

Borg Percieved Exertion Scale

*A high correlation exists between a person's perceived exertion rating times 10 and the actual heart rate during physical activity; so a person's exertion rating may provide a fairly good estimate of the actual heart rate during activity (Borg, 1998). For example, if a person's rating of perceived exertion (RPE) is 12, then $12 \times 10 = 120$; so the heart rate should be approximately 120 beats per minute. Note that this calculation is only an approximation of heart rate, and the actual heart rate can vary quite a bit depending on age and physical condition. The Borg Rating of Perceived Exertion is also the preferred method to assess intensity among those individuals who take medications that affect heart rate or pulse.

How to Use the Perceived Exertion Scale

While doing physical activity, we want you to rate your perception of exertion. This feeling should reflect how heavy and strenuous the exercise feels to you, combining all sensations and feelings of physical stress, effort, and fatigue. Do not concern yourself with any one factor such as leg pain or shortness of breath, but try to focus on your total feeling of exertion.

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 desired range.

Try to appraise your feeling of exertion as honestly as possible, without thinking about what the actual physical load is. Your own feeling of effort and exertion is important, not how it compares to other people's. Look at the scales and the expressions and then give a number.

- 6 -No exertion at all
- 7 -Extremely light
- 8
- 9 -Very light - (easy walking slowly at a comfortable pace)
- 10
- 11 -Light
- 12
- 13 -Somewhat hard (It is quite an effort; you feel tired but can continue)
- 14
- 15 -Hard (heavy)
- 16
- 17 -Very hard (very strenuous, and you are very fatigued)
- 18
- 19 -Extremely hard (You can not continue for long at this pace)
- 20 -Maximal exertion