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### **Rpe Scale 6 20**

The original Borg scale has a range from

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6 to 20 (with 6 being no exertion at all, and 20 being maximum effort). This scale correlates with a person's heart rate or how hard they feel they're...

### **RPE: What does this scale tell you about exercise?**

There is a similar scale which has the RPE ratings between 0 and 10. The

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following table has the scale between 6 and 20. This is made to correspond to the heart rate level (divided by 10) as well as the perceived exertion, e.g. when someone gives a rating of somewhat hard (rating 13), you may also find that their heart rate is approximately 130 beats per minute (13 x 10).

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## **RPE Scale (Perceived Exertion Rate)**

RPE Scale 6-20 - LSI | Cardiopulmonary Monitoring Solutions. Home / Patient Care Documents / RPE Scale 6-20.

## **RPE Scale 6-20 - LSI | Cardiopulmonary Monitoring Solutions**

The Borg RPE scale is a numerical scale

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that ranges from 6 to 20, where 6 means "no exertion at all" and 20 means "maximal exertion." When a measurement is taken, a number is chosen from the following scale by an individual that best describes their level of exertion during physical activity. 6 - No exertion at all 7 - Extremely light

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## **Rating of perceived exertion - Wikipedia**

BORG RPE SCALE 6-20 PDF August 24, 2020byadmin The Borg Rating of Perceived Exertion (RPE) scale, developed by Swedish researcher Gunnar Borg, is a tool for measuring an individual's. The Borg Rating of Perceived Exertion (RPE) scale.



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## **BORG RPE SCALE 6-20 PDF - educationbuddies.us**

BORG RPE SCALE 6-20 PDF Posted on October 12, 2019 by admin The Borg Rating of Perceived Exertion (RPE) scale, developed by Swedish researcher Gunnar Borg, is a tool for measuring an individual's. The Borg Rating of

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Perceived Exertion (RPE) scale.

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BORG RPE SCALE 6-20 PDF The Borg Rating of Perceived Exertion (RPE) scale, developed by Swedish researcher Gunnar Borg, is a tool for measuring an individual's. The Borg Rating of Perceived Exertion (RPE) scale. The

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study of human performance and perceived exertion during physical activity has been an area of con.

## **BORG RPE SCALE 6-20 PDF - Cringle**

Borg original version is a scale of 6-20; it has a high correlation to heart rate and multiplying each number by 10 gives the training heart rate as at the time of

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scoring.

## **Borg Rating Of Perceived Exertion - Physiopedia**

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

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heart rates (e.g., RPE 15 would approximate a HR of 150 bpm), and to enable subjects to better understand terminology (Borg, 1982).

### **Rating of perceived exertion: Borg scales**

Borg 6-20 — the original scale as developed by Borg, with the ratings

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between 6-20 which can correspond to 1/10 of the exercise heart rate. Borg CR10 — an updated combined category and ratio scale by Borg with the ratings between 0 (nothing at all) and 10 (very very hard).

### **RPE Rating of Perceived Exertion Scales**

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Use this scale from 6 to 20, where 6 means "No exertion at all" and 20 means "Maximal exertion." 9 Very light. As for a healthy person taking a short walk at his or her own pace. 13 Somewhat hard. It still feels OK to continue. 15 It is hard and tiring, but continuing is not terribly difficult. 17 Very hard. It is very strenuous. You can

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still go

**6 No exertion at all 7 Extremely  
light 8 9 Very light 10 1**

These include a rating of 6 perceiving  
“no exertion at all” to 20 perceiving a  
“maximal exertion” of effort.

Practitioners generally agree that  
perceived exertion ratings between 12



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to 14 on the Borg Scale suggests that physical activity is being performed at a moderate level of intensity.

### **Perceived Exertion (Borg Rating of Perceived Exertion Scale)**

There are several RPE scales, but the most common are the 15-point scale (6-20), and the 11 point scale (0-10). 15

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Point Scale. 6 - 20% effort; 7 - 30% effort  
- Very, very light (Rest) 8 - 40% effort; 9  
- 50% effort - Very light - gentle walking;  
10 - 55% effort; 11 - 60% effort - Fairly  
light; 12 - 65% effort; 13 - 70% effort -  
Somewhat hard - steady pace

**Borg Scale - Rate of perceived  
exertion (RPE)**

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The RPE scale (with rating of 6 to 20) was developed so heart rate could be predicted by multiplying the RPE by 10 (Borg, 1982).

### **Borg Rating Scale of Perceived Exertion | RehabMeasures ...**

The RPE scale is used to measure the intensity of your exercise. The RPE scale

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runs from 0 - 10. The numbers below relate to phrases used to rate how easy or difficult you find an activity. For example, 0 (nothing at all) would be how you feel when sitting in a chair; 10 (very, very heavy) is how you feel at the end of an exercise stress test ...

### **Rated Perceived Exertion (RPE)**

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## **Scale**

The reason the scale begins at 6 and ends at 20 is because these values represent the resting heart rate (about 60 beats per minute) and maximal heart rate (about 200 beats per minute) of a healthy young adult. So that means 6 would equal sitting at rest, while 20 would be all-out maximal exercise you

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can only do for seconds.

## **How to Use the Rate of Perceived Exertion Scale**

Typically, RPE ratings for activity in the target heart rate zone will be between 12 and 16. The shaded areas are the moderate activity zones. If your RPE for an activity decreases over time, you've

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improved your fitness level.

Congratulations! Borg Rating of  
Perceived Exertion (RPE) Scale

## **Borg Rating of Perceived Exertion Scale | HealthLink BC**

You may wonder why the Borg RPE scale starts at 6 and goes to 20. This is because it is designed to give you a

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fairly good estimate of your actual heart rate during activity. To do this, multiply your RPE by 10 to get an estimated heart rate. For example, if your RPE is 12, then  $12 \times 10 = 120$  beats per minute.



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