 21

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