## Health & Fitness Journal

## of Canada

Copyright © 2011 by the CSEP Health & Fitness Program of BC Volume 4 March 1, 2011 Number 1 Dr. Roy Shephard: A Tribute to the Dean of Exercise and Physical **Activity Science Table of Contents** 1 Title Page 2 **Table of Contents** Editorial: An Introduction to the Special Tribute to Dr. Roy Shephard 3 The Legacy and Legend of Dr. Roy Shephard: His Influence on the Exercise Sciences and Academia in Canada Shannon S. D. Bredin and Darren E. R. Warburton **SPECIAL COMMENTARIES** Acknowledging the Immense Contribution of Dr. Roy Shephard in 4-8 **Promoting the Health Benefits of Physical Activity** Norman Gledhill and Veronica Iamnik Habitual Physical Activity and Health in the Elderly: the Nakanojo 9-12 Study Yukitoshi Aoyagi 13-14 Tribute to Dr. Roy Shephard: Influence on My Career Path Donald I. Mertens **15-17** Dr. Roy Shephard: His Contributions to Exercise Biochemistry and **Exercise Science, a Personal Perspective** Peter Tiidus 18-22 The Godin-Shephard Leisure-Time Physical Activity Questionnaire **Gaston Godin** Central and Peripheral Limits to Exercise...and Exercise Science: A 23-26 **Young Investigator's Perspective Jamie Burr** 27-29 Dr. Roy J. Shephard: A Pioneer in Physical Activity and Preventive Medicine Edward Archer, Steven N. Blair The Health Economics of Physical Inactivity in Canada 30-31 Peter Katzmarzyk **Psychology and Medicine at the Crossroads** 32-37 Bruce Kirkcaldy

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Health & Fitness Journal of Canada, ISSN 1920-6216, Vol. 4, No. 1 · March 1, 2011 · 2

Groundwork for my first sixty-three years as an Applied Physiologist