

Concurrent validity and interobserver reliability of the EPInfant pediatric perceived exertion rating scale among healthy Chilean children [Validez concurrente y confiabilidad interobservador de la escala de medición de esfuerzo percibido infantil EPInfant en niños sanos chilenos]

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The objective of this study was to determine the validity and reliability of the EPInfant pediatric perceived exertion rating scale among Chilean children. Children aged 8-12 years old were selected; their heart rate, perceived exertion and workload were recorded during two consecutive Chester tests performed with a one week interval. Pearson's r coefficient and the intraclass correlation coefficient were estimated. Thirty-one children (17 boys) were included in the study. A strong correlation was observed between perceived exertion and reference criteria, in addition to a high intraclass correlation coefficient. The average difference between the perceived exertion in each test was 1.4 (95% CI: -1.4 to 4.1) and 0.2 (95% CI: -1.8 to 2.2) for boys and girls, respectively. The EPInfant scale showed an acceptable criterion validity and interobserver reliability among children during an incremental step test.

Children

Exercise

Exertion

Reliability and validity

Scales

child

Chilean

clinical article

concurrent validity

controlled study

correlation coefficient

exercise

female

girl

heart rate

human

male

rating scale

reliability

workload

Chile

exercise

exercise test

observer variation

physiology

reproducibility

Child

Chile

Exercise Test

Female

Humans

Male

Observer Variation

Physical Exertion

Reproducibility of Results