

Borg RPE-skalan®

Inta uu dhanyahay dhibka
aad dareemeyso

- 6 Ma jiro wax dhiba ah haba
yaraatee
- 7
- 8 Mid aad iyo aad u fudud
- 9 Mid aad u fudud
- 10
- 11 Mid fudud
- 12
- 13 Mid woxoogaa yara adag
- 14
- 15 Mid adag
- 16
- 17 Mid aad u adag
- 18
- 19 Mid aad iyo aad u adag
- 20 Dhibka/dadaalka ugu sareeya

Jaranjarada Borg-RPE®
(Borg-RPE-skalan®)

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Adiga oo adeegsnaya jaranjarada **Borg.RPE®** ayaad ku qiyaaseysaa inta uu dhanyahay dhibka aad daremeyso mudada aad sameyneyso jimicsiga. In la barto oo la dhageysto signaalada ka imanaya jidhkaaga, taas oo kuu suuro galinyesa in aad ogaato sida uu jidhkaagu shaqeynayo. Marka aad qiyaasto inta uu dhanyahay dhibka aad daremeyso, fiir jaranjarada adiga oo ka duulaya ereyda. Markaa ka dib dooro tirada ku haboon. Isku dey in aad ahaato sida ugu daacadsan ee ugu macquulsan. Tusaale ahaan marka laga eego inta uu dhanyahay dhibka aad daremeyso ee jidhka oo dhan, daalka murqaha iyo xiiqitaanka. Heer dadaal/dhib oo dhexeeya 11–15 (mid fudud, mid woxoogaa dhib badan, dhib badan (waxaa ay ku siin kartaa faa'iidooyinka caafimaad oo tiro badan).
