

## 20<sup>th</sup> anniversary of the Children's Health and Exercise Centre, University of Exeter, UK

In recent years, partly because of the ever-younger extension of high quality sport representation and partly, paradoxically, due to ever-increasing levels of obesity in the young, the discipline of paediatric physiology has moved from being an interesting curiosity to an extremely important area of practical knowledge. For example, children thermoregulate qualitatively and quantitatively differently from adults - before puberty their sweat rate per square metre of skin is less than half their adult level - and they may well have, proportionate to mass, 40% greater body surface area than an adult. On the musculo-skeletal side, they come late into 'kinetic-balance', into an appropriately economic mode of running or walking, so such effort is harder for them. In many other areas children, especially younger children, differ importantly from adults, and those involved in any aspects of their exercise, sport or medicine should be well aware of this. Hence the importance of the discipline, and hence the reason for a very hearty celebration of the 20th anniversary of the Children's Health and Exercise Centre (CHERC), which, as is demonstrated here, has pioneered and expanded the entire discipline, as one of the world's leading paediatric laboratories.

**Prof. Emeritus N.C. Craig Sharp,**  
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To celebrate the 20<sup>th</sup> anniversary of the Children's Health and Exercise Centre (1987-2007) past and present members of the centre were invited to contribute a review article on paediatric exercise science. The collection of reviews, written by current and former PhD students, visiting research fellows and professors, visiting interns and current members of CHERC, discusses an array of topics, which have helped shaped the work of our centre. We would also like to take the opportunity to acknowledge all those associated with CHERC over the past 20 years, in particular the many children who have participated in our research studies.

**Prof. Craig A. Williams**  
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