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## EDITORIAL

### Acknowledging the Passing of Dr. Roy J. Shephard: A Tribute to a Pioneer in Exercise Science

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## Abstract

It is with heavy hearts that we acknowledge the passing of Dr. Roy J. Shephard, a distinguished figure in diverse fields of research. Dr. Shephard, whose groundbreaking research and tireless dedication have significantly shaped our understanding of human physiology, public health, biochemistry, medicine, rehabilitation, sports and exercise science, and physical activity, left an indelible mark on the scientific community and beyond. We are forever grateful for his mentorship, guidance, and friendship. We will miss him greatly. **Health & Fitness Journal of Canada 2023;16(1):54-55.** <https://doi.org/10.14288/hfjc.v16i1.841>

Keywords: Legacy, Tribute, Pioneer

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## Introduction

It is with heavy hearts that we acknowledge the passing of our mentor, friend, and colleague, Dr. Roy J. Shephard. Words cannot express how much Dr. Shephard meant to our team and family. He was simply one of the world's most influential academics. He was a shining example of what an academic should be.

Throughout his illustrious career spanning more than 70 years, Dr. Shephard made invaluable contributions to the fields of exercise science, rehabilitation, sports medicine, biochemistry, physiology, physical activity, and public health. His

pioneering work encompassed a wide range of topics, from the cardiovascular benefits of regular physical activity to the impact of exercise on mental health and well-being.

As a renowned scholar and prolific author, Dr. Shephard authored thousands of leading scientific publications, including numerous influential books and research papers. His insightful studies not only advanced our knowledge of the physiological responses to exercise, but also provided evidence-based recommendations for promoting health and preventing chronic medical conditions.

Dr. Shephard was a key member of the PAR-Q+ Collaboration, involved the creation of the original PAR-Q and the new PAR-Q+. He was instrumental in reducing the barriers to physical activity participation for everyone. It is estimated that millions of people worldwide have benefited from the work of Dr. Shephard and his colleagues.

Beyond his academic achievements, Dr. Shephard was widely admired for his unwavering commitment to promoting physical activity as a fundamental pillar of public health. He tirelessly advocated for the importance of regular exercise in preventing chronic diseases, reducing healthcare costs, and enhancing overall quality of life.

Dr. Shephard's impact extended far beyond the confines of academia. He was a mentor and inspiration to countless students, researchers, and healthcare professionals around the world. His passion for science, coupled with his compassion for others, left an enduring legacy that will continue to inspire future generations.

As we mourn the loss of Dr. Roy J. Shephard, we also celebrate his remarkable life and legacy. His pioneering contributions to the field of exercise science will continue to guide and inspire us as we strive to build a healthier, more active world for generations to come.

Dr. Shephard's legacy will forever be remembered and cherished by all those whose lives he touched.

We encourage everyone to read the tribute series dedicated to Dr. Shephard in the Health & Fitness Journal of Canada that outlines the truly remarkable contributions of Dr. Shephard.

<https://doi.org/10.14288/hfjc.v4i1>

<https://doi.org/10.14288/hfjc.v4i3>

We are honoured to state that the Indigenous Health & Physical Activity program (Faculty of Education, University of British Columbia) proudly hosts the Dr. Roy J. Shephard Memorial Library, which contains the entire published works of Dr. Shephard.

We are truly fortunate to have had Dr. Shephard as a colleague, mentor, and more importantly a friend.

We will miss you Dr. Shephard!

