

## BORG RATING OF PERCEIVED EXERTION (RPE)

While performing the warm up activity, we would like you to rate your perceived perception of exertion. This feeling reflects how difficult and strenuous the performed warm up exercise feels to you, combining all sensations and feelings of physical stress, effort, and fatigue. While you rate your perceived exertion, please do not concern yourself with factors such as leg pain or shortness of breath, but try to focus on your overall feeling of exertion.

Please look at the rating scale below and select a number that best describes your level of exertion.<sup>1</sup> The scale 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. Value 9 corresponds to "*very light*" exercise. For a healthy person, it is like walking slowly at his or her own pace for some minutes. Value 13 on the scale is "*somewhat hard*" exercise, but it still feels OK to continue. Value 17 is "*very hard*" and corresponds to very strenuous exercise. 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. Value 19 on the scale is an extremely strenuous exercise level. For most people this is the most strenuous exercise they have ever experienced.

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<sup>1</sup> <https://www.cdc.gov/physicalactivity/basics/measuring/exertion.htm>

#	Level of Exertion
6	No exertion at all
7	
7.5	Extremely light (7.5)
8	
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard (heavy)
16	
17	Very hard
18	
19	Extremely hard
20	Maximal exertion