

rating of perceived exertion: borg scales - heart online - 1. the original borg scale or category scale (6 to 20 scale), and 2. the revised category-ratio scale (0 to 10 scale). the original scale was developed in healthy individuals to correlate with exercise heart rates (e.g., rpe 15 would approximate a hr of 150 bpm), and to enable subjects to better understand terminology (borg, 1982). the category ratio scale was later developed and has since ...

borg scale (6-20) - makeoverfitness - borg scale (6-20) rating how hard you are exercising 6 no, exertion at all 7 very, very light 8 9 very light 10 11 light 12 13 somewhat hard

how to use the borg rate of perceived exertion scale - 6 - 20 borg / rpe scale" borg 6-20 rate of perceived exertion scale (rpe) no exertion 6 little to no movement, very relaxed extremely light 7 able to maintain pace 8 very light 9 comfortable and breathing harder 10 light 11 minimal sweating, can talk easily 12 somewhat hard 13 slight breathlessness, can talk 14 increased sweating, still able to hold conversation but with difficulty hard 15 ...

rating of perceived exertion (rpe) - ardsandnorthdown - look at the rating scale below while you are engaging in an activity; it ranges from 6 to 20, where 6 means "no exertion at all" and 20 means "maximal exertion." choose the number from below that best describes your level of exertion. this will give you a good idea of the intensity level of your activity, and you can use this information to speed up or slow down your movements to reach your ...

rpe scale 6 20 pdf - wordpress - rpe scale 6 20 pdf to as the borg scale. two rpe scales are commonly used: 1. the original borg scale or category scale 6 to 20 scale, and. the revised category-

6 no exertion at all 7 extremely light 8 9 very light 10 11 - instructions to the borg-rpe-scaleÃ,Â® during the work we want you to rate your perception of exertion, i.e. how heavy and strenuous the exercise feels to you and how tired you are.

Related PDFs :

[Abc Def](#)

[Sitemap](#) | [Best Seller](#) | [Home](#) | [Random](#) | [Popular](#) | [Top](#)