

The purpose of the study is to determine the relationship between hydration and rate of perceived exertion (RPE) during a practice/workout in DIII collegiate athletes. Participants were asked to provide a urine sample before practice to determine hydration through urine specific gravity (USG), and fill out a RPE scale to measure RPE during practice. No significant difference was found between groups ( $p = 0.432$ ). Hydration does not affect RPE in DIII collegiate athletes during practice.