

Determinação da sobrecarga de trabalho em exercícios de musculação através da percepção subjetiva de esforço de mulheres idosas – estudo piloto

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Abstract: The purpose of this study was to verify the validity of rate perceived exertion (RPE) as parameter for determination of workload intensity (WI) in muscle strength training of elderly women. The sample was consisted by 10 women from 59 to 84 years ($x: 65.10 \pm 7.65$ years). The WI to perform was determined by random and the subjects performed three sets of ten repetitions (in each set the subjects pointed out the RPE); the RPE was determined by an arbitrary scale from 0 to 10. The one repetition maximum test it was established one day after the determination of WI through the RPE; and therefore, was calculated the percentual of 1-RM (%1-RM) based on score of RPE. It was observed significant differences between absolute values of WI and %1-RM for both exercises ($p < .01$). The results showed moderate and significant correlation (Pearson [WI x %1-RM]) for “leg press” 45° ($r=0.62$; $p < .05$) while bench press presented low correlation ($r=0.34$). Although the absolute values were significantly different, data suggested that RPE presented higher association for determining WI to lower limb than to upper limb. Nevertheless, the continuity of the project is important and other studies are necessary to validate the proposed scale.