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Titolo	Perceived Exertion Laboratory Manual : From Standard Practice to Contemporary Application / / by Luke Haile, Michael Gallagher, Jr., Robert J. Robertson
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ISBN	9781493919178 1493919172
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Descrizione fisica	1 online resource (327 p.)
Disciplina	150 612 615.81 616.12
Soggetti	Clinical health psychology Sports medicine Human physiology Cardiology Physiotherapy Health Psychology Sports Medicine Human Physiology Handbooks and manuals.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references at the end of each chapters and index.
Nota di contenuto	Assessment. - Borg’s Range Model -- Effort Continua Model: Physiological Mediators -- Rest/Submaximal Exercise Measurements -- Laboratory designed for initial practice before more advanced assessments -- Scale Anchoring: Memory/Cognitive Compared with Exercise Anchoring -- Category Scale Validation: Concurrent and Construct -- Interchangeability of scales -- Advanced Scale Anchoring: Estimation-Production Protocols -- Application to leisure-time physical activity and research investigations -- Differentiated Perceived Exertion

Model: Signal Dominance and Integration -- Treadmill and cycling: Chest/breathing, legs -- Advanced Differentiated Perceived Exertion Model -- Sub-maximal RPE Tests -- Fitness Measurement and Comparison of Individuals -- Multi-level cycle: PO R Score -- Single level cycle: R PO Score. RPE Run Test -- RPE Prediction of VO2MAX/VO2PEAK – Comparison with HR Models -- Resistance Exercise: RPE Measurement and 1-RM Prediction -- RPE Guided Water Shuttle Run Test. - Gender Effect on RPE -- Affect/Arousal Model (Circumplex) and Dual-Mode Model -- Prescription. - Estimation-Production Prescription Paradigm. - Group-Normalized RPE Zone: RPE at the Ventilatory Threshold. - Intensity Self-Regulation: Intra- and Inter-modal Interval Target RPE. Perceived Exertion JND -- Self-regulation of Exercise Intensity using RPE -- RPE Resistance Exercise Prescription -- Exercise Intensity Preference: Land and Water -- Environmental heat stress – Exercise in Hot versus Cool Environments: Effects on RPE, Affect, Enjoyment -- Program Evaluation -- Predicted – Actual (i.e. In-Task/Momentary). - Circumplex Model: Affect & Arousal -- Match-Mismatch Paradigm: RPE, Pain, Affect, Arousal, Enjoyment, Aversion -- Session Responses: RPE, Pain, Affect, Arousal, Enjoyment, Aversion, Validation -- Sub-maximal RPE Tests for Tracking Physical Activity Participation: Multi- or single-level cycle, RPE Run Test; Exertional Recall and Exertional Observation -- Teleoanticipation. - Self-selected vs. Imposed Exercise Intensity (Target RPE – Produced) -- RPE-based Resistance Exercise Program: Tracking strength/endurance.

Sommario/riassunto

This unique laboratory manual describes an empirical framework for tailoring individualized exercise programs to client attitudes and perceptions. It presents laboratory experiments that analyze perceptual and psychosocial variables that influence participation in physical activities, describes methods for assessing these factors in clients, offers guidelines for exercise prescription and program evaluation, and features practical applications of current research. The focus on perceived exertion, the physiological responses and psychosocial feelings that occur during exercise, encourages innovative thinking about client self-efficacy, muscular pain, emotions and mood states, and other factors that influence physical activity behavior. These laboratory experiments explore a combination of scientific findings and psychological insights that will inspire practitioners to create effective strategies for increasing physical activity in clients at various stages of illness and health. Included in the coverage: Perceived exertion scaling and validation. The estimation-production paradigm for exercise intensity self-regulation. Self-selected versus imposed exercise intensities. Exercise-induced muscle pain in relation to physical activity. The affective response to exercise. Application of perceptual models to the measurement of pain and affective responses to exercise. The Perceived Exertion Laboratory Manual is a proactive learning resource for health psychologists, exercise physiologists, and health-fitness professionals seeking to further the health education of clients, and can also be used in the professional development of students and in-service practitioners. .