(Chapter 59, Statue 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 and 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 the 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;
- (j) undertake such other projects or programs, including the provision of assistance therefore, in respect of fitness and amateur sport as are designed to promote and further the objects of the Act.

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 best; amateur sport, as any athletic activity engaged in solely for recreation, fitness or pleasure and not as a means of livelihood.