

## On the Rate of Perceived Exertion Visual Scale

The OMNI rate of perceived exertion (RPE) scale is a visual scale developed with children/adolescents in mind, but it was found to be applicable for adults and many other special demographics (e.g. people with comprehension difficulties, English as a second language, older adults) (Eston, Lambrick, & Rowlands, 2009; Rice, Gammon, Pfeiffer, & Trost, 2015). As with other RPE scales, the client (e.g. child) must be able to visually see (e.g. poster, card) the scale in order for the rating to be accurate which may be inconvenient in some settings (Loose et al., 2012).

Variations of the pictorial OMNI scale depict various activities such as resistance training, walking, running, stepping, and cycling (Lagally, 2013; Rice et al., 2015). Children/adolescents should be taught what each rating "feels" like and what the sensations mean (including examples) (Lagally, 2013). Lagally (2013) noted that while it may take a few sessions, it would be worth going through the whole range of the OMNI scale with various activities at various levels of difficulties so that the children understand (exercise memory anchoring).

Rice et al. (2015) noted that RPE and physiological correlations among 6-8 year olds were of moderate strength as compared to older age groups such as 11-12 yr olds and 13-15 yr olds. This is most likely due to differences in cognitive and comprehension abilities. The OMNI scale has not been verified with children younger than 6 yrs, but in other studies using RPE scales, positive correlation among 5-6 yr olds was weaker, again most likely due to differences in cognition and comprehension (Rice et al., 2015).

## References

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