

A SCALE FOR THE RATING OF PERCEIVED RECOVERY AFTER PHYSICAL PERFORMANCE

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Perceiving the progress of recovery after physical performance is important when individual work-rest regimens are considered for tasks with varying muscular and environmental demands. The present study was a response to this need. A subjective scale for the rating of recovery after submaximal or maximal physical performance was developed and tested. The recovery scale used was a 100 mm segment of the line. The upper head of the scale corresponds to the situation during the end of physical performance, and the lower head the situation at rest preceding the performance. The rating of the perceived recovery is asked and marked with a pencil on the scale. The results can be expressed as percentage values or as a reverse modification of the standard RPE scale.

When the recovery scale was tested the ratings obtained every second minute were compared to the corresponding $\dot{V}O_2$ and HR values during a recovery period of 10 minutes followed by a submaximal cycle exercise. The subjects were 20 female kitchen workers aged 19-61 years. During the last minute of exercise the mean (\pm SD) $\dot{V}O_2$ was 1.62 (\pm 0.26) $l\ min^{-1}$ and HR 158 (\pm 14) $beats\ min^{-1}$. The corresponding values after the 10 min recovery were 0.30 (\pm 0.06) $l\ min^{-1}$ and 98 (\pm 14) $beats\ min^{-1}$, respectively. According to the logarithmic equation, the correlation coefficient between $\dot{V}O_2$ and the recovery scale was 0.85. The corresponding value between HR and the recovery scale was 0.72.

The present comparisons suggest that the scale tested is suitable for the ratings of perceived recovery. The rating of recovery should be inquired every minute during the first five minutes of recovery, and later at intervals of 2-4 minutes. The developing and testing of the recovery scale will be continued.