

<i>Part I</i>	<i>Overview and History</i>	
Chapter 1	Perceived Exertion	2
	Developing the Concept	2
	Early Perceived Exertion Studies	4
	The Three Effort Continua	6
	Defining Perceived Exertion	8
Chapter 2	Pain	10
	Defining Pain	11
	Special Aspects of Pain	11
Chapter 3	Measuring Perceived Exertion and Pain	13
	The Borg RPE and CR10 Scales	13
	When to Use the Scales	14
	What Scale to Use	14
	Some Misuses of the Scales to Avoid	15
<i>Part II</i>	<i>Principles of Scaling and Using the Borg Scales</i>	
Chapter 4	Psychophysical Scaling	18
	Ratio Scaling	19
	Interindividual and Other Interprocess Comparisons	24
Chapter 5	The Borg RPE Scale	29
	Construction of the Scale	29
	Reliability of the Scale	31
	Validity of the Scale	34
Chapter 6	The Borg CR10 Scale	39
	Construction of the Scale	39
	Reliability of the Scale	41
	Validity of the Scale	42

Chapter 7	Administration of the Borg Scales	44
	General Principles	44
	The Borg RPE Scale	46
	The Borg CR10 Scale	49
<i>Part III</i>	<i>Applications of the Scaling Methods</i>	
Chapter 8	Perceived Exertion in Working Capacity Tests	54
	Aerobic Exercise Testing and RPE	54
	Anaerobic Exercise Testing and RPE	57
	Estimating Maximal and Resting Heart Rates	58
	The Simple Run or Walk Test	59
Chapter 9	Scaling Pain and Related Subjective Somatic Symptoms	63
	Evaluating Symptoms and Pain	63
	Scaling Pain With the Borg CR10 Scale	65
Chapter 10	External, Physiological, and Psychological Factors and Perceived Exertion	68
	The Environment	68
	Nutrition and Drugs	69
	Physiological Factors	70
	Psychological Factors	72
	Weighing All the Factors	74
Chapter 11	Applying the Scales to Training and Rehabilitation	75
	Mode of Exercise	75
	Frequency and Duration of Exercise	76
	Intensity of Exercise	76
	Short-Term Exercise and Muscular Training	78
	Long-Term Exercise Regulation	79
	Rehabilitation	79
Chapter 12	Ergonomics and Epidemiology	81
	Ergonomics	81
	Epidemiological Intensity Evaluations	84
Chapter 13	Perceived Exertion and Sports	86
	Short-Term Maximal Effort	87
	Long-Term Maximal Effort	87
	Short-Term Submaximal Effort	88
	Long-Term Submaximal Effort	89
	Sports With Mixed Efforts of Varying Duration	89
	<i>References</i>	92
	<i>Index</i>	98
	<i>About the Author</i>	103
	<i>Appendix</i>	104