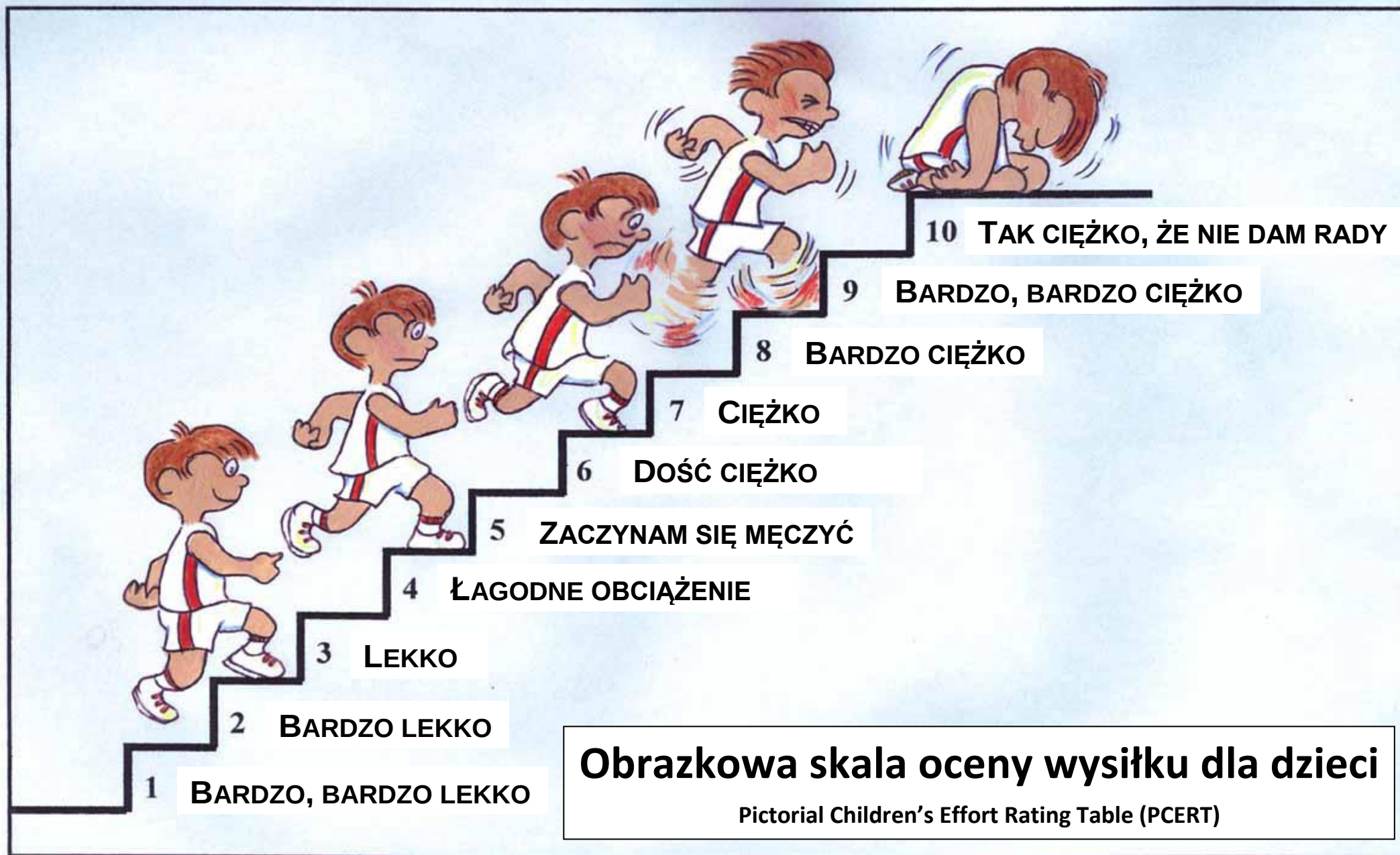




Źródło: Yelling M, Lamb KL, Swaine IL. 2002. *Validity of a pictorial perceived exertion scale for effort estimation and effort production during stepping exercise in adolescent children.* European Physical Education Review , Vol. 8 Issue 2. p. 157–175.