



# YMCA Awards

Level 3 Bespoke exercise  
programme design

2018

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## **Monitoring exercise intensity**

## Methods of measuring exercise intensity

- 'How it feels' scale - Rate of Perceived Exertion (RPE)
- Talk test
- Heart rate monitoring
- Observation - visual cues (sweating, colour change, technique)
- General discussion and detailed client feedback
- Use of technology (Mobile apps, pedometers etc.)

The logo consists of a solid blue square. Inside the square, the word "YIMCA" is written in a white, rounded, sans-serif font. Below "YIMCA", the word "awards" is written in a smaller, white, lowercase, sans-serif font.

YIMCA  
awards

