

■ **Table 24.1** ■

Tools for Measuring Perception of Effort and Exertion

Variable	Tool	Dimension or characteristic	Source
Perceived exertion	Rating of perceived exertion (RPE) scale	RPE	Borg (1971)
Perceived exertion	CR10 scale	RPE	Borg (1982)
Perceived exertion	CR100 scale	RPE	Borg (1998)
Effort rating	Children's Effort Rating Table (CERT)	Pictorial	Williams, Eston, & Furlong (1994)
Effort rating	Cart and Load Effort Rating (CALER) Scale	Pictorial	Eston, Parfitt, Campbell, & Lamb (2000)
Effort rating	Pictorial Children's Effort Rating Table (PCERT)	RPE, pictorial	Yelling, Lamb, & Swaine (2002)
Running discomfort	Running Discomfort Scale (RDS)	Sensory-discriminative, motivational-affective, and cognitive-evaluative dimensions	Tenenbaum et al. (1999)
Perceived exertion	OMNI scales	RPE, pictorial, multiple derivations	Robertson et al. (2000)
Perceived exertion	Braille RPE scale	RPE	Buckley, Eston, & Sim (2000)