

CRITERION VALIDITY OF VISUAL ANALOG SCALES FOR PERCEIVED READINESS AND EXERTION DURING COLLEGE BASKETBALL ASSESSMENTS

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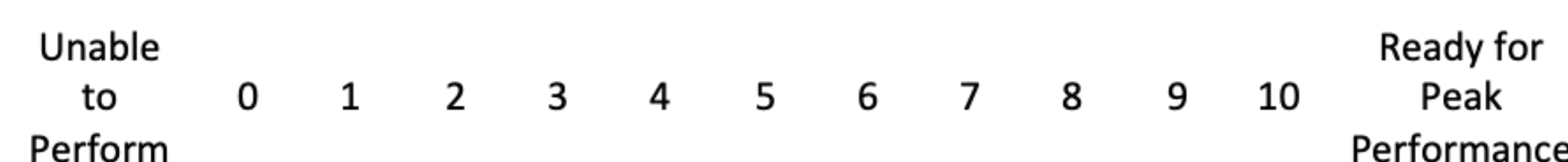
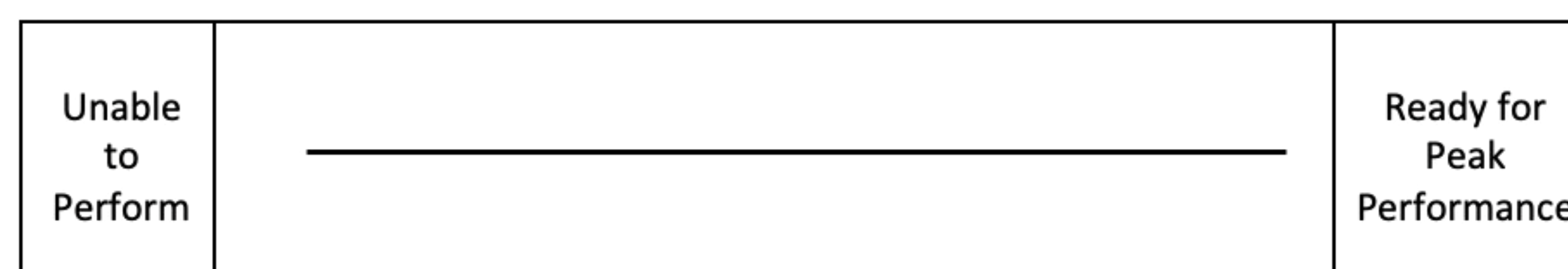
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INTRODUCTION

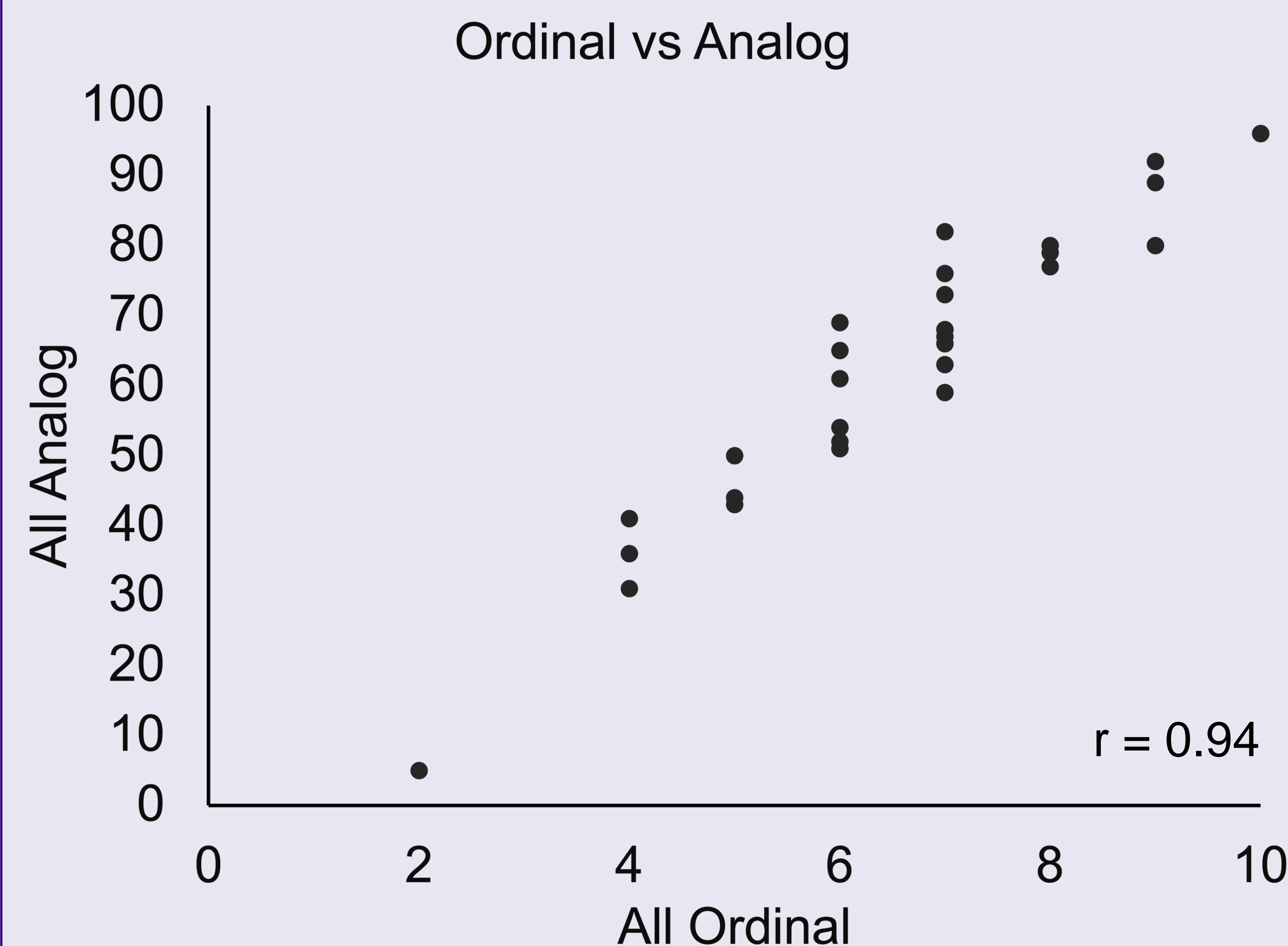
- The purpose of this study was to investigate the correlation of two visual analog scales (VAS) to their counterparts.
- Athlete assessment utilizes subjective measures to assess perceived readiness (PRS) and exertion (RPE – Omni 0-10) for ease and practical relevance.

METHODS

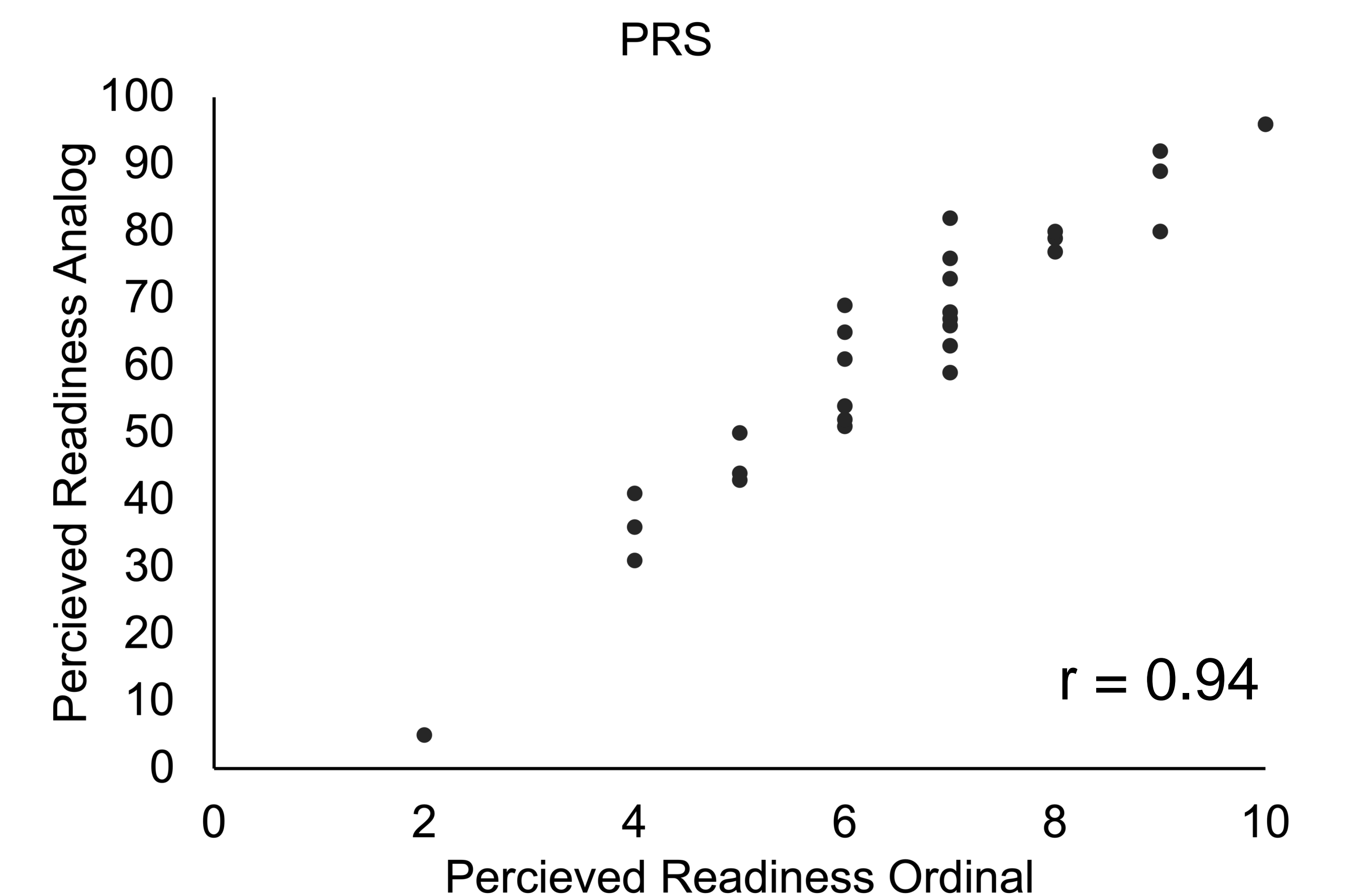
- n = 16; Males aged 21 ± 2 y; DII Basketball
- Session 1 = Vertical jump & multiple RM for deadlifts.
- Session 2 = Multiple RM for bench press.
- Subjective PRS (before testing) & RPE (after testing) data pooled for analysis
- Spearman's Rho correlations were selected to evaluate criterion validity – Continuous vs. Ordinal



Visual Analog Scales are valid tools to assess subjective responses



RESULTS



PRACTICAL APPLICATIONS

VAS show promise as tools with which researchers and practitioners can assess subjective responses and be confident the data are continuous and limit bias related to recall with serial measures.