

# Download Borgs Perceived Exertion And Pain Scales

Dr. Gunnar Borg introduced the field of perceived exertion in the 1950s. His ratings of perceived exertion (RPE) scale is used worldwide by professionals in medicine, exercise physiology, psychology, cardiology, ergonomics, and sports. In sports and particularly exercise testing, the rating of perceived exertion (RPE), as measured by the Borg rating of perceived exertion scale (RPE scale), is a frequently used quantitative measure of perceived exertion during physical activity. Abstraktet (sammanfattningen) från studien: Mental fatigue is a psychobiological state caused by prolonged periods of demanding cognitive activity. Träning minskade behovet av operation vid lumbal spinal stenosis. Belastning av cirkulationsapparaten i form av cykling gav bra effekt.