

A program for everyone.

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A PROGRAM FOR EVERYONE

FITNESS AND AMATEUR SPORT DIRECTORATE

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Minister of National Health and Welfare

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Deputy Minister of National Health

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FOREWORD

Among the emerging problems of our era are those associated with the increasing amounts of leisure time available to most Canadians. There are many ways of using leisure creatively, and in a manner which will enrich life and assist the individual to attain the fullest use of it. One important way is through participation in sport and active recreational pursuits.

Within the pages of this booklet is the outline of a federal program - the Fitness and Amateur Sport Program - that provides assistance for the development of services designed to help sport and related activities in a variety of ways.

Fitness, of course, is not confined to physical condition. It is a state of being - a state in which we function most effectively. By supporting recreational activities and amateur sports, the program is attempting to promote and encourage fitness through the wholesome use of leisure time.

An important segment of the program is the close working arrangements between the federal and provincial governments. This cooperative effort is largely responsible for bringing the benefits of this program to Canadians in our local communities.

The Fitness and Amateur Sport Program is therefore concerned with all Canadians, from the young athletes competing in international competition to those who seek recreational activities at the community level.

We hope that this booklet will serve to acquaint Canadians from coast to coast with the more important aspects of the National Fitness and Amateur Sport Program.

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Allan J. MacEachen
Honourable Allan J. MacEachen
Minister
National Health and Welfare

A PROGRAM FOR EVERYONE

The Fitness and Amateur Sport Program is designed to help Canadians keep fit and find fuller enjoyment of life through more active living.

The Program is concerned with amateur sport and physically active recreation from the day camp to the Olympic Games. Its aim is both to increase the number of participants at all levels of competitive and non-competitive activity and to raise the skills with which they participate.

The Program commenced in December 1961, with the proclamation of the federal Fitness and Amateur Sport Act.

Under the Act, which is administered by the Minister of National Health and Welfare, up to \$5 million is provided by the federal government to encourage, promote and develop fitness and amateur sport. The provinces, which operate similar programs, work closely with the federal government with each other and with their own municipalities, may be reimbursed by the federal government for a part of their expenditures on the program. However, while the different levels of government promote and support, programs are generally provided by organizations entirely independent of government.

Fitness is defined, from the point of view of the Program, as the state in which a person is able to function at his physical and mental optimum; amateur sport as any athletic activity engaged in solely for recreation, fitness or pleasure and not as a means of livelihood.

The objectives of the national fitness and amateur sport program are listed in Section 3 of the Fitness and Amateur Sport Act (Chapter 59, Statute of Canada, 1960-61). Under this Section, the Minister of National Health and Welfare is given authority specifically to:

- a) Provide assistance for the promotion and development of Canadian participation in national and international amateur sport;

- b) provide for the training of coaches and such other personnel as may be required for the purposes of this Act;
- c) provide bursaries or fellowships to assist in the training of necessary personnel;
- d) undertake or assist in research or surveys in respect of fitness and amateur sport;
- e) arrange for national and regional conferences designed to promote and further the objects of the Act;
- f) provide for the recognition of achievement in respect of fitness and amateur sport by the grant or issue of certificates, citations or awards of merit;
- g) prepare and distribute information relating to fitness and amateur sport;
- h) assist, co-operate with, and enlist any group interested in furthering the objects of this Act;
- i) co-ordinate federal activities relating to the encouragement, promotion and development of fitness and amateur sport in co-operation with any other departments or agencies of the Government of Canada carrying on such activities; and
- j) undertake such other projects or programs including the provision of services and facilities, or the provision of assistance therefore, in respect of fitness and amateur sport as are designed to promote and further the objects of this Act.

Aid is provided through direct federal financial assistance to national associations for national and international competition, national coaching, training or promotional schemes, to universities for research related to fitness and to persons with outstanding qualifications, for graduate or post-graduate study. Aid for local or

provincial activities is given through the provincial governments which have signed a fitness and amateur sport Agreement with the federal government under which they receive federal reimbursement of a percentage of all expenditures made under the Agreement.

Federal aid may be provided for the construction of regional or provincial training centres under the Fitness and Amateur Sport Act and for local sports and recreational construction under the Municipal Winter Works Program. Some provisions for financial assistance for local projects have been implemented through the Agricultural Rehabilitation and Development Act, administered by the Department of Forestry.

The National Advisory Council

The Minister of National Health and Welfare is advised on policy matters by the National Advisory Council on Fitness and Amateur Sport. The Council consists of 30 persons appointed for terms of up to three years, chosen for their interest and experience in activities supported by the program. At least one member must come from each province.

Council membership includes persons with experience in national and international competition, physical educators, physicians, leaders in community recreation, and others whose special experience can be an asset to its work.

The Council, in its capacity as the Minister's principal advisor, carries on a continuing study of progress made under the program. It examines applications for grants and makes recommendations on them. It maintains continual liaison, through committees, with national agencies concerned with amateur sport, fitness and recreation.

The Federal Program

The federal program is divided into four main parts:

- Direct grants to national organizations or for purposes of nationwide interest such as research or national games;
- fellowships, scholarships or bursaries for professional study;
- grants to the provinces, for support and development of activity at the provincial and community levels;
- services provided by the Department of National Health and Welfare, largely in the form of technical advice and training and promotional aids.

Grants to National Organizations

Federal grants to some fifty national sports governing bodies, and other agencies operating nationwide programs or programs of national service, amount to more than a million dollars a year.

The need for increasing resources for trained leadership and coaching has been constantly stressed under the Program and as much emphasis as possible is given to these activities in making grants to national organizations. Most national sports governing bodies are being assisted in improving instructional standards and, through co-operative arrangements with the provinces in the improvement of opportunities for training in a wide range of sports across Canada.

Grants for international competition, in addition to those for training and the holding of competitions in Canada, assist Canadians in representing their country abroad, at the Olympic, Pan-American and British Empire and

Commonwealth Games and at competitions sponsored by other countries or the International Sports Governing Bodies.

Aid is also provided both directly for the holding of competitions at the national level and, through grants to the provinces, within the province and community.

Administrative grants are also provided to sports governing bodies which qualify for and need them.

Assistance to organizations concerned primarily with the non-competitive aspects of sport and fitness activities is largely for extension and improvement of existing services and for fact finding and research projects.

National and International Games

Federal as well as provincial and municipal assistance is given under the Program to such projects as Winnipeg's holding of the 1967 Pan-American Games and the staging of the first Canadian Winter Games in Quebec City and environs in 1967.

GRANTS FOR TRAINING AND RESEARCH

Post-Graduate Training

The program requires a constantly increasing number of professionally qualified physical and recreation educators. From its outset it has provided for aid to students in this field.

Three types of grants-in-aid for professional post-graduate study are provided. These are:

- post-graduate scholarships, for superior students working toward the Master's and Doctor's degrees in physical education and recreation;

- post-doctorate research fellowships for persons holding doctorates in physical education, recreation or the biological sciences, who have already made significant contributions to fitness research and wish to pursue special investigations or studies designed to aid the program;
- special fellowships for senior persons, to carry out administrative or other studies.

Post-graduate scholarships for study toward the Master's degree provide up to \$2,000; toward a doctoral degree, up to \$2,000 a year for two years; toward post-doctoral fellowships, up to \$4,000 a year; and toward special fellowships, up to \$500 a month. In addition, travel allowances and for doctoral awards, a \$500 dependent's allowance may be payable.

Applications for assistance are reviewed by the Scholarship Committee of the National Advisory Council. The Committee is composed of senior staff members of the schools of physical education and of provincial fitness departments, and awards are made by the Minister on its recommendations.

Undergraduate Training

National Fitness and Amateur Sport Scholarships and Bursaries for undergraduate study in physical education or recreation are awarded by the Minister on the recommendation of the provincial authorities. Scholarships totalling \$500 may be awarded to superior students entering the first year of a recognized school; Canadian universities offering degree, post-graduate or diploma courses in physical education and/or recreation, are listed on page 14; bursaries of up to \$500 may be awarded to students in any year who are making satisfactory progress and who require financial assistance.

Research

Grants are made to research workers who wish to investigate fields related to the general area of fitness. These might include studies of sports, recreation or fitness programs of other countries, sports sciences, the effects of various psychological or physiological factors on athletes, motivation in sports and fitness, or social or environmental factors influencing fitness activities. Centres for some of these studies have been established at three Canadian universities. These Fitness Research Units at the Universities of Alberta, Montreal and Toronto employ full-time experienced research workers and technicians and graduate assistants for intensive studies in fitness fields.

FEDERAL-PROVINCIAL PROGRAM

The Provincial Role

Federal grants totalling \$1 million each year are made available to provinces that enter into agreements to extend provincial fitness and amateur sport programs. Under the agreements, the federal government reimburses the province for a percent of the cost of projects other than student aid, for which the federal government pays the full cost. Grants range from slightly more than \$35,000 a year for the territories and smaller provinces to a little more than \$200,000 for the largest.

Applications for grants for projects at the provincial or local level should be made to the provincial department responsible for the administration of the fitness and amateur sport program in the province.

Provincial programs supported by the grants provide for a wide range of activities for the promotion of fitness and amateur sport within each province. They are carried on in close co-operation with the federal government, the sports governing bodies and other national organizations and with municipal directors of recreation, who are employed in all large centres.

Within the community, the municipal recreation department co-ordinates community effort and resources, provides continuity for the activities of voluntary organizations and guides the community in long-range recreational planning.

Ideas and programs originate to a large extent in the municipal recreation department, where the needs of the community are best known. The municipal recreation director is an important link in the network that helps every citizen to be fit for Canada.

Federal grants, administered through the provincial directorates, reach into and assist communities across Canada. The grants cover a wide range of projects - student aid, assistance to competitions, the employment of additional people as required for new services, the purchase of equipment

for training purposes, and above all through workshops, clinics, conferences and schools, leadership and coach training, designed to encourage and develop better procedures for coaching, officiating, training and administration.

SERVICES

Information Services

Informational materials being produced through the program include visual aids (such as films and filmstrips) for coaching purposes, printed instructional guides on sports and recreational activities, and technical information on the construction and use of facilities. These are prepared in close co-operation with sports and recreational associations.

Emphasis has been placed on the development of reliable aids on typically Canadian activities through the production of a series of "How To" kits. A typical kit combines the use of film and the printed word to provide expert instruction and includes an illustrated manual, a promotional film to rouse interest in the subject, and filmstrips and loop films in which techniques are demonstrated.

The first kit in the "How To" series, Figure Skating, was released in November, 1963. It received the first-place award in the "sports, recreation and physical education" category at the 1964 American Film Festival. Additional kits have been produced annually. These deal with such subjects as skiing, family camping, lacrosse, water sports and recreation services.

Publications and literature are available through the Queen's Printer. The films are available on loan through the Canadian Film Institute.

Advisory and Co-ordinating Services

One of the important developments to emerge from the national program is the co-ordinating role played by the

Department of National Health and Welfare through the Fitness and Amateur Sport Directorate. Directorate consultants work closely with national sports governing bodies, professional associations and other agencies, and provide advice, on request, on the planning of activities and the use of funds.

Committees of the National Advisory Council meet frequently with the executives of sports governing bodies and national organizations, to define problem areas and discuss and assist in the development of policy.

A federal-provincial committee of government officials under the chairmanship of the Deputy Minister of National Welfare advises on and co-ordinates governmental aspects of the program.

The Department is also responsible, under the Act, for co-ordination of the work of other federal agencies in fitness and amateur sport matters.

OFFICERS RESPONSIBLE FOR PROVINCIAL
FITNESS AND AMATEUR SPORT PROGRAMS

BRITISH COLUMBIA	Director, Community Programs Branch, Department of Education, VICTORIA.
ALBERTA	Director, Recreation Branch, Department of Youth, EDMONTON.
SASKATCHEWAN	Director, Provincial Youth Agency, Department of Public Health, Provincial Health Building, REGINA.
MANITOBA	Director, Community Recreation Branch, Provincial Department of Tourism and Recreation, WINNIPEG.
ONTARIO	Administrator, Community Programs Division, Special Schools and Services Branch, Department of Education, TORONTO.
QUEBEC	Provincial Director, Sports and Recreation, Department of Education, Parliament Buildings, QUEBEC CITY.
NEW BRUNSWICK	Director of Youth, Department of Youth and Welfare, FREDERICTON.

NOVA SCOTIA	Inspector of Physical Education & Recreation, Department of Education, HALIFAX.
PRINCE EDWARD ISLAND	Director of Alcohol Studies and Physical Education, Department of Education, CHARLOTTETOWN.
NEWFOUNDLAND	Director of Physical Fitness, Department of Provincial Affairs, ST. JOHN'S.
NORTHWEST TERRITORIES	Director of Recreation for the Northwest Territories, FORT SMITH.
YUKON TERRITORY	Co-ordinator, Fitness and Amateur Sport Program, WHITEHORSE.

CANADIAN UNIVERSITIES GRANTING DEGREES
IN PHYSICAL EDUCATION AND/OR RECREATION

University of British Columbia,
Vancouver, British Columbia.

Simon Fraser University,
Burnaby, British Columbia.

University of Calgary
Calgary, Alberta.

University of Alberta,
Edmonton, Alberta.

University of Saskatchewan,
Saskatoon, Saskatchewan.

University of Manitoba,
Winnipeg, Manitoba.

University of Windsor,
Windsor, Ontario.

University of Western Ontario,
London, Ontario.

University of Waterloo,
Waterloo, Ontario.

University of Guelph,
Guelph, Ontario.

McMaster University,
Hamilton, Ontario.

University of Toronto,
Toronto, Ontario.

York University,
Toronto, Ontario.

Queen's University,
Kingston, Ontario.

Laurentian University,
Sudbury, Ontario.

University of Ottawa,
Ottawa, Ontario.

Université de Montréal,
Montreal, Quebec.

McGill University,
Montreal, Quebec.

Université de Sherbrooke,
Sherbrooke, Quebec.

Université Laval,
Quebec, P.Q.

University of New Brunswick,
Fredericton, New Brunswick.

Dalhousie University,
Halifax, Nova Scotia.

St. Francis Xavier University,
Antigonish, Nova Scotia.

Memorial University of Newfoundland,
St. John's, Newfoundland.

SPORTS GOVERNING BODIES*

Alpine Club of Canada

Amateur Athletic Union of Canada

The Association of Canadian
Underwater Councils

Canadian Amateur Basketball
Association

Canadian Amateur Bobsleigh and
Tobogganing Association

Canadian Amateur Football
Association

Canadian Amateur Hockey
Association

Canadian Amateur Ski Association

Canadian Amateur Speed Skating
Association

Canadian Amateur Swimming
Association

Canadian Archery Association

Canadian Association of Amateur Oarsmen

Canadian Badminton Association

Canadian Bowling Congress

Canadian Canoe Association

Canadian Cricket Association

Canadian Field Hockey Association

Canadian Figure Skating Association

SPORTS GOVERNING BODIES*

cont'd.

Canadian Horseshoe Pitchers'
Association

Canadian Horse Shows Association

Canadian Kodokan Black Belt
Association

Canadian Intercollegiate Athletic Union

Canadian Lacrosse Association

Canadian Ladies' Golf Union

Canadian Lawn Bowling Council

Canadian Lawn Tennis Association

Canadian Snowshoers' Union

Canadian Soccer Football Association

Canadian Softball Association

Canadian Table Tennis Association

Canadian Team Handball Federation

Canadian Volleyball Association

Canadian Water Ski Association

Canadian Women's Field Hockey Association

Canadian Yachting Association

Dominion Curling Association

La Fédération Canadienne Bouliste

SPORTS GOVERNING BODIES*

cont'd.

National Federation of Amateur
Baseball, Inc.

Parachute Club of Canada

Royal Canadian Golf Association

Rugby Union of Canada

Shooting Federation of Canada

Soaring Association of Canada

MULTIPLE GAMES AGENCIES*

British Empire and Commonwealth
Games Association of Canada

Canadian Amateur Sports Federation

Canadian Olympic Association

Pan-American Games Committee

PROFESSIONAL ASSOCIATIONS*

Canadian Association for Health,
Physical Education and Recreation

Canadian Medical Association

Parks and Recreation Association of Canada

OTHER NATIONAL AGENCIES*
OPERATING PROGRAMMES RELATED TO
FITNESS AND AMATEUR SPORT

Association Canadienne des Centres
de Loisirs

Boy Scouts of Canada

Boy's Clubs of Canada

Canadian Camping Association

Canadian Catholic Girl Guides

Canadian Red Cross Society

Canadian Ski Patrol System

Canadian Youth Hostels Association

Girl Guides of Canada

National Council of YMCA's in Canada

National Council of YWCA's of Canada

National Lifeguard Service

Royal Canadian Legion

Royal Life Saving Society of Canada

Les Scouts Catholiques du Canada

- * Addresses of Senior Executive Officers of National Organizations are available through the Fitness and Amateur Sport Directorate.

RESOURCE MATERIALS

The following materials have been produced through the Fitness and Amateur Sport Program, and are available from the Queen's Printer (in the case of publications), the National Film Board, (for films, film loops and filmstrips) or this department. . .

* PUBLICATIONS

Camping - Promotional Folder
Family Camping Manual

Figure Skating Promotional Folder
Figure Skating Manual

Lacrosse Promotional Folder
Lacrosse Manual

Physical Education & Recreation in Europe

Points on Public Swimming Pools

Scholarships & Fellowships booklet

Get Fit -- Keep Fit

A Program For Everyone

Ski Manual
Skiing - Promotional Folder

Track & Field Wall Charts - Hurdling
- Shot Putting
- Sprinting
- Middle Distance Running
- High Jumping
- Discus Throwing

* These publications are all available in
both English and French

FILMS

Badminton

Promotional - Color

Camping

Promotional - Color - "Family Camping"

Figure Skating

Promotional - B & W

Lacrosse

Promotional - Color

Instructional - B & W (two parts)

Part I - Offence

Part II - Defence

Skiing

Promotional - Color - "Ski"

Instructional - B & W - "Learn to Ski"

Volleyball

Promotional-Instructional - Color

Water Sports

Promotional - Color - "Get Wet"

FILMSTRIPS

Badminton

Color - "Introducing Badminton"

Camping

Color - (4)

- 1) The Camper and His Equipment
- 2) The Campsite
- 3) Fires and Cooking
- 4) Canoeing

Figure Skating

B & W - (3)

- 1) Equipment and Basic Skating
- 2) Singles and Pairs
- 3) Dancing on Skates

Lacrosse

Color - "Lacrosse -- The Canadian Game"

Skiing

B & W - (4)

- 1) Selection and Care of Equipment
- 2) Pre-season Conditioning
- 3) Basic Skills - Part I
- 4) Basic Skills - Part II

Volleyball

Color - "Introducing Volleyball"

Water Sports

Color - (2)

- 1) Compulsory Dives for Competition
- 2) An Introduction to Snorkel and Scuba Diving

FILM LOOPS

Figure Skating

80 loops in three areas:

- A. Basic Skating Techniques and Figures
- B. Free Skating
- C. Dancing on Skates



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Publications returned through the post must be securely packed and adequately protected.

The library may be used for reference by members during the office hours of the Society.

Publications borrowed through the post must be acknowledged on the form provided, immediately upon receipt, and returned when due to the Librarian at the above address.

July, 1966.

O.B., Truro.

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