

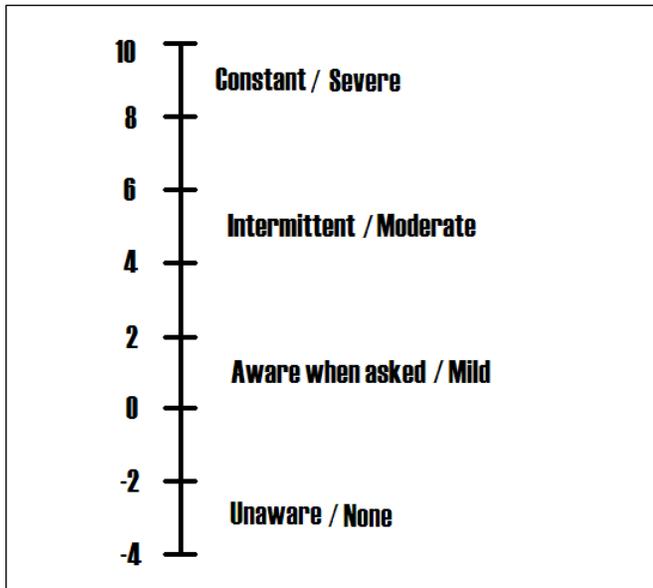
APPENDIX A

Definition of terms

- Sense of effort: The psychological / psychic effort required to perform the exercise task. This excludes any physical sensations related to exercise.
- TEA (Task effort and awareness): Sensations related to the psychological / psychic effort required to continue the exercise bout at the chosen workload. It includes the level to which these sensations are perceived consciously.
- Rating of perceived exertion (RPE): Gunnar Borg's original description of ratings of perceived exertion, incorporating both the total physical and psychic sensations experienced by the subject during exertion and considered to be related to the intensity of the effort.
- P-RPE: The Borg 15 point RPE score with modified instructions to include only the physical sensations produced by the exercise task. Psychological / psychic sensations of effort are specifically excluded.

APPENDIX B

Task Effort and Awareness (TEA) Scale



Instructions for using the Task Effort and Awareness (TEA) Scale

We want you to rate the psychological and mental effort required to perform this exercise bout at the intensity you have chosen. The feeling / emotion that you report should reflect how much attention, mental effort and difficulty you experience whilst continuing to exercise at the present intensity. Although your physical sensations will determine the mental effort required to continue, they should not be included in the TEA value that you report. In addition, the scale includes a component to measure how often you are conscious of the required effort.

Look at the rating scale below while you are engaging in an activity; it ranges from -4 to 10, where -4 means that you are unaware of any mental effort required to continue and therefore have no sensations telling you to “slow down” and 10 means that you are constantly aware of a severe effort required to continue at the current pace and will need to “slow down”. Choose the number from below that best describes your level of exertion.

Try to appraise your feelings 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. Look at the scales and the expressions and indicate a number. You can also use a decimal point to describe your value e.g. 6.5 or “six and a half”.

Physical Rating of Perceived Exertion (P-RPE) Scale

Instructions for the Physical Rating of Perceived Exertion (P-RPE) 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 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 the 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 which is based only on the physical sensations which you feel as a result of the exercise and NOT the mental and psychological effort required to continue the task.

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