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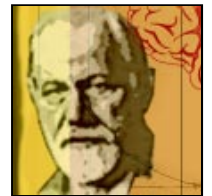
# The Western SCHOLAR

THE SPIRIT OF SCHOLARSHIP AND RESEARCH AT WESTERN KENTUCKY UNIVERSITY

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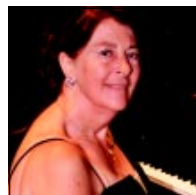
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Ratings of Perceived Exertion or RPE is a subjective way of monitoring exercise intensity. Exercising individuals are asked how they feel rated on a numerical scale. Illustration by Tom Meacham and Inga Dora Gudmundsdottir.