

Considerable research is conducted with a view to finding how best to assist sports and games clubs and build up interest in fitness activities. Eleven Standing Committees have been set up by the National Council and are operating in the following spheres: Athletics and Olympic Games; Community and Rural Activities; Health Services and Medical Gymnastics; Sports and Games; Physical Education and the School; Gymnastics and Kindred Activities; Swimming, Life-Saving and Bathing Facilities; Leadership Training; Industrial Recreation; Cultural Activities; Youth Training and Universal Service.

The definition of the term "National Physical Fitness" is given in a resolution of the Council expressed as follows:—

"Be it hereby resolved that this Council interprets physical fitness to mean the best state of health, to which has been added such qualities as strength, agility and endurance, as are necessary for a life of maximum service to one's family and country . . . this Council stresses the fourfold nature of fitness, which is spiritual, moral, mental and physical, and that total fitness must originate in the home, the church, the school and the community. Further; that where local physical fitness programs are established, although government-sponsored, these programs should be a community enterprise, locally directed."

The great need for leadership training courses and additional degree courses in universities is fully realized by the Council. In all branches of the program the function of the Council is mainly to advise and stimulate rather than to administer or carry out a program. The actual carrying out of the program is a provincial and community task.

The response by the Provincial Governments has been highly gratifying. Although, at present, only Toronto University and McGill University (Montreal) have degree courses in Physical Education, such courses are planned or in prospect in several other universities across Canada. To this end, the Standing Committee of the Council on Leadership Training has, with the co-operation of leaders in physical education both in Canada and the United States, prepared a suggested model university course leading to a Bachelor of Science Degree in Health, Physical Education and Recreation. As many excellent leaders in physical fitness and recreation at the university level and at all other grades are serving, or have served, in the Armed Forces, the Council has recommended that the responsible Provincial Departments use this source of potential leaders. With the assistance of officials of the Departments of Labour and Veterans Affairs, the Division of Physical Fitness has been in a position to give advice regarding the setting up of training courses for ex-service personnel in the various provinces. With reference to such training, the following points were brought out:—

- (1) If such a training program is carried out through the Provincial Departments of Education as part of the vocational training program of the provinces, it would seem to be in order for the provinces to seek financial assistance from the Dominion Government under the provisions of the Vocational Training Co-ordination Act administered by the Department of Labour.
- (2) In any event discharged persons, who are given such training as part of their re-establishment in civil life, will be eligible for assistance by way of fees (if any) and training grants under Post-Discharge Re-establishment Order P.C. 5210.

Under the provisions of the Vocational Training Co-ordination Act, definite positions must be available before the Government will provide training. Since hundreds of communities have planned or are planning the building of Community Centres and other projects in physical fitness, sports, games and recreation, many positions are open for persons trained in physical education and recreation.