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## ORIGINAL ARTICLE

# Validity and psychometric evaluation of the French version of RPE scale in young fit males when monitoring training loads

*Contrôle de la charge d'entraînement : validité et évaluation psychométrique de la version française de l'échelle de la RPE chez de jeunes athlètes*

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Perceived exertion;  
 Translation;  
 Adolescent;  
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 soccer

## Summary

**Objective.** – The aim of this study was to validate the French translation of the category-rating-10 used for assessing perceived exertion (RPE) when monitoring training loads.

**Methods.** – Fifty athletes from individual (Taekwondo) and team sports (soccer) volunteered. Two forward translations, a reconciled version, and then a back-translation were completed to validate the final French version. French Session-RPE, heart rate, and duration were recorded for 622 training sessions.

**Results.** – The comparability of language and similarity of interpretability using a Likert scale were 2 and 1, respectively. A high Cronbach's  $\alpha$  coefficient ( $\alpha = 0.77$ ) was found. The intraclass correlation coefficient of session-RPE was 0.77. High correlations were determined between the session-RPE and HR-based methods during training sessions. The effect size was 0.97.

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