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Borgs Perceived Exertion And Pain Borg's Perceived Exertioin and Pain Scales Author: BORG, Gunnar, PhD (Stockholm Univ) Bibliographic Data: (ISBN: 0880116234, Human Kinetics Inc, 1998, \$24.00), 104 pages, soft cover. Audience 1: Exercise Scientists Audience 2: Physiotherapists Other Info: The book contains black-and-white illustrations. Borg's Perceived Exertion and Pain Scales : Medicine ... His method for measuring perceived exertion is the main method used in the field, and his new scale, the Borg CR10 scale, is used for measuring both perceived exertion and pain, and other subjective magnitudes. He is the author of Physical Performance and

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exertion, Borg's Perceived Exertion and Pain Scales by Gunnar Borg ... BORG, G. (1998) Borg's perceived exertion and pain scales. Human kinetics. EKBLUM, B. and GOLOBARG, A. N. (1971) The influence of physical training and other factors on the subjective rating of perceived exertion. Borg Scale - Rate of perceived exertion (RPE) The original scale introduced by Gunnar Borg rated exertion on a scale of 6-20. Borg then constructed a category (C) ratio (R) scale, the Borg CR10 scale, rated on a scale from 1-10. This is especially used in clinical diagnosis of breathlessness and dyspnea, chest pain, angina and musculo-skeletal pain. Rating of perceived exertion - Wikipedia His method for measuring perceived exertion is the

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