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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;

- 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 programmes, 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 the 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 Programme. 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 Fitness and Amateur Sport Programme. 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 adviser, carries on a continuing study of progress made under the Programme. 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 Programme

The federal Programme 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 50 national sports-governing bodies, and other agencies operating nation-wide programmes or programmes of national service, amount to more than \$1 million a year.

The need for increasing resources for trained leadership and coaching has been constantly stressed under the Programme, 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.

Assistance is also provided to sports-governing bodies that qualify for and need it, through grants to assist in their administration.

Assistance to organizations concerned primarily with the non-competition 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 Programme 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

Postgraduate Training

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

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

Postgraduate scholarships, for superior students working toward the master's and doctor's degrees in physical education and recreation;

postdoctorate 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 Programme;

special fellowships for senior persons, to carry out administrative or other studies.

Postgraduate 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 postdoctoral 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⁽¹⁾. 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 programmes 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 PROGRAMME

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 programmes. Under the agreements, the Federal Government reimburses the province for a per cent 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 provinces.

Provincial programmes 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 and other national organizations, and with municipal directors of recreation, who are employed in all large centres.

- (1) For universities offering degree, postgraduate or diploma courses in physical education and/or recreation, see Appendix II.

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 programmes 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.

Federal grants, administered through the provincial directorates, reach into and assist communities across Canada. The grants cover numerous 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 Programme 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 series, entitled 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.

Advisory and Co-ordinating Services

One of the important developments to emerge from the national Programme 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 Programme.

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

Department of Education,
Victoria.

Director,
Recreation Branch,
Department of Youth,
Edmonton.

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Saskatchewan

Director of Continuing Education,
Department of Education,
Saskatchewan House,
Dewdney Avenue,
Regina.

Manitoba

Director,
Fitness and Amateur Sports,
Provincial Department of Welfare,
Winnipeg.

Ontario

Administrator,
Community Programmes 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.

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 Programme.

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To intensify the activities of the Department, the following are being undertaken: (a) the organization of a national conference on physical fitness, (b) the organization of a national conference on amateur sports, (c) the organization of a national conference on recreational facilities, (d) the organization of a national conference on the development of sports and recreational associations.

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CHIEF

Information Services

Informational material being made available through the Department includes: (a) the production of films and pamphlets for schools, clubs and organizations, (b) the production of instructional guides on sports and recreational activities, (c) the production of information on the construction and use of facilities, (d) the production of close co-operation with sports and recreational associations.

Emphasis has been placed on the development of materials to be used in the production of non-profit activities through the production of films and pamphlets. A typical film contains the use of film and the printed word to illustrate the use of facilities, a practical illustration of the use of facilities, and a practical illustration of the use of facilities.

The first of the series, entitled "Physical Fitness", was produced in November 1961. It is the first of a series of films and pamphlets on physical fitness. The series is being produced in cooperation with the Department of Health and Welfare. These films and pamphlets are being distributed to schools, clubs and organizations.

Advisory and Information Services

The Department is providing advisory and information services to schools, clubs and organizations. This is being done through the production of films and pamphlets, the production of instructional guides on sports and recreational activities, the production of information on the construction and use of facilities, and the production of close co-operation with sports and recreational associations.

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Officers Responsible for Provincial
Fitness and Amateur Sport Programmes

British Columbia	Director, Community Programmes Branch, Department of Education, Victoria.
Alberta	Director, Recreation Branch, Department of Youth, Edmonton.
Saskatchewan	Director of Continuing Education, Department of Education, Saskatchewan House, Dewdney Avenue, Regina.
Manitoba	Director, Fitness and Amateur Sports, Provincial Department of Welfare, Winnipeg.
Ontario	Administrator, Community Programmes 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.

Officers Responsible for Provincial

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
Programme,
Whitehorse.

Director of Continuing Education,
Department of Education,
Saskatchewan House,
Dowdney Avenue,
Regina.

Saskatchewan

Director,
Fitness and Amateur Sports,
Provincial Department of Welfare,
Winnipeg.

Manitoba

Administrator,
Community Programs Division,
Special Schools and Services Branch,
Department of Education,
Toronto.

Ontario

Provincial Director,
Sports and Recreation,
Department of Education,
Parliament Buildings,
Quebec City.

Quebec

Director of Youth,
Department of Youth and Welfare,
Fredericton.

New Brunswick

Inspector of Physical Education
& Recreation,
Department of Education,
Halifax.

Nova Scotia

Director of Alcohol Studies and
Physical Education,
Department of Education,
Charlottetown.

Prince Edward Island

Canadian Universities Granting Degrees
in Physical Education and/or Recreation

University of British Columbia,
Vancouver, B.C.

University of Alberta,
Calgary, Alta.

University of Alberta,
Edmonton, Alta.

University of Saskatchewan,
Saskatoon, Sask.

University of Manitoba,
Winnipeg, Man.

University of Windsor,
Windsor, Ont.

University of Western Ontario,
London, Ont.

University of Waterloo,
Waterloo, Ont.

University of Guelph,
Guelph, Ont.

McMaster University,
Hamilton, Ont.

University of Toronto,
Toronto, Ont.

Queen's University,
Kingston, Ont.

University of Ottawa,
Ottawa, Ont.

University of Montreal,
Montreal, P.Q.

McGill University,
Montreal, P.Q.

University of Sherbrooke,
Sherbrooke, P.Q.

Laval University,
Quebec, P.Q.

University of New Brunswick,
Fredericton, N.B.

Dalhousie University,
Halifax, N.S.

St. Francis Xavier University,
Antigonish, N.S.

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

University of Saskatchewan,
Saskatoon, Sask.

University of Manitoba,
Winnipeg, Man.

University of Windsor,
Windsor, Ont.

University of Western Ontario,
London, Ont.

University of Waterloo,
Waterloo, Ont.

University of Guelph,
Guelph, Ont.

McMaster University,
Hamilton, Ont.

University of Toronto,
Toronto, Ont.

Queen's University,
Kingston, Ont.

University of Ottawa,
Ottawa, Ont.

University of Montreal,
Montreal, P.Q.

McGill University,
Montreal, P.Q.

University of Sherbrooke,
Sherbrooke, P.Q.

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

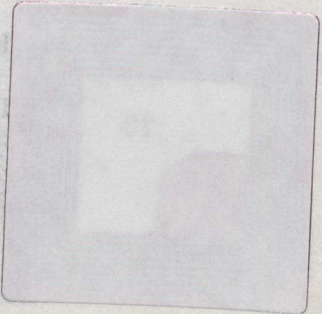
Canadian Field Hockey Association

Canadian Figure Skating Association

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
 - 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

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There have been changes in the style of the Program as well. The
object is being made to make it more "people-oriented". The
distribution of grants to national associations and other
governing agencies is now complemented by an effort to reach
Canadian people directly. A number of "spin-off" projects
have been established to deal with special problems. Early
years, however, have been devoted to building up a nationwide
administration tour of the country. All of
the objectives of the national Fitness and Amateur Sports Program
are listed in Section 2 of the Fitness and Amateur Sports Act.

Other National Agencies

Operating Programmes Related to

Fitness and Amateur Sport

Association canadienne des Centres
de Loisirs

Boy Scouts of Canada

Boys' Clubs of Canada

Canadian Camping Association

Canadian Catholic Girl Guides

Canadian Ski Patrol System

Canadian Youth Hostels Association

Girl Guides of Canada

National Council of YMCAs in Canada

National Council of YWCAs of Canada

Royal Canadian Legion

Royal Life Saving Society of Canada

Les Scouts catholiques du Canada