

Reliable CPTD Test Objectives, CPTD 100% Correct Answers

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	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.

Topic 2	• 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 3	• 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.

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

NEW QUESTION # 79

A talent development professional and an external training vendor have agreed to a percentage of the overall cost as profit. What is this called?

- A. Cost plus incentive fee
- B. Performance-based fee
- C. Firm fixed price
- D. Cost plus fixed price

Answer: A

Explanation:

According to ATD Project Management for Learning Professionals, a Cost Plus Incentive Fee (CPIF) contract "pays the vendor for costs incurred plus an agreed-upon incentive or profit percentage tied to cost control or results".

Firm fixed price means no adjustment based on actual costs.

Reference: Project Management for Learning Professionals (ASTD Press).

NEW QUESTION # 80

When encountering an emotional trigger, what does cognition control?

- A. Fight-or-flight impulse
- B. Course of reaction
- C. Self-awareness
- D. Immediate response

Answer: B

Explanation:

According to Emotional Intelligence Research (Daniel Goleman, Certification Reading List), "cognitive processes regulate the course of an emotional reaction, though the immediate response may be involuntary".

We control how we act next, not the initial impulse.
Reference:Emotional Intelligence, Daniel Goleman.

NEW QUESTION # 81

Which is the best quality improvement tool for a team that is ready to design a flowchart for a new product release?

- A. Fishbone diagram
- B. Pareto chart
- C. Process map
- D. Cause-effect diagram

Answer: C

Explanation:

According to Quality Tools for Process Improvement (Certification Reading List), "a process map or flowchart is the best tool to visually depict sequential steps in a process for design, communication, and improvement".

Fishbone diagrams diagnose causes, not process flows.

Reference: The Memory Jogger II: Quality Tools for Process Improvement.

NEW QUESTION # 82

Which is a learning activity guided by constructivist learning theory?

- A. Lecture
- B. Listening to a podcast
- C. Role-play exercise
- D. Physically active learning exercise

Answer: C

Explanation:

According to Constructivist Learning Theory (Certification Reading List: How People Learn, Bransford et al.), learners "construct their own knowledge through active engagement in realistic tasks," such as role-plays.

Passive listening or lecture does not align with constructivism; active problem-solving does.

Reference: How People Learn: Brain, Mind, Experience, and School (Bransford et al.)

NEW QUESTION # 83

A talent development (TD) professional has been contracted to design a training program on cross-cultural communications. The organization's goal is to foster a more inclusive workplace environment. Which action would best help the TD professional assess the organizational environment to identify specific performance objectives?

- A. Discuss performance gaps with external clients and senior leadership
- B. Read the results of exit surveys and interviews
- C. Facilitate focus groups with employees across all levels
- D. Evaluate performance reviews to assess ratings and written narratives

Answer: C

Explanation:

According to ATD Needs Assessment Best Practices, "Focus groups with cross-level participation provide rich, context-specific insights into organizational dynamics, uncovering barriers and enablers to inclusion".

It gives deeper, actionable data than archival reviews alone.

Reference: ATD Handbook, Focus Groups for Organizational Assessment.

NEW QUESTION # 84

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