

TALK TEST



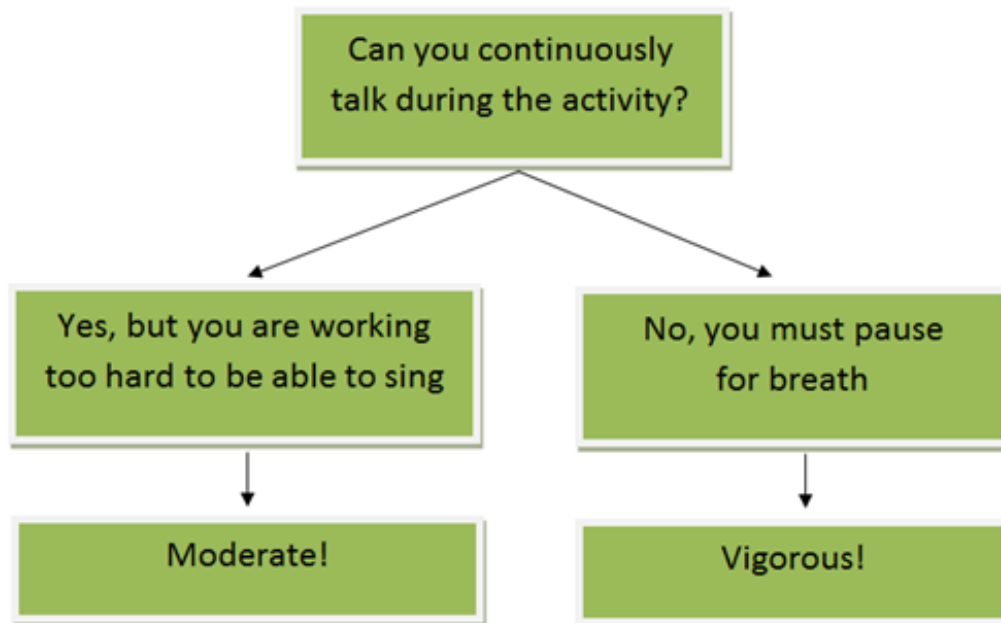
QUESTIONS AND ANSWERS ON THE TALK TEST AND EXERCISE INTENSITY

What is the Talk Test?

The talk test is a simple way to measure relative intensity. In general, if you're doing moderate-intensity activity, you can talk but not sing during the activity. In general, if you're doing vigorous/strenuous-intensity activity, you will not be able to say more than a few words without pausing for a breath.

Another way to describe Talk test, it is a way to gauge exercise intensity based on ability to carry on a conversation. Steady conversation is associated with moderate intensity aerobic exercise. Strenuous/vigorous intensity is an exercise intensity where only a few words are sustainable.

A Talk Test flowchart



Are Talk Test, Heart Rate training, and Perceived Effort/Exertion the same thing? They are not the same thing, but they can all be used to determine an individual's aerobic exercise intensity

Resources:

<https://www.cdc.gov/physicalactivity/basics/measuring/index.html>

https://www.acsm.org/docs/default-source/files-for-resource-library/exercise-intensity-infographic.pdf?sfvrsn=f467c793_2

<https://www.acefitness.org/certifiednewsarticle/888/ace-sponsored-research-validating-the-talk-test-as-a-measure-of-exercise-intensity/>