

RPP Scale:
Rating of Perceived

PAIN



0	Nothing at all
0.5	Extremely weak
1	
2	Weak
3	Moderate
4	
5	Strong
6	
7	Very strong
8	
9	
10	Extremely strong

RPE Scale:
Rating of Perceived

EXERTION



0	Nothing at all
0.5	Very, very light
1	Very light
2	Light
3	Moderate
4	Somewhat hard
5	Hard
6	
7	Very hard
8	
9	
10	Very, very hard

McArdle disease

Used in 12MWT and aerobic training

This scale is used to assess the pain level during the 12-Minute Walk Test, and at any time that the participant is starting activity/exercise and getting into second-wind.

McArdle disease

Used in strength training

This scale is used to assess the exertion level in strength training, after the participant has achieved second-wind.