

Health & Fitness Journal of Canada

Copyright © 2011 by the CSEP Health & Fitness Program of BC

Volume 4

March 1, 2011

Number 1

EDITORIAL

The Legacy and Legend of Dr. Roy Shephard: His Influence on the Exercise Sciences and Academia in Canada

Shannon S. D. Bredin¹ Darren E. R. Warburton¹

We are pleased to introduce the Health & Fitness Journal of Canada's special tribute to Dr. Roy Shephard. This is the first tribute of its kind for our journal and we are honoured to acknowledge the remarkable influence, accomplishments, and career of Dr. Shephard. As reflected in the following commentaries, Dr. Shephard has had an enormous influence on countless researchers from across the world and various fields of research.

To accomplish the lofty goal of recognizing the achievements and legacy of Dr. Shephard, we commissioned a series of articles from leading experts. We are pleased to say that we have had an overwhelming response from academics from around the world. This includes former students and collaborators, and various individuals whose careers were shaped by Dr. Shephard and his work.

**Health & Fitness Journal of Canada
2011;4(1):3.**

Keywords: exercise, physical activity, clinical practice guidelines, rehabilitation

From the ¹Physical Activity and Chronic Disease Prevention Unit, University of British Columbia. Email: shannon.bredin@ubc.ca

Owing to the various initiatives that Dr. Shephard is currently involved with and their scheduled release for January – March of 2011, we aimed for a publication date of March 2011 for this series. We are pleased however to state that owing to the volume of articles that we received we will dedicate two expanded volumes of the journal to this special tribute to Dr. Shephard.

As an editorial team we are indebted to the various contributing authors for this special tribute to Dr. Shephard. Their touching recounts shed light into the remarkable influence of Dr. Shephard. We would also like to acknowledge the support for this series from Dr. Norman Gledhill (York University), Dr. Veronica Jamnik (York University), Dr. Jack Goodman (University of Toronto), Dr. Scott Thomas (University of Toronto), and Dr. Jamie Burr (Physical Activity Line).

We are extremely proud and honoured to be able to pay homage to Dr. Roy Shephard, a truly remarkable person. We trust that this series is able to provide insight into Dr. Shephard's enormous impact upon so many careers and various fields of research. We owe Dr. Shephard an enormous debt of gratitude for what he has done for our careers and the advancement of exercise science and physical activity.