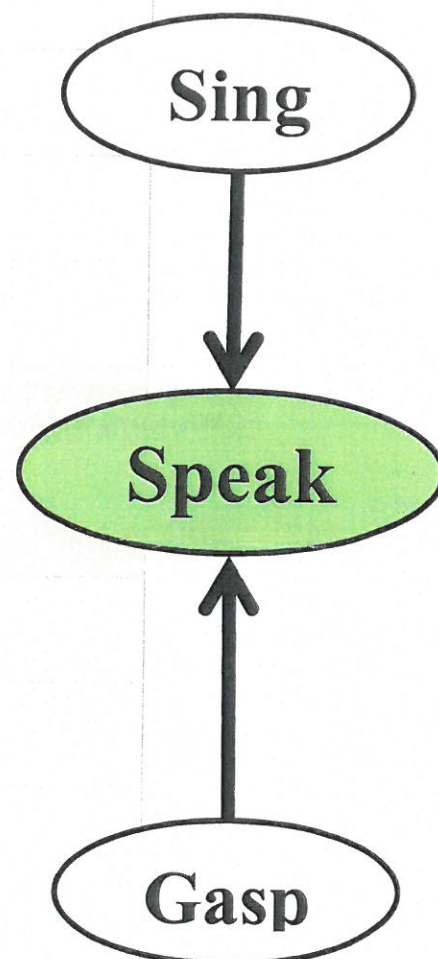


Rate of Perceived Exertion (RPE)

BORG 6 - 20 SCALE

	6	No Exertion At All	
	7	Extremely Light	
	8		
	9	Very Light	
	10		
	11	Light	
	12		
<u>Max</u>	13	Somewhat Hard	
	14		
	15	Hard (Heavy)	
	16		
	17	Very Hard	
	18		
	19	Extremely Hard	
	20	Maximal Exertion	



Remember to Include:

- Warm Up
- Pace (Sing / Speak / Gasp)
- Cool Down

BORG'S SCALE INSTRUCTIONS

BORG'S RPE SCALE INSTRUCTIONS

While exercising we want you to rate your perception of exertion, i.e. how heavy and strenuous the exercise feels to you. The perception of exertion depends mainly on the strain and fatigue in your muscles and on your feeling of breathlessness or aches in the chest.

Look at this rating scale: we want you to use this scale from 6 to 20, where 6 means 'no exertion at all' and 20 means 'maximal exertion'.

- 9 corresponds to 'very light' exercise. For a normal, healthy person it is like walking slowly at his or her own pace for some minutes.**
- 13 on the scale is 'somewhat hard' exercise, but it feels OK to continue**
- 17 'very hard' is very strenuous. A healthy person can still go on, but he or she really has to push him – or herself. It feels very heavy, and the person is very tired.**
- 19 on the scale is an extremely strenuous exercise level. For most people this is the most strenuous exercise they have ever experienced.**

Try to appraise your feeling of exertion as honestly as possible, without thinking about what the actual physical load is. Don't underestimate it either. It's your feeling of effort and exertion that's important, not how it compares to other people's. What other people think is not important either. Look at the scale and the expressions and then give a number.

Any questions?