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FITNESS AND AMATEUR SPORT IN CANADA

Canada's Fitness and Amateur Sport Programme 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 Programme began 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 programmes, work closely with the Federal Government, with each other and with their own municipalities. They may be reimbursed by the Federal Government for a part of their expenditures on the Programme. However, while the different levels of government promote and support, programmes are generally provided by organizing entirely independent of government.

Fitness is defined, from the point of view of the Programme, 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 Programme 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 the Act;
- c) provide bursaries or fellowships to assist in the training of necessary personnel;