

Supplemental Digital Content 2. Borg's RPE (6-21) Scale and Administration Script

6	No exertion at all
7	Extremely light
8	
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard
16	
17	Very hard
18	
19	Extremely hard
20	Maximal exertion

The Borg's RPE Scale Script

Instructions explaining The Borg RPE Scale to participants. Please read in entirety the first time and the brief section prior to each task.

Brief Instruction: “During the job task, we want you to pay close attention to how hard you feel the physical work rate is. This feeling should reflect your total amount of exertion and fatigue, combining all sensations and feelings of physical stress, effort, and fatigue. Don't concern yourself with any one factor such as leg pain, shortness of breath, or exercise intensity. It's your own feeling of effort and exertion that is important, not how it compares to other people or what other people think. Be as accurate as you can.”

Continue for Initial Instruction:

“Look at this rating scale; we want you to use this scale from 6 to 20 where 6 means “no exertion at all,” and 20 means “maximal exertion.”

- 9 corresponds to “very light” exercise. For most healthy people it represents walking slowly at their own pace for several minutes.
- 13 corresponds to “somewhat hard” exertion, but it still feels OK to continue.
- 17 corresponds to “very hard” or difficult exercise. A healthy person can still go on but they really have to push themselves. It feels very strenuous and the person is very tired.
- 19 corresponds to very strenuous exercise. To most people it is the most strenuous exercise they have ever experienced.

Try to appraise your feeling of exertion as honestly as possible, without thinking about the actual job task or purpose of the task.”

Investigator Notes:

***Participant needs to understand this scale is different from the CR10 scale.

***Responses should be private by pointing to a number or quietly saying the number.

***Confirm what the number means after the subject reports an RPE. Example: “13 means that you could continue for a much longer time, do you feel you could continue?”

(Adapted from: Adapted from 1998 Borg HK & ACSM's Guidelines for Exercise Testing and Prescription 7th Edition)

Modifications specific for the Physical Standards Study (13-07-1H)
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