VALIDITY OF THE OMNI-RES SCALE OF PERCEIVED EXERTION FOR RESISTANCE EXERCISES AMONG THE ELDERLY

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There is no doubt about the importance of the strenght training among the third age. This type of exercise can prevent osteoporosis or improve the stability of the body. Physical activity is more and more used in the rehabilitation of patients, although for this exercise to be effective, it is necessary to be careful with its prescription and control. Its because with need to develop a simple tool to control the evolution of the patients without requiring a lot of time, and allowing an autonomous form of control. In this sense, the rating of perceived exertion (RPE) has been defined as the act to detect and to interpret the sensations originated by the body during the physical exercise. During 40 years several RPE scales have been used as valid and safe measures of the intensity of the exercise.

The OMNI-RES scale, developed by Robertson et al. (2003) allows, as the traditional scales of perceived exertion developed by Borg in 1962, to get information about the intensity of the effort. The obtained data from OMNI-RES scale are able to be correlated with physiological parameters (heart rate, lactate concentration, etc.). These correlations are fundamental, not only for the health and sport scientific community, but also for the prescription of exercise programs for healthful parameters, extrapolating these programs to daily situations.

The aim of this study is therefore to examine the validity of OMNI-RES scale of perceived exertion in men and women older than 65 years, executing two strength exercises.
All contributions were reviewed anonymously.

Všechny přispěvky byly recenzovány anonymně.

The authors take response for contents and correctness of their texts.

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