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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? - 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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HOT Reliable CPTD Test Voucher - High-quality ATD The Certified Professional in Talent Development - Latest CPTD Exam Practice

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ATD CPTD Exam Syllabus Topics:

Topic	Details
Topic 1	<ul style="list-style-type: none">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	<ul style="list-style-type: none">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	<ul style="list-style-type: none">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.

ATD The Certified Professional in Talent Development Sample Questions (Q38-Q43):

NEW QUESTION # 38

According to Mager, what are the three components of a learning objective?

- A. Content, approach, and implementation
- B. Skill, priority, and sequence
- C. Criteria, observation, and evaluation
- D. Condition, performance, and criteria

Answer: D

Explanation:

Per Robert Mager's model from Preparing Instructional Objectives (Certification Reading List), a complete learning objective must specify the Performance, Condition, and Criterion.

* Performance: What the learner must do

* Condition: Under what conditions the performance occurs

Reference: Preparing Instructional Objectives, Robert Mager.

NEW QUESTION # 39

What is the focus of design thinking?

- A. People
- B. Performance
- C. Process
- D. Problem

Answer: A

Explanation:

Design Thinking for Talent Development(Certification Reading List) stresses that "Design thinking starts with deep empathy for the people (users) affected and focuses on understanding and meeting their needs".
The human-centered design mindset puts people at the center, not processes.
Reference:Design Thinking for Training and Development, Sharon Boller and Laura Fletcher.

NEW QUESTION # 40

A talent development (TD) professional facilitates a three-week training course for all of a company's new hires. Company onboarding guidelines state that new hires must pass the course final exam with a score of 80% or higher in order to continue in the job, but the guidelines also provide for some discretion on the part of the hiring manager. Participant A fails the final exam with a score of 78%. Participant A was frequently late to training, did not readily participate, and fell asleep twice during the course.

Participant B fails the final exam with a score of 60%. Participant B arrived early every day during training to request additional help, actively participated in group activities, took copious notes, and got along with everyone in the course.

What should the TD professional do?

Over the past six months, 40% of new hires have failed the final exam. The human resources manager questions why the failure rate is so high and asks the TD professional to assess the training course.

- A. Compare the course's learning objectives to the knowledge, skills, and abilities covered in the final exam.
- B. Revise the training to be more interactive.
- C. Conduct an item analysis on the final exam.
- D. Conduct a survey of failed candidates.
- E. Change the percentage of correct answers required to pass the final exam.
- F. Review and update the course's learning objectives.

Answer: A,C

NEW QUESTION # 41

Which is a learning activity guided by constructivist learning theory?

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

Answer: A

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 # 42

Which is the most effective way for a facilitator to incorporate adult learners' previous experience?

- A. Invite discussions on the content
- B. Provide significant practice with feedback
- C. Utilize case studies detailing typical experiences
- D. Link objectives to internal motivators

Answer: A

Explanation:

According to Knowles' Adult Learning Theory(referenced in the Certification Reading List:The Adult Learner, Knowles, 2015), adults "bring rich experiences into the learning environment" and "learn best when those experiences are acknowledged and integrated into the session".

Inviting discussions directly draws upon their prior knowledge, making learning personally meaningful and more effective.

Reference:The Adult Learner, Knowles (2015), Adult Learning Principles.

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