

### Subsection 2.—The National Physical Fitness Program

The National Physical Fitness Act (c. 29, 1943) came into force by proclamation on Oct. 1, 1943, and by Orders in Council 509 of Feb. 15, 1944 and 1394 of Mar. 2, 1944. It is administered by the Physical Fitness Division of the Welfare Branch of the Department of National Health and Welfare.

Under the terms of the Act, Parliament makes available to the provinces, on a per capita basis, an amount not exceeding \$225,000 annually for the promotion of physical fitness and recreational projects. Financial assistance is given only to those provinces that have signed specific agreements with the Dominion Government as provided in the Act. At present, the participating provinces and the maximum amounts available for annual grants from the National Physical Fitness Fund are: Prince Edward Island, \$1,861; Nova Scotia, \$11,318; Manitoba, \$14,290; Saskatchewan, \$17,546; Alberta, \$15,591; and British Columbia, \$16,016. In the event that a province's expenditures for physical fitness fall below the maximum Federal contribution, that contribution matches only the actual provincial outlay. In some of the participating provinces the program is administered by the Provincial Department of Health, in others by the Department of Education.

The actual carrying out of physical fitness and recreational projects is a provincial and community responsibility. The office of the Physical Fitness Division at Ottawa acts as a clearing house among the provinces for the latest information about physical fitness, recreation, physical education, community centres, sports and allied activities. It keeps in touch with the latest developments abroad and circulates reports on them. It has begun publication of a distinctively Canadian series of pamphlets designed to cover a wide range of sports, recreational activities and kindred subjects. In co-operation with the National Film Board, it is developing a recreational and sports preview film library to ensure that accurate and up-to-date films, both of Canadian origin and from abroad, will be brought to the attention of groups and individuals desiring to purchase films for use in their respective provinces and also for distribution through regular film-lending agencies. The Division is also building up a reference library of printed materials with a view to providing resource and reference information. It has interested itself in the Wetzel Grid as a basis of classification for activity, and for achievement tests relating to sports and games. Research is being carried on regarding the possibility of using such information to determine the relationship between individual performance ability and the level of physical development attained (determined on a height, weight, age, and type-of-physique basis). It has worked with the Dominion Departments of Labour and Veterans Affairs in the preparation of a course of study for community recreation leaders under the Vocational Training Plan. In addition, the Division has co-operated with educational leaders in the preparation of a suggested university curriculum for a degree course in health, physical education and recreation. Other divisions or departments of Government working in related fields use its consultative services, as do large numbers of individuals and organizations desiring information and advice.

The Act provides for the appointment by the Governor in Council of a National Council on Physical Fitness (composed of not fewer than three and not more than ten members) of which the National Director of Physical Fitness is chairman. The Provinces are represented on the present Council either by their Provincial Directors of Physical Fitness, or by representatives from their Provincial Departments of Health or Education, or by persons closely associated with recreation.